

ARKANSAS TRAVELLER POST-RACE PICNIC

Sunday, October 26th

THE ARKANSAS ULTRA RUNNER

NOVEMBER 2003

A Newsletter For Members and Friends Of The Arkansas Ultra Running Association

2003 gun deer season in the Lake Sylvia area

Muzzleloaders – October 18 – 21/ December 20-22

Modern Gun – November 9-16/November 27 – December 7.

Christmas Holiday Modern Gun deer hunt – December 26 – 28.

MESSAGE FROM THE BIGSHOT – Arkansas Traveller 100 workers, volunteers and runners please plan on attending the post-race picnic on Sunday, October 26th, 4:00 p.m. Note the new location: **Pinnacle Mountain State Park** – West side Pavilion. This is a change from previous years. Do not go to Maumelle Park. Directions – West on Hwy 10 to Hwy 300. Follow Hwy 300 to the **Pinnacle Mountain Park** entrance.

AURA brothers and sisters check you address label on the front of the envelope. If it highlighted, your membership is due for renewal or possibly overdue.

The annual Fall Running Camp is now set. The weekend of November 1st is the date. Come early as you can on Friday, October 31st and stay as late as you want to Sunday, November 2nd. The place is Ralph and Gayle Hoffman's White River cabin south of Mountain Home. Ralph's cabin has a kitchen, bedroom, bathroom and a large screened front porch. People can sleep on the porch or tent camp on the grounds. Running, biking, canoeing, fishing or just hanging out is the weekend agenda. Bring what you want to drink and snacks. We'll have a big potluck meal Saturday night.

Directions: Look at your Arkansas Hwy Map. Go hwy 65 north past St Joe. Right turn on hwy 235 and weave your way to Yellville and Hwy 62. East on Hwy 62 past Flippin and Cotter. After crossing the White River Bridge and Gassville, look for hwy 126 South. Turn right and follow Hwy 126 to Buford. At Buford there will be a stop sign. If you turn right you will go to Buffalo City. Intead, continue straight at the stop sign. The road will later turn to gravel. Continue on the gravel road. The road will take a deep dive down to the White River. At the base of the mountain you will cross over railroad tracks. Turn left. Ralph's is the 3rd lot on the right. Look for a large two story house under construction. If these directions are fuzzy, call me at 225-6609 or do chrlpytn@aol.com

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AT~100 picnic Sunday, October 26th at Pinnacle Park, West Side pavilion.

2004 ULTRA TRAIL SERIES

EXIT 2
The next UTS run is the Gulpha Gorge Challenge on November 22nd. 7:00 a.m. starting time. The distance is 16/18 miles. Course will be flagged and aid set out. Directions from Little Rock – I-30 to Benton. Passing thru Benton take Hwy 70 West to Hot Springs. Just as you enter Hot Springs, take the exit that directs you to the National Park Campground. After exiting you will come to a stop sign. Turn right and go a short distance to the campground turn-in. Drive all the way to the rear of the camp ground and park. Before starting there will be a short trail briefing by run leader, Pete Ireland. If you have a question about directions, give me a call at 225-6609.

2004 Ultra Trail Series

For latest information of runs and races look up the official web-site of the AURA—
WWW.RUNARKANSAS.COM

Jul 19 th	2003 Midnight 50Km
Nov 22	Gulpha Gorge Challenge-16/18 miles. Hot Springs, Arkansas.
Dec 13th	Wildcat Mountain Trail Run-10/11 miles. Mountain Bike route near Lake Sylvia. Date will 1 st Saturday after the closing of modern gun deer season..
Jan 3rd	Athens-Big Fork Trail Marathon. Big Fork Community Center.
Feb 7th	White Rock Classic 25 and 50 Km. Turner Bend, Arkansas.
Feb 21st	Sylamore 50 Km Trail Run. Allison, Arkansas.
Mar**	TBA
April 17th	Ouachita Trail 50 Km and 50 Mile. Little Rock.
May	The Catsmacker. Ouachita Trail parking lot at Lake Sylvia.

** - We have had two takers for March runs. When the dates can be finalized, I will type them in. Hopefully we might have a "double header".

ULTRA TRAIL SERIES RULES

1. Age groups are determined by your age at the time of the Midnight 50 Km.
2. To be eligible for the King and Queen awards, you must complete four(4) races.
3. There will be one "throw-a-way" race. In other words, if you complete all of the series races, your poorest performance will not be counted.
4. In a race that features two ultra distances, either of the races can be used in the UTS. Example is the Ouachita Trail 50 Km and 50 Miler.
5. Runners who opt to start early at an UTS run will be penalized. They cannot score more that the last place runners who started on time.
6. Runners who start late will not be penalized but must add the amount of time they were late to there actual finishing time.
7. Men compete against men; women compete against women.
8. The top ten finishers are awarded points as follows: 50,40,30,25,20,15,10,7,5 and 3. All other finishers receive one point.
9. bonus points are awarded determined by the number of finishers, male or female.

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10. In case of ties, points are equally shared.
11. Age groups are as follows; OPEN, MASTERS(40-49); SENIORS(50-59); SUPERSENIOR(60-69) AND ADVANCED SENIOR(70 and beyond)
Check the correct response; keep for further reference)
12. First person to complain gets to be in charge.

The BS's PERSONALITY INVENTORY/PROFILE.

(Check the appropriate space and keep for future reference)

Question: A day without Sunshine is like a day without Wal-Mart
True() False()

2003 ULTRA CALENDAR

- Nov 8th Celebration Run. Hattie's burg to Prentiss, Mississippi. 41 miles on the Longleaf Trace, asphalt rails to trails conversion. Donations accepted; no registration fee. For more info contact: Marvin Overstreet at 601-426-2465 or do [www.pinebelt pacers.org](http://www.pinebeltpacers.org) If this fails contact the Bigshot chrlpyptn@aol.com with your query.
- Dec 13th Sunmart 50K/50M Huntsville, Texas. www.sunmart-pwi.com or Rogers Soler's Sports at 210-366-3701

Year 2004

- Jan 10th Bandera 100 Km Bandera, Texas. Rugged, difficult 31 mile loop times 2. Joe Prusatitis, 1101 Plymouth, Austin, Texas 78758, or, www.hillcountrytrailrunners.com
- Feb 7th Rocky Raccoon 100 Mile Trail Run. 12th annual. Huntsville, Texas. Joe Prusatitis, 101 Plymouth, Austin, Texas 78758 or, www.hillcountrytrailrunners.com.
- Feb 7th. White Rock Classic, 25 and 50Km. Turner Bend, Arkansas. 9:00 a.m. start. No entry fee. Sponcered by the Chile Pepper Running Club/Fayetteville.
- Feb 21st Sylamore 50 Km Trail Run. Allison, Arkansas. Application in the next issue of the *Arkansas Ultra Runner*.
- Mar 6th Mississippi. Trail 50 Laurel, Mississippi. 50Km in conjunction. Application in coming issue of this newsletter.
- Mar 20th Grasslands Run 50 Mile Trail Race. Decatur, Texas. Also, half-marathon in conjunction.
- Mar Cross Timbers 50 Mile Trail Run. Lake Texhoma, Texas. No information available, yet.
- Apr 24th Rocky Hill Ranch 50 Km Smithville, Texas. Tough, twisted single track 15.5 mile loop times 2. Joe Prusatitis, 1101 Plymouth, Auatin, Texas, 78758 or www.hillcountrytrailrunners.com

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RETREADS - (Retired Runners Eating Out) Meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd at 11:30 a.m. Wear something old (race number, race shirt, hat, etc) to identify yourself. We can talk about how things used to be. Dutch treat.

2003 ARKANSAS TRAVELLER 100

The 2003 Arkansas Traveller was a grand success. No one appreciates what Chrissy and Stan do for the race more than Lou and I. Congratulations to all of the AURA members who completed this year's race. I hope to devote a large section of future newsletters to our brothers and sisters who completed this year's race and also those who attempted. All of the stories are very precious to us.

One of the ways to show your appreciation to Stan and Chrissy is to attend the post race picnic. I have been there and I can tell you that it means a lot to the race director to see your face.

THE INSIDE by Harley

(A satirical Look At the Arkansas Ultra Running Association)

"WHAT YOUR 100 MILE CREW MIGHT BE THINKING"



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MY ARKANSAS TRAVELLER STORY

By David Lewis-2003 AT-100 Finisher/AURA Number 26

How did your training go leading up to the AT 100?

Pretty good. I didn't know how to train for a hundred miles, so I just did what felt natural. A few months prior to the race, I put down most of my other sports and concentrated on running, increasing my mileage to 50 or 60 miles per week. On the weekend of the "Heart O' The Traveler" training runs, I ran both of those and then took no rest days for the next five days. I ran another 80 miles of road and bicycled about 50 miles. The three weeks following, I took it pretty easy. The first week, I did two 15 mile runs on hilly terrain. The second week I did one 20 miler, and on the third week I did nothing but eat and sleep.

Did you have a strategy for finishing? Were you able to stick with it? (eating and drinking; running and walking; drop bags, etc.)

Yes and Yes. I gathered as much information as I could from experienced runners, and then I devised a game plan that I thought would work for me. I walked up all of the hills and I ran the flats and the downhills. I grabbed a couple of hands full of food and gels at every aid station, and I ate while I was climbing. I had five drop bags, and in each of them, I had; 2-350 calorie Ensure, 2-redbulls, a fresh pair of socks, and supplement baggies with Endurolytes, Tums, and Advil. I had my headlamp stashed at Powerline, and my warm clothes at Turnaround. I lubed any chaffing zones with Bodyglide, and I used Vaseline on my feet on three different occasions. This strategy seemed to work for me, at least until the latter part of the race. It got to the point that I couldn't eat anymore. I gained 10 LBS. During that run.

So...How did the race go for you?

Well, I had my highs and lows. Overall I'm happy with the outcome, but there were some things that I did wrong; mostly comfort issues. To start with I was taking E-caps and drinking nothing but Gatorade. I think my electrolyte level got too high, around mile 25 I started getting sick; I vomited 6 times over the next 5 miles. After that I drank nothing but water. During the day I took one E-cap an hour; and at night I took one every 2 hours. I didn't get a single cramp the entire race.

Any surprises during the race? Any learning experiences?

I think the biggest surprise of all was finishing the race. I wanted to find my limits, and I figured a hundred miles would far exceed my limits. Crossing that finish line makes me feel stronger than ever. I feel like I can do anything right now. I was also surprised by how friendly my fellow racers were, when the going got tough, somebody was always willing to offer an encouraging word, or a fresh pair of socks or some other piece of gear I may have forgotten. Basically, I got a real sense of camaraderie from the other runners. As far as learning experiences, I learned that a run like this is about inner strength; more than physical strength. It's about using every

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drop of energy, and when that's gone, it's about sheer determination and will power and feeding off of other people's energy. Without all of the words of encouragement that I received, I very likely would not have finished. Thank you to all the people who helped me across the finish line.

How is it post race for you?

I feel great. Other than some tendonitis in my knees, my body feels fine. Looking back on it, I can't believe I tried to drop twice. Ten months ago, when I decided to start racing, I didn't think I could finish Sylamore 50K. I thought it would be years before I could finish a hundred miler. Crossing that finish line shows me that I can do anything I put my mind to. It was a great learning experience. Finishing this makes everything else seem easier. I'm ready for a tougher challenge.

What is next for you?

Definitely more ultra-running. I also plan to start adventure racing. Ultimately I want to do expedition length adventure racing; but for now I would be happy just finding a team, and training for sprint distance to weekend long races. As far as ultras go, I plan on picking them off one by one. I'll start off with some of the easier races, and then as I get tougher, I'll start attempting the hard ones. Some of my lifelong goals include; Eco-Challenge, Raid Gaulois, Hardrock 100, Badwater, Leadville and The Running Of The Sands, and maybe if I turn into a real freak, the Barkley Marathon. I also want to fastpack the triple crown in under a year. I realize some of the goals are far fetched, but I've got a lifetime to try to reach them, and if nothing else, I'll have a damned good time trying. I've got this need for adventure that I can not satisfy. To me, this is living. I'll take adventure over money or stability or even romance, every time. We don't know how long we're going to be here; and I believe in living everyday like it's my last. Life Is Good...

The unasked question- Any comment you would like to make.

I have to comment on the support, one more time. I've never met such a great group of people. How could I not finish; it was like everyone was in my corner. I was nervous going into the race, because I didn't have a pacer. I quickly realized, however, that I didn't need one. I just paced off other runners, nobody Seemed to mind; it's like everybody's friends out there. The highlight of my night was when Roy and Karen from Virginia picked me up about 2:00 a.m. Roy saw that I was fading and offered some words of encouragement. This helped, but I was soon alone again. I caught up to them at the Pigtail Aid Station, and they decided that they were going to pace me in the rest of the way to make sure I finished. I was moving as fast as I could, but I just wasn't fast enough to keep up. This couple was good enough to wait for me at the tops of the hills, until I caught up. That kind of camaraderie is exactly why I do this. A sincere thank you to everyone who helped me across the finish line.

Arkansas Traveller 100
 October 4-5, 2003
 Ouachita National Forest
 Perryville, Arkansas
 Unaudited Results

Place	Name	Sex	Age	State	Time
1	Tim Lee M		41	AL	17:44:57
2	Greg Gearhart	M	47	MS	19:17:24
3	Robert Orr	M	49	AR	19:42:39
4	David Wilcox	M	41	CO	21:14:51
5	Barry Ege	M	51	AL	21:17:33
6	John Dove	M	38	GA	21:17:59
7	Debbie Miller	F	51	TX	21:30:01
8	Kaoru Takahashi	M	36	Japan	21:31:50
9	Mark Morris	M	45	TX	21:45:13
10	Kevin Black	M	44	VA	21:48:47
11	Jeff Berino	M	46	CO	22:16:43
12	Tamara Zagustin	F	37	Venz/AR	22:34:12
13	David Hardin	M	29	TX	22:44:45
14	Liz Walker	F	44	GA	22:57:02
15	Paul Schmidt	M	51	CA	23:30:23
16	Jose Wilkie	M	40	KY	23:35:45
17	Jerry McGath	M	65	MS	23:37:17
18	Letha Cruthirds	F	50	TX	23:49:04
19	Jay Finkle	M	40	VA	23:49:05
20	Mike Parker	M	46	AR	23:53:27
21	Steven Michael	M	53	GA	24:11:18
22	Roger Ackerman	M	57	GA	24:47:03
23	Kyle Amos	M	28	KS	25:00:51
24	Mike Dobies	M	42	MI	25:00:51
25	Barbara Bellows	F	49	AR	25:04:55
26	Al Kershner	M	50	PA	25:37:53
27	Randy Davidson	M	50	AR	25:39:59
28	Angie Ransom	F	53	AR	25:58:21
29	Michael DuPriest	M	47	AR	25:58:21
30	Jamie Huneycutt	F	45	AR	26:43:26
31	Patty Groth	F	47	AR	26:50:15
32	Todd Matthews	M	30	AR	26:54:01
33	John Dawson	M	49	TN	27:02:21
34	Kerry Trammell	M	47	TN	27:12:19
35	Dennis Johnson	M	54	LA	27:19:43
36	Maurice Robinson	M	61	AR	27:28:22
37	Jim Ingalls	M	58	MI	27:44:12
38	Carrie DuPriest	F	46	AR	27:44:22
39	John Hargrove	M	59	OK	27:57:19
40	Amber Marshall	F	25	VA	28:00:09
41	Roy Marshall	M	47	VA	28:00:09
42	Robert Calabria	M	62	NC	28:00:55
43	Susan Donnelly	F	40	TN	28:03:48
44	Jean-Jacques d'Aquin	M	64	CO	28:03:48
45	Hans-Dieter Weisshaar	M	63	Ger	28:03:48
46	Monica Scholz	F	36	Can	28:08:27
47	Don Fallis	M	61	HI	28:08:27
48	Dianne Seager	F	47	AR	28:15:32
49	Tony Serrano	M	34	GA	28:20:47
50	Mark Dick	M	48	TX	28:24:09
51	Vincent Swendsen	M	41	NJ	28:26:54
52	Scott Wing	M	47	TN	28:37:05

53	David Lewis	M	28	AR	28:40:27
54	Lee Hess	M	53	MO	28:40:48
55	Daniel Dominie	M	39	NY	28:51:43
56	Jim Sweatt	M	47	AR	28:54:39
57	Kimberly Sergeant	F	44	TX	28:54:57
58	David Reagler	M	37	AR	28:54:58
59	Ernie Peters	M	55	AR	28:58:51
60	Robert Murphy	M	45	HI	29:02:31
61	Pete Ireland	M	63	AR	29:11:05
62	Cheryl Loomis	F	56	HI	29:17:41
63	PJ Salmonson	F	56	HI	29:17:41
64	Richard China	M	47	HI	29:17:41
65	Sarah Brown	F	34	TX	29:21:32
66	Hiromi Hatta	F	42	Japan	29:29:01
67	Katsuyuki Hatta	M	39	Japan	29:29:01
68	David Johnson	M	49	TX	29:39:48
69	Leon Draxler	M	61	WA	29:44:34
70	Davey Harrison	M	51	TX	29:46:04
71	Rhonda Ferguson	F	48	AR	29:50:02

99 starters



Left: AURA Vice-President Mike Dupriest
 Congratulations to all AURA members who
 Completed he 2003 Arkansas Traveller 100.

Robert Orr	19:41:39
Mike Parker	23:53:27
Barbara Bellows	25:04:55
Randy Davidson	25:39:59
Angie Ransom	25:58:21
Mike Dupriest	25::58:21
Jamie Huneycutt	26:43:26
Patty Groth	26:50:15
Todd Mattews	26:54:01
Maurice Robinson	27:28:22
Carrie Dupriest	27:44:22
Dianne Seager	28:15:32(X-member)
David Lewis	28:40:27
Jim Sweatt	28:54:39
Ernie Peters	28:58:21
Pete Ireland	29:11:05
Rhonda Ferguson	29:50:02

SYLAMORE TRAIL 50K

DATE: Saturday, February 21, 2004 **START:** 7:00 AM

LOCATION: Allison, AR Located along the White River at the junctions of Hwys 5-9-14.

ENTRY FEE: \$30 by 2-14-04, \$40 thereafter. **NO REFUNDS! NO DAY OF RACE SIGNUP**

TEE SHIRTS: All entries received by 2-18-04 will receive a race day shirt. Others will be mailed.

COURSE: Out and Back - 15 miles of trail and 1 mile of pavement. Two water crossings at approximately 2 miles and 30 miles.

WEATHER: In February, Arkansas' weather can be freezing or in the 50-70's. Dress according to weather conditions.

MARKINGS: This course is a well-traveled hiking path and is marked with silver triangles and brown plastic post. We will *NOT* place any additional markings on the trail for the 50K. However, we will use tape to mark aid stations and use flour to mark areas where the trail enters and leaves roads.

AID: You will need to carry a water bottle and wear a fanny pack. Aid stations will be approximately five miles apart. There will be a total of 5 aid stations. We will provide water, Gatorade, coke and some food items. **NO DROP BAGS - PLEASE.**

CUT OFF: 9 HOURS - This is strictly enforced. The finish line closes at 4:00 P.M.

FACILITIES: Camping is available at the Blanchard Springs Camp Ground for a minimal fee. Showers and bathrooms at Blanchard will be open in February. Additional camping and hotels are as follows:

ANGLERS WHITE RIVER RESORT-----1-800-794-2226 (**RACE STARTS AND FINISHES AT THE ANGLERS RESORT**)

JACK'S FISHING RESORT-----870-585-2211 (**1/4 MILE FROM RACE START**)

MT. VIEW HOTELS:

COURSE RECORDS:

SYLAMORE LODGES-800-538-2221

DINK TAYLOR **3:40:37** **2000**

BEST WESTERN-----870-269-2828

VALERIE PINO **5:06:41** **2003**

DOGWOOD HOTEL--- 870-269-3847

DAYS INN-----870-269-3287

MTN. VIEW MOTEL---870-269-3209

NEED MORE INFORMATION????? CONTACT: RANDY OR BOBBIE DAVIDSON 501-868-5555 OR EMAIL SYLAMORE50K@AOL.COM (NOTE EMAIL ADDRESS CHANGE!!!)

