

October 1st
15th Annual Arkansas Traveller 100 Miler

The ARKANSAS ULTRA RUNNER

October 2005-The Arkansas Traveller Pre-race Edition

The Newsletter For Members And Friends Of The *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. *"Your fantasy companion is watching to see if you re-enlist."*

Arkansas Traveller Post Race Picnic for volunteers and participants.

Maumelle Park; Pavilion Number 8

Sunday, October 23rd beginning at 3:30 p.m.

MESSAGE FROM THE BIGSHOT – Good luck all of you AURA brothers and sisters who have enrolled in the 2005 Arkansas Traveller 100. Your goal is so worthy the B\$ must expound upon it by telling a little story. A story he has told before but feels compelled to tell again. Years ago when Prince Charles (UK) was a younger man, he was quizzed and roundly criticized by the British press for dabbling in what they described as fool hearty activities. He seemed obsessed in wanting to experience everything from flying helicopters to mountain climbing and trekking. One of his passions was horseback riding through the English countryside. He explained to the skeptical reporters that riding a horse and jumping over a pile of brush was very educational in that people who are on a horse and jump a brush pile learn things that people who have never done so will never know. With this thought in mind those of you who are running the Arkansas Traveller 100 as your first 100 will know things when you finish that people who have never run a 100 don't know. It will be like you have joined a fraternity or sorority in college. You will understand why the Big\$hot refers to his fellow AURA members as brothers and sisters. Like we used to say down in Mississippi, "You got you an education and no one can take it away from you.

RETREADS (***Retired Runners Eating Out***) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with runner related items to identify ourselves. Let's bring our old press clippings this month.

ULTRA CORNER

Leadville Trail 100 Mile

August 20, 2005

Leadville, Colorado

On August 21st AURA members Paul Schoenlaub and Chrissy Ferguson completed the 2005 Leadville Trail 100 Miler. Paul finished with a time of 26:41:32 and Chrissy in 29:43:42. The following article is Chrissy's account of the Leadville 100.

Leadville- Would I do it again?

If you would have asked me that last year as I laid on the cot at the 70 mile aid station-- Halfmoon, I would have said not just No, but \$#@!&* NO! I missed the cut-off by just a few minutes. I had never been so tired in all my life, and I was dry heaving because there was nothing in my stomach--which had been upset for hours. The next morning, I had already changed my mind and made reservations for my stay at the Leadville Hostel for 2005.

From 2004 to 2005 was a long wait. I put my race number on the refrigerator. Every time I opened it, it was a reminder to train harder and run smarter in 2005. Finally, when August came I left eight days before the race on a Friday, climbed Mt. Massive on Saturday, went over Hope Pass on Sunday, Mosquito Pass on Monday, and spent the rest of the week just chilling out at altitude. Last year, I over did it the week before the race and was tired going up Hope Pass on the way out--and dead tired on the way back! Eating was also an issue last year. By the time I got to Halfmoon aid station (where they pulled me) I wasn't able to eat anything without feeling like I was going to throw it back up. This year I made myself eat at every aid station and bring a baggy of food with me as I left the aid stations. At all the other 100 milers I had ever run, aid stations were no more than 5 or so miles apart. At Leadville some aid stations are 10 and 13 miles apart, so you must bring your own aid between these stations.

Race day was a crisp 42 degrees at the start. I kissed my husband Stan and hugged my crew Pete Ireland, Linda and Doug Guenther. The gun went off at exactly 4:00 am. The first aid station is May Queen, and I arrived there about 5 minutes ahead of last year's time. I felt good, but my hands were cold and my jacket was wet with sweat. I drank an ensure and took a baggy of food with me as I left to meet my crew on the other side of the aid station tent. They forgot to bring the crew bag down to the aid station, so I took Stan's wind breaker jacket and Pete's gloves and moved on. Maybe 3 miles down the road, I knew I was going to have potty problems. When this happened last year, my crew had to bum diarrhea tablets from other crew people. This year I had Imodium AD tablets in my running pack. I took two right away and my potty problems were solved! Going up Sugarloaf Mountain I felt strong. The elevation at the top of Sugarloaf is over 11,000 ft. Fish Hatchery is the next aid station, and with the potty break I was 5 minutes behind

my time from last year, but I felt better than I did last year when I arrived there. More food and water and on I went. Between Fish Hatchery and Halfmoon the course is on black top and dirt roads that are very runnable if you can run at elevation. Since I'm a flatlander I ran/walked this section, trying to run more than walk. I'm not sure how my time in to Halfmoon compared to last years time, but I felt good. You run on the Colorado Trail after you leave Halfmoon aid station, and there's more climb than descent on the 10 miles of single track trail. I ran/walked this section. Then you drop down the last 2 to 3 miles on the trail into Twin Lakes aid station. This is the lowest point in the race—at about 9300 ft elevation. At Twin Lakes you must totally regroup, because when you leave this aid station you make the climb up Hope Pass—elevation 12,600 ft. You must be prepared for anything and everything! Last year it was toasty warm at Twin Lakes, and hailing, sleet, windy, and raining at the top of Hope Pass. I froze my butt off! This year you couldn't have asked for better weather. It sprinkled on me twice, but not even enough to get wet. Last year, as I made the climb up I was passed by many, many people. This year I felt strong going up and was only passed by one or two people. Coming down, I ran strong and sure footed. At the bottom of Hope my crew was waiting for me. I had made some time up and was able to run/walk to Winfield which is the turn around aid station and the halfway point of the race. Last year I checked out of Winfield at 13 hrs 6 minutes. This year it was 12 hrs 50 minutes. I was ahead of my time from last year by 15 minutes, YEAH!!! The 2.5 miles back to the trailhead to Hope is a slight grade down hill, and I was able to run most of it. I picked Pete up at the trailhead and we started back up Hope Pass. Last year going up, I had to stop numerous times to let people by and to take rests. This year, just a couple of people passed me and I was able to run all the way down the mountain to the meadow where I again ran/walked to Twin Lakes. It got dark just before we got to the meadow. I was ahead of my time from last year by more than 20 minutes now. At Twin Lakes, I changed my shoes (what a wonderful feeling that was), put on more warm clothes, and picked up my main flashlights and another baggy of food. I lost some time changing shoes and getting into warmer clothes, but it would all pay off later when the temperature really dropped. The climb out of Twin Lakes to Colorado Trail is grueling. Last year it was a death march for me, but this year it was problem free. On the Colorado Trail I was able to run/walk. Last year Pete couldn't get me to run one step of it. When we arrived at the Halfmoon aid station, that's when I knew I would finish. I was about 25 minutes ahead of the cut-off time and there was no comparison to how much better I felt this year than last year. I wish I would have had more time to find the doctor that took care of me last year--when I laid on the cot swearing I would never running this \$#@*& race again. He told me I would be back next year, and I wanted to find him and hug him and tell him I was going to finish! From Halfmoon to Fish Hatchery I ran/walked, trying to run at least half of it. At Fish Hatchery I was 45 minutes ahead of the cut-off, but eating was getting harder to do. I had a cup of noodles at the aid station and really had to fight to keep it down for the next 15 to 20 minutes. I did bring a baggy of watermelon with me from the aid station and was able to eat it without dry heaving. The climb back over Sugarloaf was way harder than the climb over Hope Pass! It seemed to take forever to get to the top of that damn mountain. At the top I asked Pete for an advil because my knee was starting to bother me. Within five minutes the pain was gone and I ran all the way to the two mile section of Colorado Trail

that is just before the May Queen aid station. It was amazing how long it seemed to take WALKING that two miles of rocky single track trail. I couldn't wait to get off of it. We made it to May Queen--only 13 miles to go! We were about an hour ahead of the cut-off now, and I told Pete I was walking the 6 mile section from May Queen to Tabor boat ramp. This section is single track trail right on the lake and very rocky. The sun was up, and the day was warming up nicely. At Tabor boat ramp I removed all of my warm clothes--knowing the sun would be beating down on us soon. Only 6.5 miles to go: a couple of miles on the trail around the lake, and the rest on dirt and paved roads. After running down the side of the dam, it's almost all uphill to the finish. As we started up the "Boulevard" (about 2 to 3 miles to the finish), I told Pete I would never do this again. It was too hard, and there was no way that I would even think about doing Wasatch 100--which is the last 100-mile race in the Grand Slam. When I crossed the finish line, I told Stan it was the hardest thing I had ever done and that I would never ever do it again. I didn't have to--since I finished. I cried, hugged my crew and my pacer, I was soo... happy I finished. What a weight lifted off me, I finished!

Within two days, I was starting to forget how hard it was to finish, and started thinking about trying it again next year. My finishing time was 29:43:42. I could run a better time than that, now that I know what I'm in store for. If I get pulled in the Western States Lottery, I could sign up for the Grand Slam--which would mean running Western States 100, Vermont 100, Leadville 100, and the dreaded Wasatch 100. I could do that! What it all comes down to is, don't pinky swear or swear on a bible that you won't ever do something again. It's like having babies--you forget the pain and suffering you go through to have them and to raise them. Chances are if my knee will hold up another year I will run Leadville again, and probably swear as I finish I'll never do it again--just like I did this year.

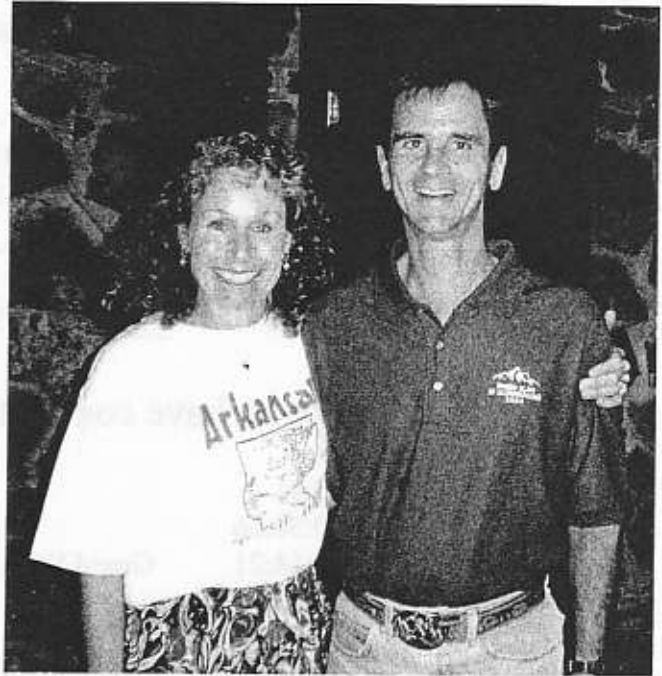


Photo: Pacer Pete Ireland congratulates LT100 finisher Chrissy Ferguson

From the AURA Achieves

AURA and Arkies to finish the Leadville 100.*

STEPHEN TUCKER(89)	21:32:45
RAY BAILEY(94)	22:37:34
RAY BAILEY(92)	22:39:29
BILL LASTER(90)	22:43:35
BILL LASTER(91)	22:55:45
BILLY SIMPSON(03)	23:41:49
BILL COLFELT(90)	24:43:11
ROBERT ORR(03)	24:43:34
BILL LASTER(92)	25:22:15
STEVE MCBEE(03)	25:26:08
BILL LASTER (99)	25:35:33
BILL LASTER(97)	25:36:29
BILL LASTER(88)	26:07:54
RAY BAILEY(00)	26:20:30
PAUL SCHOENLAUB(05)	26:41:32
PAUL SCHOENLAUB(04)	26:48:07
LARRY MABRY(91)	27:27
ELLIS JAMES(98)	27:38:02
DR. FEELGOOD(94)	27:38:25
BILL LASTER(98)	28:08:24
DR. FEELGOOD(96)	28:19:29
JACK EVANS(95)	28:24:57
GREG EASON(01)	28:29:13
NICK WILLIAMS(88)	28:31:37
MAX HOOPER(88)	28:31:40
LARRY MARRY(88)	28:37:24
LARRY MABRY(92)	28:40:12
MIKE HEALD(92)	28:40:13
LARRY MABRY(89)	28:47:37
LOU PEYTON(88)	28:48:44
LOU PEYTON(89)	28:58:34
MAX HOOPER(89)	29:11:34
ROBERTA ORR(98)	29:27:34
BOB MARSTON(97)	29:40:14
CHRISSY FERGUSON(05)	29:43:42
TOM HOLLAND(93)	29:44:46
MARIO MARTINEZ(99)	29:49:28
ANGIE RANSOM(98)	29:50:11
MORRIS MILLER(99)	29:58:47



Paul and Chrissy at the
Arkansas Traveller

2005 Deer Season

Lake Sylvia/Zone 11

Muzzleloaders

October 15th-23rd
December 17th-19th

Modern Gun

November 12th-20th
November 24th-December 4th



Report errors, omissions or additions to chrlypytn@aol.com

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Flatlander 6 Hour/12 Hour

Saint Louis, Missouri
September 3rd, 2005

Kimmy Riley 12 Hours 54.2 Miles(First Female)

Paul Schoenlaub 6 Hour 42.28 Miles(Winner)

AURA HOT FLASH!-On 9-11-05 our AURA sister, Tamara Zagustin (Little Rock/Venezuela) completed the Wasatch Front 100 Mile Endurance run in Layton, Utah. Her finishing time was 33:26:04.

From the AURA Achieves

AURA/Arkansans who have completed the Wasatch 100

Ray Bailey(97)	25:41	
Ray Bailey(98)	30:50:56	
Roy Haley(91)	32:14:21	Grand Slam Finisher(AURA-Texarkana, Tx)
William Gilli(89)	32:43:37	
Stan Ferguson(02)	32:51:59	
Roy Haley(91)	33:08	Grand Slam Finisher(AURA-Texarkana, Tx)
Tamara Zagustin(05)	33:26:04	
Max Hooper(89)	34:01:17	Grand Slam Finisher
Nick Williams(89)	34:01:17	
Bob Marston(97)	34:12	Grand Slam Finisher
Larry Mabry(89)	34:12:27	Grand Slam Finisher
Lou Peyton(89)	35:14:39	Grand Slam Finisher

AURA HOROSCOPE – *The Pre-race Edition*

Capricorn-Someone will offer you some advice and it will make all the difference.

Leo - There is always the option of falling back and digging in. **Scorpio** -After your great finish at the AT100, beware of the **Judas Kiss**. **Aquarius** -Your fantasy companion has prepared the way for you. **Taurus** – Fame and fortune are at you fingertips. **Argos** – 2005 is not the year you should go Cheap!

ULTRA TRAIL SERIES

2005-2006 Ultra Trail Series Schedule*

7-23-05	#1-Midnight 50 K	
8-28-05	#2-Mount Nebo Run	
10-1-05	#3-Arkansas Traveller 100	
10-29-05	#4-Devil's Den Trail Run (18-20 mi)	8:00 am Devils's Den State Park
11-19-05	#5-Gulpha Gorge Challenge(16-18 mi)	7:00 am Gulpha Gorge Campground
12- 10-05	#6-Wild Cat Mountain Run (10-11 mi)	8:00 am Ouachita National Forest, Williams Junction area
1-7-06	#7-Athens-Big Fork Marathon	8:00 am Big Fork Community Center. Big Fork, Arkansas
2-4-06	#8-White Rock Classic	
2-18-06	#9-Sylamore 50K	
3-?-06	#10-Big Rock Mystery Run	
3-17-06	#11-3 Days of Sylsma	
4-22-06	#12-Ouachita Trail 50	*Do www.runarkansas.com for the latest UTS Point totals and rules
5-?-06	#13-The Catsmacke	

Mount Nebo Run- 14 miles +/- UTS 2

August 28th, 2005, Mount Nebo State Park, Dardinell, Arkansas.

At press time, the results of the Mount Nebo Run had not been provided. They will be printed when available. The run toured the plateau of Mount Nebo for a couple of miles before trailing off to the Bench Trail around the sides and then going to the base on blacktop. The runners picked up a ticket at the mountain base to prove that they went to the bottom. The run finished up by going 3 plus miles from the base back to the state park on the top. The road sign read: CAUTION - 18 % Grade. After the run, Tom and the **River Valley Runners** cooked hamburgers for everyone. It was a great UTS day. It must be noted that in the 16 years of UTS runs, this was the first one in which a female was the overall winner.

The Bigshot's Tip of the Month - If its tight, stretch it; if its loose strengthen it; if it hurts, rest it and if it feels good, make it hurt.



Tom Aspel, Mt Nebo Run Leader, gives the trail briefing. at the start.

THE COACH DOCTOR

In his lecture today the Coach Doctor will do a short review in preparation of your entry into the Arkansas Traveller 100. He will review Chapter 6 of his column on advice to marginal 100 mile entrants -*The Six Keys To Finishing The Arkansas Traveller 100*.

Number 6 - Do the following: Wear a hat; wear shoes with a lot of fore-foot protection; dress in light colored clothing; put band aids on your nipples and grease your booty before you start.. If you don't grease up, you'll be walking like a cow with the scours by 50 miles and riding in on the aid truck by 60 miles. And last but certainly one that is just important as the training that you have put in is **REST**. Don't under estimate the importance of rest and time off your feet the week before race day.

CD would like to leave you with a line from the book, ***RUNNING WITH PAYNE*** written by our AURA brother, Randy Ellis. When Randy was running across the USA in 1998 he got a message from an English chap who gave him the following advice: ***"Hope you enjoy your run –savor every minute of it—especially the hard times—they make the best stories!"***

The Coach Doctor wants to hear your story. Good Luck!

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AURA BONUS

Dare To Dream

The following article was written by AURA's Mike Samuelson and appeared in the April issue of *ULTRARUNNING* magazine. *Mike has been a mid-pack ultrarunner for seven years, completing his first 100 mile run, the Arkansas Traveller, in 2004. He dares to dream about running across America*

I couldn't wait to log onto the Internet each day during the summers of 2002 and 2004 to read the latest on the two *Run Across America* races directed by Alan Firth. Alan's pictures and daily wrap-ups transported this excited reader to the actual race location. Even though I was not there, I could visualize the race unfold, watch the runners sweat through the desert, labor up and down the Rockies, travel the lonely but beautiful 1,000 miles on Route 36 before—all too quickly it seemed—New York City was reached. As the runners crossed our beloved America, I tracked them, I reveled in the beauty of the landscape; the desert mountains and fruited plains. I thought about my experiences at or near where the runners had run that day, smiling as I recognized landmarks and location in that day's pictures. Every day I hoped to read that all of the runners had completed that day's stage in the allotted time, and that no one was injured.

While reading about the present run, I dared to dream of participating in a "crossing" of my own in some future year. I sat in wonder thinking of the trials and tribulation of the runners who participated in the 1928 and 1929 Bunion Derbies. I thought of fellow runners who participated in the 1992 to 1995 Trans-Ams directed by Jesse Riley (*AURA*) and Michael Kenney. Accordingly, the obvious question came to mind: (1) When could I spend a summer running across America? (2) Could I get off work for a summer and afford the expenses of this run? (3) Who would be willing, and able, to crew for me. (4) Could my body handle completing more than 40 miles a day for 71 straight days? The answer to the first three question posed above is elusive however, the answer to question four is indeed an emphatic yes—the human body can handle the stress of completing this trans continental run. As can be seen in the statistics below, 53 percent of all starters in the four Trans-Ams and the two Runs Across America finished this extremely lengthy multi-day race.

	Starters	Finishers
1992	28	13
1993	13	6
1994	14	5
1995	14	10
2002	11	8
2004	11	6
-	-	-
Overall	91	48

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Without a doubt, some of the finishers are first-class runners such as David Horton. However, many of the finishers are mid-pack ultrarunners as well. This fact lets more of us, myself included, dream that we too could cross America on foot. Presently there are no plans for another race, but thanks must be extended to the 2002 and 2004 Runs Across America race director Alan Firth and race manager Mary Stewart for the work that allowed 14 runners to fulfill their grand dream to run across the country. I am confident that there will be a future footrace across America, and I dare to dream along with many others, that I will join the ranks of Trans-America finishers.

Resources

- *A quest for Adventure* by David Horton and Rebekah Trittipoe
- *Running the Trans America Footrace* by Barry Lewis
- *Flanagan's Run* by Tom McNab
- www.runacrossamerica2002.com
- www.runacrossamerica2004.com

Arkansas Ultra Running Association
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Year	Runners	Finishers
2004	11	6
2002	11	8
2001	14	10
2000	14	7
1999	14	2
1997	13	6
1995	28	13
Overall	111	68