

THE ARKANSAS ULTRA RUNNER

September/2001

A newsletter for members of the Arkansas Ultra Running Association

HEART O' TRAVELLER TRAINING WEEKEND

(The purpose of the Heart O' Traveller training runs is to familiarize those entered or involved with the 2000 Arkansas Traveller 100 with the remote sections of the race course. Everyone is invited. No fees)

Saturday September 1st, 7:00 AM-Approx. 24 miles. Course is out and back from the Lake Winona Aid Station(31.9 miles)to about ½ mile past the Smith Mountain Aid Station(43.5 miles). Route will be marked with flour; water provided at the Pig Trail Aid station and the Dropoff Aid Station. At the Turnaround point I will have coke, electrolyte and water. You are welcome to start early but water will be set out beginning at 7:00 AM. If not running ride your mountain bike.

Directions: Hwy 10 to Hwy 9. Left on Hwy 9 at William's Junction and go approx. 5.5 miles to Lake Winona Road. Right on Lake Winona Road approx. 4 miles to the FSR 778 intersection. Left turn and park. Run will start and finish at the Lake Winona spillway.

Monday September 3rd, 7:00 AM. Approx. 24 miles Course begins at the intersection of FSR 2 and FSR 114, Route will include the Turnaround Aid Station, Buffalo Gap, Powerline, BM Road and Smith Mountain. Water, coke and electrolyte drink about midway. Course marked with flour.

Directions: Follow same route to get to Lake Winona. Instead of turning left on FSR 778, continue on Lake Winona Road. As you pass Lake Winona, the road becomes FSR 114. It approx. 7.5 miles to FSR 2 and FSR 114.

MESSAGE FROM THE BIGSHOT - We got in late last night from a week in Leadville, Colorado, where Lou and I camped, witnessed and crewed at the 2001 Leadville Trail 100. The "*Race Across The Sky*" as it is billed on the application. Aptly named as Leadville is the highest incorporated city in the USA with an elevation at 10,200 feet above sea level. The first thing you notice at the Sugar Loaffin' Campground about three miles out of town is the cool temperature and the difficulty in breathing the mountain air. At

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AURA-Now on the right course!

sea level. The first thing you notice at the Sugar Loaffin' Campground about three miles out of town is the cool temperature and the difficulty in breathing the mountain air. At night it was in the 30's and 40's and in the day time in the 60's. Almost perfect August weather. "Where is the oxygen?" was the first thing I said. There is a definite home court advantage to the locals in this ultra race. Our game plan was to acclimate as fast as possible. We got there on a Sunday and Monday morning found us at the base of Hope Pass near the ghost town of Winfield. When I refer to us I am including Lou Peyton and AURA brother, Pete Ireland, from Benton. Winfield is about two miles from where we were standing and is the 50 mile and turnaround point of this out and back race. Following the rocky path up to the pass at 12,600 feet was difficult but makeable but coming down was a quad-killer. In fact it was twice as hard and I thought at one time that they (who ever they are) would have to "fetch" me. Pete and Lou on the other hand scooted up and down without much trouble. The next day the plan was to climb Hope Pass from the other direction starting at mile 39, I whined and did only a gentleman's two miles. On Wednesday we were to run/walk from our campground and follow the race course, the three miles into town. I opted to drive and take pictures at the finish-line. What a wimp!

There were other Arkies entered in the race and camping near us. Ray Bailey and Jack Evans were next door and Greg Eason was across the way. DR Feelgood was somewhere nearer to town.

A little about the race. What a grande production! Over 400 entrants. 25% are over 50 years of age; 25 % are women. Also, a finishing rate of less than 50 percent. Like I said this is an extremely difficult environment to run in but one as an ultra runner must see. As a side note, Leadville hosts a 100 mile mountain bike race the week before the run and several local bikers were present. There were over 700 starters in the bike race and about 200 finished in the 12 hour time limit. Robert and Roberta Orr of Little Rock finished within the cutoff. They did not follow the exact running course but as you can see it was equally as difficult.

The Arkies did not fair too well during the run and I will leave it up to them to tell their full story.. Dr. Feelgood re-injured a hamstring early in the race and withdrew. Jack and Pete abandoned the run at 52 miles. Ray Bailey also dropped out at about 70 miles. 30 year old Greg Eason at his first Leadville try finished in 28:26:13. Former Arkansas resident Bill Laster who now lives in Bailey, Colorado, finished in 26:50:57. Lou Peyton who finished the run in 1988 and 1989 was fighting the cut-offs in 2001. Coming over Hope Pass she was caught in a rain, hail, lightning storm and lost ground then mercifully missed the time limit at the turnaround aid-station, Winfield.. Perhaps finishing a western 100 is no longer within her reach and I have a sighed statement that she will "Never attempt another 100 mile run, ever!" Next August I will miss the cool mountain air camp fires..

REGIONAL ULTRA CALENDAR

SEPT 1ST AND 3RD, 2001

OCT 6TH, 2001

Nov

Dec 8th or 9th

Dec 30th and 31st

HEART OF TRAVELLER WEEKEND

11TH ANNUAL ARKANSAS TRAVELLER 100 MILER

UTS #2-to be announced.

UTS #3- THE MYSTERY BOOK FUN RUN

ULTRA SMACKER - selfsmack@ultrarunning.net

AURA MEMBERS ON THE RUN

Adventures in Washington by David Horton, AURA #16.

On July 29th, Clark Zealand (a day after he had just finished 3rd in the National 50 Mile Trail Championships) and I climbed Mt. St. Helens. It was a tough climb and it was socked in with no views at the top. On July 30th, we went down and climbed Mt. Adams. It was also a very tough climb with outstanding views from the top. We carried ice axes and instep crampons but did not need them. On July 31st, we went down to Oregon and climbed Mt. Hood. It was very weird climbing the mountain and going by hundreds of skiers and snow-boarders going all over the mountain. They have skiing year-around there. The climb was very steep but not technical until the last 500 feet. We had to go over a couple of crevasses, go up a knife edge of snow, cross over another deeeeeeeeeeep crevasse and then go straight (almost or it looked that way) a snow shoot. There were occasional rocks falling as well. Needless to say we used both crampons and ice axes. The last part was exciting. We went back to Seattle and rested for two days. On Friday, August 2, Scott and Leah Jurek, Clark and I drove out to Mt. Ranier Nat. Park to do the Wonderland Trail. It is a 93 mile trail that circles Mt. Ranier. Backpacker Magazine had voted it the number 1 SPECTACULAR!!!!!!!!!!!!!! On Friday, August 3, we ran/walked from Longmire to Mowich Lake, it was about 32.5 miles. It took us 8 hours and 28 minutes and had a gain of 10410 feet. On Sat., we went from Mowich Lake to the White River Campground, just over 30 miles in 6 hours and 40 minutes with a gain of 8430. On Sunday, we finished the adventure as we went from White River back to Longmire, just over 30 miles in 7 hours and 28 minutes with a gain of 6920 feet. With a gain of over 25,000 feet in 93 miles it was a very challenging trip. The first two days we had great views around us but not of the summit of Mt. Rainer (I had climbed Mt. Rainer with Doug McKeever, Charlie Hesse, and two others a week earlier). On the last day we had a good view of the summit for most of the day. The elevation of the trail was between 3 and 7 thousand feet. The trail was the most beautiful trail that I have ever run on. It was not very rocky in most places, very wide, and very soft. The trail work was unbelievable. The flowers were awesome. San Juan flowers are a little prettier though. The trail had very good signs at intersections. Leah Jurek met us at the end of each day at the campgrounds with their VW Vanagon. We all slept in that, but you could have slept in a tent in the campground. I would highly encourage all of you to someday hike/run this WONDERFUL trail. I feel blessed to have had the privilege to do it.

AURA President Stan Ferguson and First Lady Chrissy are in Europe and Great Britain this issue. Chrissy is captain(female) of Team USA at the World 100K Championship. Stan's *President's Column* for the newsletter will return when he does.

ULTRA CORNER

Interview with Greg Eason, only Arkansan to finish the 2001 Leadville 100

Name: Greg Eason

Home: Little Rock

Age: 30

Occupation: Physical Therapist

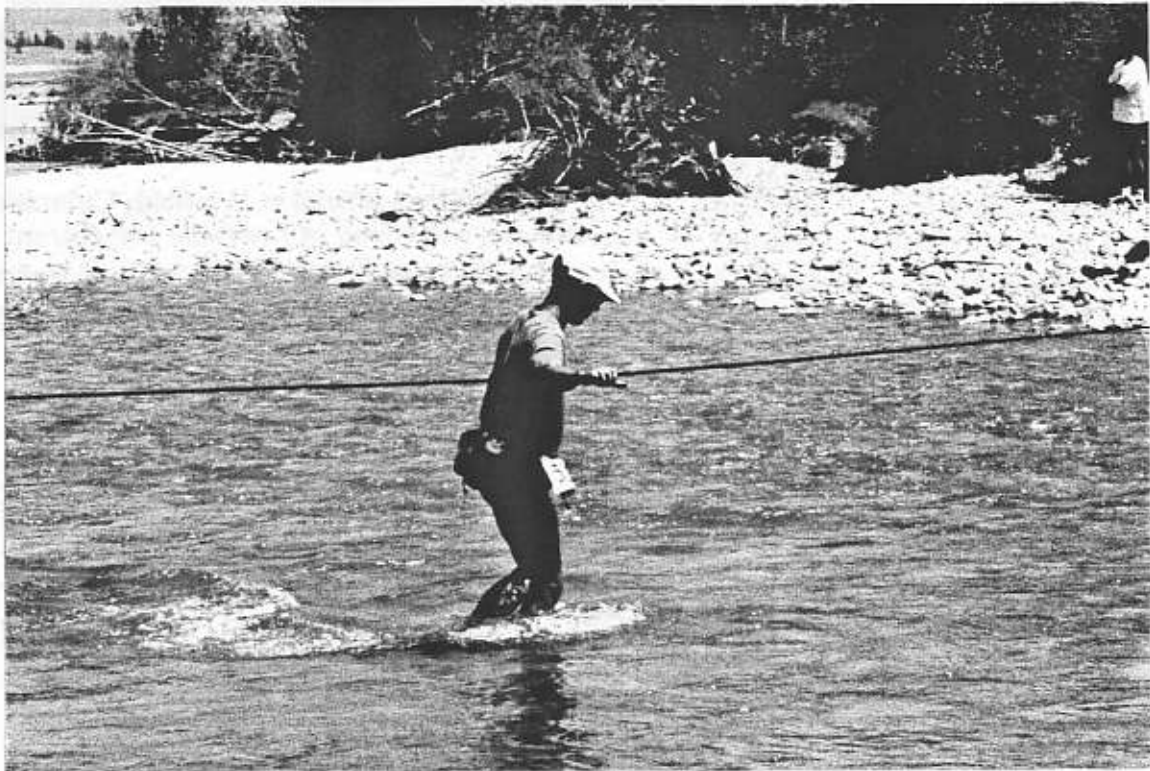
Past Credit: Member of Team El-Faco-Ba, 2000 Raid Gauloises-Nepal

Future Event: Member of Team Traveler, 2002 Raid Gauloises-Vietnam

Greetings Greg, what perked your interest in participating in the Leadville 100?.....*In a sense, the Arkansas Traveller-100. Two years ago-I entered the Arkansas Traveller for the experience and training in preparation for the 2000 Raid Gauloises. The Traveller was a frustrating race in that I did not finish, but I was hooked on the idea of running a 100 miler. Due to other rasing conflicts, I knew that it would be some time before I could attempt another 100 miler, but I immediately started looking for that next race. I had heard a lot about Leadville from other Arkansas runners and I had read several articles on the race and thought it sounded fun and challenging.*

2. Did you have a run strategy for the race? If so were you able to follow it.....*My strategy for this race was twofold. Arrive at the turnaround in about 12 ½ hours and not run "stupid". The only thing I wanted out of Leadville was a finish. If I beat the cutoff by one second that would be fine with me. However, I have a bad habit of revising my goals as I go which can make life hard at the end of races. I stuck to my plan and didn't start thinking that I should go faster and try to run a "fast" time. It's probably the first time in my life that I stuck to my original race plan.*
3. What was your impression of the altitude on your performance. *The altitude didn't play a big role in the race simply because I was always going at such a moderate pace. If I had been trying to run under 25 hours instead of running to finish, altitude would have played a bigger role. I think that the amount of climbing and the grade of some of the climbs was more challenging than the altitude.*
4. Everyone talks about going over Hope Pass two times. Do you think it is overrated?.....*I don't think that going over Hope Pass twice is overrated, but I do think that it is easy to worry too much about that twenty mile section of the course and forget that you have 40 challenging miles after you come back over. I had to make myself remember that Hope Pass was not the only climbing section. It is only the "highlight" of the climbing.*

5. When did you get that "ultra feeling". You know that point in the race when you just know you are going to finish.....*I got that feeling at Winfield. Once I left Winfield I was over halfway and every step that I took was one step closer to the finish. I knew that I might have some low moments in the last 50 miles, but unless I got injured I was going to finish.*
6. How has your recovery gone?.....*My physical recovery has progressed much better than my mental recovery. All week at work I have felt out of it mentally like only a small part of my brain was working. My body, on the other hand feels tired, but OK.*
7. I know that you are better known as an "adventure racer". I hear that there is going to be an adventure race in Little Rock. True?.....*True, the race will be December 8 and will include canoeing, mountain biking, trekking/running, orienteering and some rope work. The race will take teams of three anywhere from 8 to 15 hours to complete, and will be set-up so that beginners as well as experienced teams will have a good time. For more information check out www.raidtherock.com.*



GREG EASON CROSSING THE RIVER AT MILE 40

FROM THE AURA ARCHIVES

Arkansans who have completed the Leadville Trail 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
Bill Coffelt(90)	24:43:11
Bill Laster(92)	25:22:19
Bill Laster(00)	25:24:23*
Bill Laster(99)	25:35:33
Bill Laster(97)	25:36:29
Bill Laster(88)	26:07:54
Ray Bailey(00)	26:20:30
Bill Laster(01)	26:50:57*
Larry Mabry(91)	27:27:00
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)	28:24:27
Greg Eason(01)	28:26:13
Nick Williams(88)	28:31:37
Max Hooper(88)	28:31:40
Larry Mabry(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
Tom Holland(93)	29:44:46
Angie Ransom(98)	29:50:11
Morris Miller(99)	29:58:47

*Resident of Colorado as of Y2K



Picture: Race official at Winfield, Colorado, gently cuts the wristband of Leadville 100 entrant and AURA sister Lou Peyton after 15 hours of competition. With that slice, a running era closes out.