

THE ARKANSAS ULTRA RUNNER

November 1992

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - Oh Boy! Wow! Holy, Moly! What a month.....Sometimes I wonder if I had a life before ultrarunning.

The Arkansas Traveller was an unqualified success. You aid station people deserve all the credit. Without your dedication it could not have been done. We have received so many thank you notes from the runners who were greatly impressed by the encouragement and helpfulness of everybody associated with the race. We have tentatively set the date for next year on October 9th-10th. We will try to make some changes for the better but until then lie down and rest and dream of a job well done. Here, let the BigShot tuck you in.

Oh yes, there is a tape of the race. Excellent! It shows the action at the 212, Buffalo Gap, Turnaround, B.M. Road, the finish line and awards ceremony. It even has a short segment that appears to pick up the Race Director using profanity. This will probably be edited for the children's sake.

Some differences observed in the 1991 versus 1992 Traveller. We had 78 entrants in 1991; 107 in 1992. 14 different states versus 25 different states, England, and Canada. There were 26 Arkies entered in 1991 with 14 finishers. In 1992 there were 17 starting Arkies with 10 finishers. Overall finish percentage rate in 1991 was 64%; 66% in 1992.

Congratulations to the following A.U.R.A. members who made it to the finish line: Eric Clifton, David Horton, Bill Maxwell, Dave Cawein, John Baker, Tom Holland, Nick Williams, Low Peyton, Irene Johnson, Suzi Thibeault, Jim Sweatt, Bob Horner, Donna Duerr and Ann Moore. Please note that Ed Fishman is a pending A.U.R.A. member but has been temporarily placed on probation.

A.U.R.A. Business--Jeff Thomas is looking for someone to help out with crewing and maybe alternate running days during the Ozark Highland Trail crossing scheduled for late December and early January. (Beginning December 28th and will probably take four days) If you are interested call Jeff at 664-6890

A.U.R.A. Correction--The Benton 6/12/24 hour track run is scheduled for **NOVEMBER 6TH** and not DECEMBER as was listed in *The Arkansas Ultra Runner*

Warm Regards,



ULTRA CORNER

The following account has been sent to the ULTRARUNNING magazine.

1992 Arkansas Traveller 100

With the traditional calling of the Hogs by the Arkansas Razorbacks, the 1992 Arkansas Traveller was off to the record books. The blast from the starter's shot gun sent Eric Clifton to the lead

leaving the other men's favorites-Bill Maxwell, Raul Flores and last year's winner, David Horton-to play the waiting game. Would Eric set a suicide pace again this year? Could he hold it? Or, was Eric on his game today?

In 1991 Eric lead the race through 70 miles only to succumb to fatigue at 80 miles. This year he was setting an even faster pace and considering that he had won the Superior Trail 100 two weeks prior one had to question his strategy.

Eric Clifton's style of running reminds me of instructions given to the ancient Roman soldiers before they were sent into battle. The instructions were simple. Either come back with your shield or on it. You have to admire a guy who plays it so close to the edge.

Charley Peyton-Race Director

Arriving at the 17.4 mile check point, he was 17 minutes ahead of the threesome of Horton, Flores, and Maxwell and 10 minutes ahead of 1991's pace. At the Pigtrail Station (mile 37.4), his lead was increased by 51 minutes. Leaving the Pigtrail and heading into the "Heart of the Traveller" and the Ouachita Mountains, he continued to build his lead, reaching the Turnaround aid-station(58.7) 73 minutes ahead of Flores.

Elsewhere the trio of Horton, Flores, and Maxwell had run as a pack through 23 miles. Leaving the 132C aid station (23 miles), Maxwell began to drop back. At the Powerline aid station(49.1) Horton and Flores arrived together. Their thoughts must have been up ahead as they pondered Eric's fate.

Leaving the Powerline (49.1), Flores began to make up time on Horton and pulled into Buffalo Gap(53 miles) three minutes ahead. From this point on, the race belonged to Raul if Eric folded.

Would Eric fade from his record pace? At mile 80, Eric's time was 12:04. With head down and trance-like he continued to run the hills. Gradually the word filtered back. "Eric is at 80 miles and still running. He's on record pace." It was a race for second place.

The female favorites in the 1992 Traveller were Shelby Hayden-Clifton and Chrissy Duryea. Shelby, who holds the course record with a 19:15:41, had stressed that she was not in shape, but nevertheless moved out sharply from the start. Chrissy, a California firefighter with a 26:36 Western States finish, had come to Arkansas for one reason: to win the Traveller and receive an automatic entry into the 1993 Western States 100. But, with Shelby showing superior foot speed from the start, Chrissy could only bide her time. Through the eight mile section of the rugged Ouachita Trail into the 17.5 mile checkpoint, Shelby lead by 19 minutes. At 49 miles she was 31 minutes ahead and increased her lead to 33 minutes by Buffalo Gap Aid-station(53 miles). Resisting the urge to push the "panic button", Duryea relaxed and resigned to letting victory take care of itself. At the Turnaround(58.7 miles), things took a turn for Chrissy. Shelby's lead had fallen to just 15 minutes. On the rugged Smith Mountain (71 miles) Shelby was finally caught on the hill but retook the lead going on the downside. As they pulled into the Smith Mountain Aid Station at 73.8 miles, Chrissy was the first to arrive (and leave). At mile 77, she picked up her pacer and never looked back. The question now was would she break Shelby's course record? This was not to be as she eventually gave way to fatigue but finished in a P.R. time of

20:38:08. (Shelby reached the 79.9 mile Aid station and retired.)

With his record breaking 16:30:04 victory at the Arkansas Traveller, Eric posted his fourth victory in four attempts this summer. Old Dominion (15:10:13), Vermont 100 (14:52), Superior Trail 100 (17:21). A truly remarkable accomplishment.

In his post race comments Eric stated that he tired considerably after the turnaround (58.7 miles) and had to walk some at the end. Clifton feels that his 16:30:04 is soft and that a mid 14 hour time is possible. We'll see about that!

As Race Director and a back of the pack ultra runner, I have long known that there are victories and defeats taking place behind the first place finishers. The following are some of the things I'll always remember about the 1992 Arkansas Traveller 100.

I'll remember the gift of running that the Cliftons possess.
" " the positive attitude of Raul Flores and David Horton.
" " the determination of Bill Maxwell (1st Arkie).
" " the self confidence of Chrissy Duryea.

I'll remember the hailstorm that pelted the runners early on in the race.
" " the oldest competitor, Ed Fishman (69), kicking it in with 8 miles to go trying to break 27 hours.
" " Suzi Thibeault, the first female Grand Slammer, coming back from major surgery and two subsequent D.N.F.'s to somehow reach within herself to get to the finish line.

I'll remember the heartbreak of Steve Feller who had to dropout at mile 97 with an ankle injury.
" " Gary Wright who in finishing the Traveller completed nine 100 mile races this summer.
" " Lou Peyton overcoming multiple surgeries to compete again.

I'll remember the silhouette of Lee Tophan and two others as they passed the Lake Winona Overlook in the early morning with the lake and the full moon in the background.

I'll remember Arkansan Ann Moore who has never been able to make the cutoffs in a fifty but at the Traveller moved steadily along the course to finish her first ultra race.

ULTRA PROFILE - BOB HORNER - A.U.R.A. - ATLANTA, TEXAS

Give us some specifics - age, ideal running weight, shoe size.
I've been running for four years. I am 60 years old. My ideal weight is under 155 lbs. Shoe size 8 (Nike Air Pegasus).

What was your hat size before and after the Traveller?
Before the Traveller - 7 1/4; after - who knows!

List your P.R.'s: 5K - 21:08; 10K - 43:21; 1/2 Marathon - 1:40:02;
Marathon - 3:28:19; 100 Miles - 27:36:54

Describe how you felt during the Arkansas Traveller 100?

Overall I felt great.

- (a) Start to Winona - I felt fresh, strong and relaxed.
- (b) Winona to Turnaround - The miles began to tell. I slowed but at the Turnaround I still felt strong and healthy.
- (c) Turnaround to 132C - After the Turnaround I kept moving even though it was mostly walking until the Electronic Tower aid station. At this point Ed Fishman (69) caught me. All tiredness and aches and pains left. I began running seriously.
- (d) 132C to the Finish - From 132C to the Finish was like a new race. I ran this leg in seventy minutes. The last two miles in under 17 minutes.

What part of your training do you attribute your success to?

I owe success for this run to:

- (a) Running the entire 100 miles course prior to the actual run.
- (b) Doing long runs every week or so.
- (c) Running 60K with Nick last August.
- (d) Averaging 300 miles a month the last four months
- (e) Doing some speed work the month prior to the Traveller.

How has your recovery gone (don't lie)?

Recovery has gone very well. I took three days off from running to let three toe nails re-attach themselves to toes. My running mileage is low at present.

What advice would you give someone running the Traveller the 1st time.

Decide several months in advance if you are going to run the race. Run all portions of the course. (The training runs are great for this). Train hard but don't run injured.

What was the best advise that you received?

Eat and drink constantly during the race. Incorporate a sports drink into my running (I use Conquest) and keep moving.

What are your ultra plans for the future?

My plans include the Benton 24 Hour Track Run. My goal is 100+ miles. Also I am running the Dallas Ultrarunners/Plano Pacers 48 Hour Track run at Plano, Texas at Thanksgiving. My far out goal is 180 miles which I am told is an extremely ambitious goal. If you don't set goals you can't reach them.

What do you think about your new nickname.

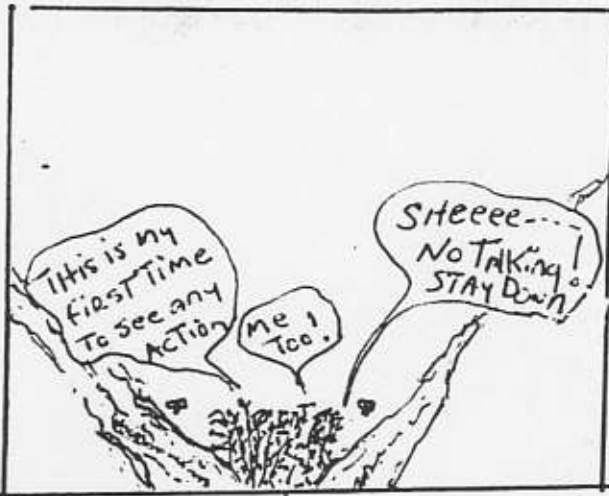
Charley - that nickname is already taken so I can't have it. Bob Marston hasn't given me a nickname yet so I have no further comment.

addendum: Oh yes, Bob, we do have a nickname!

THE INSIDE

by HARLEY

(A SATIRICAL LOOK AT ULTRA RUNNERS IN ARKANSAS)



THE BABES!!!

ULTRA TRAIL SERIES

Hey, I admit it! I underestimated the popularity of the Wasatch Scramble. To be honest about it I didn't think anyone would complete it. Being that the weeds were chest high in places, I figured that the fast guys would turn back. So naturally I drove at a leisurely pace to the Powerline Crossing. Getting out of the truck and stretching, I heard footsteps. Man, I hate that. I quickly set out the water and threw down some cups for the first two runners, Ricky Utley and David Allen. Leaving the truck I picked up my jambox, backpack and stool and headed for my hillside perch at the turn around. Too late! (They passed me again.) Oh well! I quickly spread out my stuff and directed the runners up the far side to the turn. On and on the runners came. What a crowd. Most were saying how much they were enjoying the run. I just don't understand it.

For you new people, the Wasatch Scramble is rugged. I'll do some powerlines but this is too much. I'm content to drive out to the six mile mark and walk in to the hilltop and direct the runners back to the start. This is Mr. Nick's *pride and joy*.

WASATCH SCRAMBLE RESULTS 9-26-92

| | | | |
|------------------|---------|------------------|---------|
| Ricky Utley | 1:49:30 | Beagle | 2:20:29 |
| Jack Evans | 1:49:37 | Jenny Devine | 2:20:29 |
| Mike Carter | 1:53 | Nick Williams | 2:23:12 |
| David Allen | 1:54:29 | Gayle Bradford | 2:30:10 |
| Neil Hewitt | 1:55:39 | Donna Duerr | 2:30:30 |
| Nancy Cunningham | 1:56:11 | James Hicks | 2:30:51 |
| Mike Middlebrook | 1:57:12 | Tery Baskin | 2:30:51 |
| Jim Sweatt | 1:57:49 | Tom Holland | 2:37 |
| Bob Marston | 1:57:56 | Pete Perkins | 2:40:00 |
| Simon Hauser | 2:06:08 | Bob Horner | 2:41:04 |
| David Hesser | 2:06:08 | Tom Chapin | 2:44:00 |
| Ron Hale | 2:08:11 | Ralph Hoffman | 2:49:03 |
| Jim Hays | 2:09:29 | Lisa Gertsch | 2:50 |
| P.J. Hayes | 2:10:30 | Cathy Holland | 2:49:31 |
| Ernie Peters | 2:13:43 | Fred Schmidt | 2:50 |
| Tom Zaloudek | 2:15:49 | Hal Crisp | 2:53:01 |
| Jeff Thomas | 2:16:17 | Linda Schmidt | 2:55:31 |
| John Baker | 2:17:02 | Steve Eubanks | 3:08:21 |
| Patrick McDaniel | 2:17:21 | Karen Teague | 3:09:00 |
| Kimberly Pavelko | 2:18:07 | Mary Clendaniel | 3:15:24 |
| | | Linda Stribling | 3:20:21 |
| | | Rosemary Haluska | 3:48:11 |

ULTRA RACE CALENDER

NOVEMBER 6th 6/12/24 HOUR TRACK RUN. BENTON HIGH SCHOOL TRACK
APPLICATIONS AT THE SPORTSTOP.

DECEMBER 12th(UTS#4) THE WINTER CLASSIC-16 -18 MILES. MOUNTAINOUS
WITH MANY CREEK CROSSINGS. 7:00 A.M. START. DIRECTIONS: APPROX
.3 MILES PAST THE FOREST COMMISSION TRAILER ON HWY 10.
DECEMBER 19th SUNMART-TEXAS TRAIL 50.

JANUARY 1ST GREAT BEAR RUN. 25 MILES. TERESA LASTER. ARKANSAS ULTRA
RUNNERS. NO FEE; NO WIMPS.

FEBRUARY 6th/7th THE ROCKY RACCOON TRAIL 100. MICKEY ROLLINS, 1945
CAMPBELL RD. HOUSTON, TX 77080

FEBRUARY 6th CLEAR SPRINGS 50 KM STEVE BRIDGES 1813 FILHIOL. MONROE,
LOUSIANA-71203

FEBRUARY 21st SYLAMORE TRAIL 50 KM. TERESA LASTER. ARKANSAS ULTRA
RUNNERS.

MAY 1st STROLLING JIM 40 MILE RUN. GARY CANTRELL, 233 UNION RIDGE,
WARTRACE, TN 37183, OR, SEE THE BIG SHOT.

MAY 1st OUACHITA TRAIL 50. LITTLE ROCK, ARKANSAS. TERESA LASTER.

AUGUST 1st THE MIDNIGHT 60 K. ARRANGEMENTS PENDING.

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