

# THE ARKANSAS ULTRA RUNNER

December

*A newsletter for members of the Arkansas Ultra Running Association*

**MESSAGE FROM THE BIGSHOT** - Several retractions are in order with this issue. First up is the date for Steve Eubanks', fun run at Crystal Springs Campground on Lake Ouachita. The corrected date should read Saturday, December 23<sup>rd</sup>, 8:00 a.m.. The run will start and finish from the pavilion near the campground and will be on forest service roads. Distance will be about 20 miles with options for more or less. I have cut out a portion of an Arkansas Highway map that you can use to find your way to Crystal Springs and also to the Athens-Big Fork Trail Marathon on January 6<sup>th</sup>.

The second correction is the omission of our AURA Sister's name for the list of Arkansas finishers in the 2000 Arkansas Traveller. Somehow I got distracted while making up the list I left off Angie Ransom as a finisher. In fact, it was her 5<sup>th</sup> finish. The corrected list should read.

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
<b>Angie Ransom</b>	<b>25:27</b>	<b>N. Little Rock</b>
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

As a reminder to all of you, the Jingle Bell Jog from Easy Runner is scheduled for December 16<sup>th</sup>, 7:00 a.m. Lou and I invite each of you to show up at Easy Runner at Bowman Curve in your Santa hats and bells and join in the traditional 4-mile fun run. Chef Paul Bash will have his custom goodies at the finish. Lou and I will be at the midway point wishing you a Merry Christmas. I have also promised Buddy and Little Albert their own costumes. It will be grand to see you there.

I talked to Brooke Touchstone this week( Nov 14<sup>th</sup> ) and she told me that the Mississippi Trail 50 is "a go". The date is March 3<sup>rd</sup>, the first Saturday in March and as soon as I get an application I will have it in the AURA. One of Carl's wishes before his untimely passing last summer was for the race to continue. I know that Lou and I will be there and I hope as many of you who can get away will join us.

## REGIONAL ULTRA CALENDAR

Place your ice(0)box magnet here

- 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 6<sup>TH</sup>, 2001 ATHENS-BIGFORK MARATHON-UTS #2 - Big Fork  
Community Center; Arkansas. No fee but a \$5 donation per runner requested.
- February 3, 2001 THE ROCKY RACCOON 100 MILE RUN  
Huntsville, Texas. Contact: Mickey Rollins 1945 Campbell Road, Houston, Texas 77080
- FEBRUARY 3<sup>RD</sup>, 2001 WHITE ROCK, CLASSIC, 25 AND 50K-UTS #3  
Cass, Arkansas. No Entry. Plenty of thrills; not many frills. 9:00 a.m. start.
- FEBRUARY 17<sup>TH</sup>, 2001 SYLAMORE TRAIL 50K-UTS #4  
Allison, Arkansas. Contact: Randy and Bobby Davidson.(Application next issue)
- MARCH 3<sup>RD</sup>, 2001 MISSISSIPPI TRAIL 50  
Laurel, Mississippi Applications next issue.
- MARCH 31, 2001 THE GRASSLANDS 10,25 and 50 Miles.  
Decatur, Texas. Contact: Suzi Cope 3550, Carmel Court, Southlake, Texas 76092
- APRIL 1<sup>ST</sup>, 2001 UTS #5-Detail not yet finalized.
- MAY 5<sup>TH</sup>, 2001 STROLLIN' JIM 40.  
Wartrace, Tennessee Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183
- MAY 19<sup>TH</sup>, 2001 THE CATSMACKER UTS #6  
Lake Sylvia area Arrangements Pending.

UTS=Ultra Trail Series run.

## AT-100 INTERVIEW

## SCOTT EPPELMAN

Overall winner 2000 Arkansas Traveller  
Age 33 Coppell, Texas

Scott, this was your forth entry in the *Arkansas Traveller*. What was your assessment of your condition. In other words, how had your training been going prior to coming this year.....

*I hadn't "trained" for two months or so coming into the AT100 because of my racing schedule, i.e. Hardrock followed by a longer than normal recovery, then Cascade Crest 100 six weeks before the AT100, and Olander Park 24 hour threes*



*weeks before. I ran well at the last two and felt I was on top of my game. The question was would I be recovered adequately. My assessment was, if I had recovered then I expected to run well.*

*Was winning on you mind after three previous respectable finishes?....."Coming to win" is a hard thing. Winning or not is a function of your run compared to the competition. I am a firm believer in staying within myself and just doing my very best, without regard to what other runners are doing. I can't do more than my best effort, a smart effort. Only in the last stages of a race can one "go for it". And abandon their tactics and just lay everything on the line. At the 85 mile Lake Winona Aid Station coming back, someone asked if I wanted to know how far ahead Joe was, and I said "No". Regardless it was still a little too early to go crazy.*

*Did you ever use your knowledge of the course from previous runs to your advantage during the race?.....Not really. AT100 is a runners course, and there really isn't a part of it that is unusual enough to spring a surprise on someone. And Joe's course knowledge was at least equal to mine. I knew that winning would require maintaining a fast pace for 100 miles and running some hills aggressively.*

*At the start did you have a game plan?...Simply to run harder than past years right from the start, and to walk less.*

*What about eating and drinking at the aid stations. Or, do you do special things during the run?...Nothing special. I took electrolyte capsules the entire race. I eat whatever food is at the aid stations and drink whatever sports drink is provided. I take energy gels(GU or Hammer Gel) as needed.*

*I am curious about the "race".. Which were you more concerned with as the race progressed- Janice or Joe?...Neither. As I said, I was running my best race and what Janice or Joe were doing was irrelevant until near the end. Janice was running great, so smooth, making it look easy like she always does. It was a pleasure to get to watch her run. Joe seemed to me to be having an up and down day. I'd pass him, thinking it was the last I would see of him, only to be passed by him again later. I suspected he was not having his best day.*

*At Lake Winona Aid Station at Mile 85, you were minutes behind Joe and minutes ahead of Janice. But at the Electronic Tower Aid Station Mile 92, you were the first to arrive. What happened in the dark coming up from 212 Aid Station. I blew through Electronic Tower without slowing down. I didn't know how far behind Janice was. Right after 212, I came upon Joe walking. I had begun to think about when and where I might try to make a move on Janice but hadn't decided. Right there was sooner than I would have liked but I immediately realized that it was the right moment. Janice wasn't next to me, she might have stopped at the aid station(212). Plus I figured Joe wasn't ready to run since he was walking on level ground. Also, It was one of the few placed on the*

*course where I could break visual contact with Janice since the twist and turns and ups and downs allowed me to hid my flashlight. It was the perfect spot to make a break, as it turned out.*

What next for you and did you come out of the race in good shape?...*No problems. I won the Palo Duro 50 on October 28<sup>th</sup> but had a sub-par run, actually my worst of 2000. Up next is the Sunmart Trail 50 at Huntsville, on December 9<sup>th</sup> and then on the next day some sickos and I will run the Dallas White Rock Marathon Course starting at about 2:30 Sunday Morning and run the scheduled marathon again starting at 8:00 a.m.*

Do you have any words of encouragement for *Team Arkansas*?...*They should all wear #13. It's lucky!*

JANICE ANDERSON  
1<sup>st</sup> Female; 2<sup>nd</sup> Finisher;  
34 years old; Kennasaw, Georgia

Janice, You appeared to be in pretty good condition coming into the AT100. What was your assessment?...*I was in "OK" condition. I had done very little long distance training since July because I was getting ready for Hood-to Coast(short distance stuff of three legs of 4 to 6 miles. I had a few good long runs in the weeks prior to At100, so I was hoping I would do well.*

What was your racing schedule like this summer. Did you do other 100's or 50's?...*I ran Mohican in June and Vermont in July. "Hood-to-Coast" was in late August. It's a relay race where each team member runs three legs of varying distance. I ran 6.5, 5.5 and 4 mile legs.*



Just out of curiosity what would be your 5K PR and while you are thinking maybe your 100 mile PR. *My 5K Personal Record is around 17:15 and my best 100 mile time is 16:03.*



During the AT100 tell me about what you ate or drank.. Did you have a plan or schedule?...*I eat power gels every hour or two. I started eating real food around noon, I eat PB&J sandwiches, pretzels, pringles and chicken soup at night. There was nothing you didn't have. I wished I had had the stomach to enjoy those nice Fajitas or a piece of pie.*

Did the cold, windy weather hinder or help you?.....*The cool weather was definitely an advantage.*

At the AT100 we have now had the "best": You, Chrissy, Ann T and Amanda. Any "up and comers" out there we should be aware of?.....*There is always somebody new running fast. Emma Davies had a good Western States and other shorter races this year.*

We were all pulling for you to win but Scott seemed to just slip away from everyone. How were you feeling when you left out of Lake Winona Aid Station at 85 miles?.....*I felt "OK" there but at the next Aid Station(212) at mile 88, Scott took off up the hill and I couldn't stay with him. Although chasing him helped me catch Joe Hildebrand.*

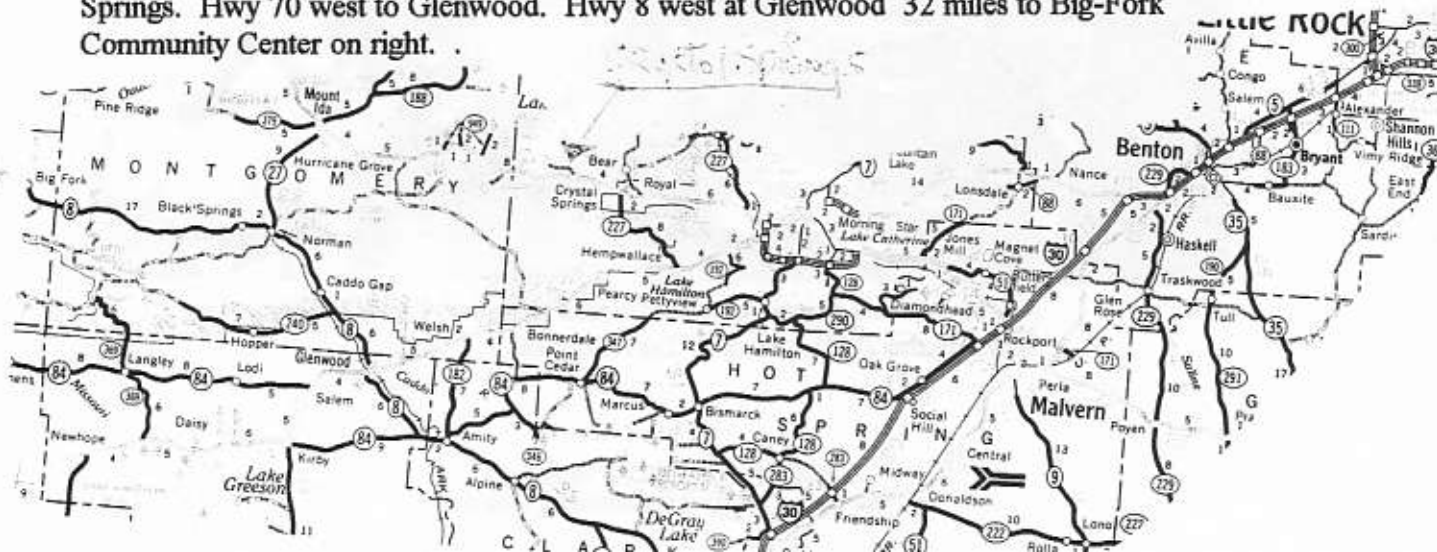
How has your recovery gone. Back on the road, yet. *Pretty good. I've had a sore knee from a fall I took at 15 miles at AT100 but otherwise I'm fine. I ran the MMTR 50 on the 21<sup>st</sup> of October.*

Forgive me but I have to ask. One on one, me and you, you pick the distance. How do you think the BigShot would fair?....*400 meters, Mondo track surface. No blocks. I think I could take the BigShot by a good 15 yards.*

## AURA Maps

For the *Steve Eubanks' Run* on December 23<sup>rd</sup>, follow Little Rock, Benton, Hot Springs, Royal. Past Royal, look for Corps of Engineers sign to Crystal Springs Campground on Lake Ouachita. About 2 miles off Highway 270.

For the *Athens-Big Fork Trail Marathon* on January 6<sup>th</sup>, follow Little Rock, Benton, Hot Springs. Hwy 70 west to Glenwood. Hwy 8 west at Glenwood 32 miles to Big-Fork Community Center on right.



## Hunting Season Update

Gun Deer Season in the Lake Sylvania area

Modern Gun - December 27<sup>th</sup> through December 29<sup>th</sup>

Muzzleloader-December 16<sup>th</sup> through December 31<sup>st</sup>

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## AURA's AT SPORTSFESTWEEKEND

On the weekend of November 10<sup>th</sup> and 11<sup>th</sup> several AURA members won well deserved recognition. On Friday night at the SportsFest Banquet held at the Arlington Hotel in Hot Springs. Larry Mabry was inducted into the Arkansas Roadrunners Hall of Fame. As an ultrarunner Larry completed the Grad Slam of Ultrarunning in 1989 and in 1993 he was a sub-24 hour finisher of the Arkansas Traveller As a side note: Larry completed the AT100 this year. In other awards given out, At the RRCA/State Convention meeting on Saturday Angie Ransom was recognized as the RRCA/Arkansas female Master's Runner of the Year and also the Female Master's Ultra Runner of the Year. Chrissy and Stan Ferguson won male and female Ultra Runners of the Year. Ray Bailey won male Master's Ultra Runner of the Year. The Buzz Wilson Spirit Award was presented to our AURA sister, Patty Groth.



Arkansas Road Running Hall of Fame member, Larry Mabry, finishing the 2000 Arkansas Traveller 100

## AURA Loss

Sadly, we report the loss of another AURA member. Over the weekend of October 28<sup>th</sup>, Steve Hoffman, 53, of Colorado Springs, died as a result of a massive heart attack while elk hunting with friends near Montrose, Colorado. He is survived by family members including his brother, Ralph Hoffman, of Little Rock. He will be missed but fondly remembered by his AURA brothers and sisters.



A picture of Steve taken on the summit of Kings' Peak, highest point in Utah