

Headline:

AT-100/Grand Slam News has been announced!

The ARKANSAS ULTRA RUNNER

Auragust 2008- The Good News Edition

A Newsletter For *Members and Friends of the Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

Dedicated Reader: If your newsletter label is highlighted, it is time to reconnect. Avoid a shutoff by renewing your AURA membership.

MESSAGE FROM THE BIGSHOT

In mid-July it was announced that the *2008 Arkansas Traveller 100 Miler* would serve as the final leg of the *2008 Grand Slam of Ultra Running*. With the Cancellation of the Western States 100 due to forest fires in northern California, the Grand Slam board decided that the AT-100 met the criteria of race quality and time frame. The Grand Slam now begins with the *Vermont 100* in July; the *Leadville 100* in August and Utah's *Wasatch Front 100* in September. We should all take our hats off to Stan and Chrissy for the fine work they have done in elevating the "Traveller" to such a prestigious level. The following article is the press release announcing the AT-100's selection.

Press Release

Grand Slam Committee Covers Cancelled Western States with Arkansas Traveller

By Susy Phillips

PERRY, Ark. – The Grand Slam of Ultrarunning Committee has named Arkansas Traveller 100 the official alternative to Western States 100 Mile Endurance Run for the 2008 Slam Season. Potential slammers are invited to start and finish the series by making history.

For the first time in its 35-year history, Western States, the flagship of 100-mile runs was cancelled because of forest fires. Also, for the first time since 1986, the Grand Slam will include and conclude at a nontraditional 100-miler.

"We are pleased to offer an alternative run which would be the 4th leg of the Grand Slam for 2008," said Grand Slam Coordinator Steve Baugh. "The Arkansas Traveller is a quality 100-mile run with a rich tradition and history."

The AT100 will be held on Oct 4th & 5th, four weeks after the Wasatch Front 100, the traditional conclusion to the slam. Running for its 18th year, The Traveller treats runners to a 17-mile loop followed by an 83-mile out-and-back through rolling hills on forest service roads and single track on the Ouachita Trail. The race offers 25 aid stations with seven crew spots and eight drop bag sites.

Directed by Fort Roots firefighter in North Little Rock and ultrarunning champion Chrissy Ferguson and her husband, Stan, The Traveller has become the premier ultra event for the state of Arkansas and the surrounding region.

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"I truly believe we've been offered to conclude this historical event because of the history of our run," Chrissy Ferguson said. "We have developed a reputation of having the best aid stations and volunteers, which are mostly former ultrarunners themselves, that make this race truly unique and enjoyable for the runners."

The Fergusons have accepted the nomination to host the final race of the 2008 Grand Slam Season and welcome all runners looking for a challenge or a chance to make history.

"All this is really about the runners, making opportunities for them," Chrissy Ferguson said. "We plan on staying true to our tradition of providing a fun and quality race be it for first timers or Grand Slammers."

The Grand Slam of Ultrarunning award is recognition for those who complete four of the oldest 100 mile trail runs in the U.S. The Slam consists of officially finishing the Western States 100 Mile Endurance Run, the Vermont 100 Mile Endurance Run, the Leadville Trail 100 Mile Run and the Wasatch Front 100 Mile Endurance Run all in the same year.

History of The Arkansas Traveller

The Arkansas Traveller 100 was founded and directed for ten years by Lou and Charley Peyton of Little Rock, according to the run's website. The first running of the event was on October 5, 1991 with 76 starting runners. In 1989, Lou Peyton was one of four women to complete ultrarunning's Grand Slam—the first year this feat was accomplished by any female. It was the Peytons' travels to these 100 milers in other states that provided the inspiration for the Traveller. They wanted to organize a similar event to share the true ultrarunning experience with their local friends and runners and also to host a run where they could invite the many friends they had made at other races from across the country. It is this spirit of friendliness that has earned the Traveller the reputation of being one of the most hospitable races in the United States. More than 200 volunteers assist with the race – working the aid stations and in other areas to make sure runners receive everything they need to finish their 100-mile adventure. Starting with the 11th running of the race in 2001, the Peytons turned over race-directing duties to Chrissy and Stan Ferguson, but they have remained involved as members of the race board of directors that plans all aspects of the event. To this day, the AT100 course remains almost identical to the original running in 1991.

For more information on The Traveller, visit www.runarkansas.com, contact race directors via email AT100@runarkansas.com or call (501) 329-6688. For more information on The Grand Slam, visit www.run100s.com or email stevebaugh@uajia.org.

About the author

Susy Phillips is a freelance writer and retired ultrarunner. She currently volunteers at local races, occasionally paces runners and directs small-scale running events for Arkansas Ultra Running Association.

More Message from the BS

From the AURA Prez – *"There is a new edition of the RRCA Footnotes publication now available online. There is a link to it on the AURA website home page.-www.runarkansas.com or one can go to www.RRCA.org and find it under "Resources".*

In March of this year, the tornado that came through Benton, struck the home of AURA brother John Knapp. John was not injured but his mobile home was destroyed. He is now living in Morrilton in a handicapped, assessable apartment. We have visited him several times and things seem to be okay with him in his new surroundings.

In a previous AUR newsletter, I mentioned the summer running plans of AURA member David Horton of Lynchburg, Virginia. (Formerly of Marshall, Arkansas) If you remember, David set the speed record on the Appalachian Trail, the Pacific Crest Trail and was third in the Trans-America Foot Race. David's plan was to set a speed record on the Continental Divide Trail (Mexican border to Canadian border).. David abandoned the Continental Divide Trail after his first day. According to sources, the desert was extremely hot and the trail was difficult to follow. After losing his way, he dehydrated and got into serious, if not life threatening, trouble. He had not recovered by the next day and his record setting attempt was lost.

ULTRA TRAIL SERIES

1	Midnight 50K	7/19/08	Susy Phillips
2	Bartlett Park Ultras (50M/40M/50K)	8/2/08	Mike Samuelson
3	Mt. Nebo Trail Run (14 miles +/-)	8/23/08	Tom Aspel
4	Arkansas Traveller 100	10/4/08	Chrissy Ferguson
5	Gulpha Gorge Challenge (17+ miles)	11/8/08	Pete Ireland
6	Lake Ouachita Vista Trail run (50K?)	12/6/08	Phillip Carr
7	Athens-Big Fork Trail Marathon	1/3/09	Steve Appleton
8	The Swampstomper 50K	1/18/09	Leigh Tanner
9	White Rock Classic 50K	2/7/09	Jamie & Jay Huneycutt
10	Sylamore Trail 50K	2/21/09	Greg Eason
11	Three Days of Syllamo	3/??/09	Steve Kirk
12	Big Rock Mystery Run	3/??/09	Chrissy Ferguson
13	Ouachita Trail 50 Mile/50K	4/18/09	Chrissy Ferguson
14	UTS--Series Finale Race (TDB)	?/?/09	TBD

UTS #1 – The 17th Annual Midnight 50K

July 19th, 2008

Lake Sylvia, Arkansas

History of the Midnight 50*

What is now known as the Midnight 50 K was organized to provide an night time run primarily for local runners interested in participating in the *Arkansas Traveller 100*. The first race was on August 1st, 1992. It was called the Midnight 60K and began at 10:00 P.M. There were 12 finishers. Bill Torrey and Kimmy Riley were the male and female winners. The following year the distance remained at 60 K; the starting time was changed to 8:00 P.M... Bill Torrey repeated as first male while Lou(Peyton) was first female. In 1994 the distance was downsized to a 50K to celebrate Lou's 50th birthday. There were 17 finishers. The 50K course was measured in the BS's 1987 Toyota truck. From the Ouachita Trail parking area to the Forked Mountain Overlook, the distance was 31 miles. Subsequent measurements in the newer (A)T-100 Toyota, and corroborated by a bicycle odometer, showed that the 50 K course was somewhat short of 31 miles. The BS always referred to the Midnight 50 K as "50K light". In 1995 AURA's Ray Bailey set the course record with a time of 3:55:22.. In 1999 Craig Zediker tied the course record posting a 3:55. In 1996 the results were absconded by a negligent AURA member and official times were lost. In 1997, the overall winner was Ricky Williams of Fayetteville. Subsequently, Ricky has returned every year to manage the finish-line food and refreshments. Chrissy Ferguson set the female course record in 1999 with a time of 4:27. In 2000, the 25 K was officially added and results were captured. In 2002 Chrissy Ferguson set the female record with a time of 2:10. Tim Wistrand holds the 25K record with a 1:49:10 set in 2004.

In 2008, AURA sister, Susy Phillips, assumed leadership of the Midnight 50K. Forced by the USFS, the start and finish was moved to the Lake Sylvia Day Use Area. This has added distance to the 25 and 50 K and as a result the race is not quite a "light" as it once was. Times run in 2008 qualify as new course records.

I hope to see you all at the Midnight 50 K in 2009.

* - *History is written by those who can remember.* - The Coach Doctor

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"Full mOOn" Run - Midnight 50K and 25K
July 19 2008, Lake Sylvia Recreation Area, Arkansas

50K Run (2008-2009 UTS Race #1)

Men		
1	John Muir	4:19:02
2	PoDog Vogler	4:52:10
3	Jeff Foes	5:04:22
4	A.J. Wolfe	5:10:30
5	Mark DenHerder	5:12:30
6	Michael Talbert	5:15:00
7	Randy Ellis	5:18:31
8	Paul Schoenlaub	5:19:47
9	Rob Philip	5:21:16
10	Steve Kirk	5:25:00
11	Paul Turner	5:27:00
12	Brian Hoover	5:28:05
13	Guy Patteson	5:30:20
14	Alan Hunnicutt	5:30:20
15	David Reagler	5:30:20
16	Robert Williamson	5:35:00
17	Ted Bowden	5:36:00
18	Jacob Wells	5:49:29
19	Geroge Peterka	5:50:55
20	Herb Jarrell	6:03:00
21	Murry Chappelle	6:25:30
22	Pete Ireland	6:50:55
23	Ken Childress	6:51:20
24	Alston Jennings	7:49:28
25	Kenny Simpson	7:26:00*
26	Greg Bourns	7:29:00*
	Ken Barton	DNF (38K)
	Jonathan Reeves	DNF (30K)
	Nick Alsbrook	DNF (20K)

Women

1	Tammy Walther	5:29:00
2	Kathy Hoover	5:56:31
3	Katie Helms	6:02:00
4	Kim Johnson	6:35:00
5	Kathryn Varden	6:51:20
6	Cindy Schoenlaub	7:22:53
7	Rosemary Rogers	7:29:00*
8	Diane Jones	7:36:00*
	Hilde Haynes	DNF (42K 4:05:00*)
	DJ Watson	DNF (42K 4:05:00*)
	Shirley Hyman	DNF (38K)
	Debbie Lashley	DNF (25K)

* - Denotes Early Starter

Other Distances

Donna Duerr	3:06 (12 mi.)
Mary Anderson	3:20 (13K)
Stefanie Addison	1:07 (3 mi.)
Terry Gravenmier	1:07 (3 mi.)

25K

Men		
1	Derek Allen	1:35
2	Scott Eason	1:50
3	Steven Preston	2:08
4	Rob Wistrand	2:09
5	Tom Aspel	2:30
6	John Krillenberger	2:37
7	David McCormick	2:41
8	Jim Sweatt	2:43
9	Harold Hays	2:46
10	Mike DuPriest	2:46
11	Ron McCafferty	2:52
12	Gordon Koops	2:54
13	Bob Marson	3:06
14	R. C. Fason	3:08
15	John Hazen	3:10
16	Clinton Lindsey	3:20
17	Roger Williams	3:20
18	Phillip Carr	3:24
19	Tim Poole	3:29
20	Bill Brass	3:37
21	Phil Brown	3:42
22	Ron Gimblet	3:44
23	Ernie Peters	3:44
24	Gary Speas	3:44
25	Tom Singleton	3:48
26	Linda Fason	3:54
27	Mike Metzler	4:13
28	Jeff Largent	4:19
29	Bob McKinney	4:28
30	Joe Ye???	4:31

Women

1	Leah Thorvilson	1:44
2	Amy Smith	2:30
3	Helena Baert	2:43
4	Hillary Looney	2:48
5	Hobbit Singleton	3:20
6	Patre Williams	3:24
7	Patty Groth	3:31
8	Carrie DuPriest	3:31
9	Lou Peyton	3:36
10	Misty McGuier	3:42
11	Jennifer Miller	3:48
12	Kelly Farrell	3:48
13	Adiel Ranchino	3:48
14	Kim Fischer	4:06
15	Carol Wright	4:13
16	Leah Pearce	4:13
17	Vicky Arterburn	4:19
18	Ann Moore	4:20
19	Rhonda Ferguson	Unk.

UTS UP Next

UTS #2 – *Bartlett Park Ultras*

August 2nd, 2008

Bartlett Park, Tennessee (Memphis area)

UTS #3 – *Mt Nebo Trail Run/14 miles*

August 23rd, 2008 / 7:00 a.m. start

Mt Nebo State Park, Dardanelle, Arkansas

RETREADS

(Retired Runners Eating Out). Join us the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. We line up at 11:30 a.m. sharp. Wear something to identify yourself. Pass the word

AURA X-Training Update – Paddling

AURA X-Training paddlers meet weekly year round for flat water kayaking on the Arkansas River or its tributaries. If you are the least bit curious and want to give it a try, give us a holler at chrlypytn@aol.com ready.

ULTRA CORNER

(Report your ultra finishes to chrlypytn@aol.com)

2008 Hardrock 100

July 13th, 2009

Paul Schoenlaub 38:45

2008 Vermont 100

July 20th, 2008

87th Stan Ferguson 23:48:58

88th Chrissy Ferguson 23:49:00

Vol State Road Race(Tennessee)

July 17th, 2008

Kevin Dorsey 1st Place 314 Miles 4 days, 23 hours, 45 minutes, 3 seconds

In a future issue of the *Arkansas Ultra Runner*, the BS will open the Archive Vault and post the past finishers of the 100 mile races that have been listed .

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Heart of the Traveller Training Runs

Held over Labor Day weekend, the Heart of the Traveller training runs offer the opportunity to view about half of the AT100 course. Highly recommended for first time Traveller entrants--especially those doing their first 100-miler.

Lake Winona Run

Saturday - 6:30am

Distance: 25+ miles

Course (same as the last two years): Starting from the Lake Winona park, just above the intersection of FSR 114 (Lake Winona Road) and FSR 778, this out-and-back run starts out FSR 114 going North, following the AT100 course through the Rocky Gap (FSR 212), Electronic Tower, and Pumpkin Patch aid stations, and continuing to the intersection of FSRs 132C, 132, and 152--where you turn around and retrace your route.

Support: Water will be placed every several miles. Lunch will be provided at the finish.

Rules for Lake Winona Park:

- #1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.
- #2 Keep Off the spillway and levy.
- #3 No bike riding is allowed in the park except in the parking lot and drive.

Directions: Meet at Lake Winona park. **Please keep noise to a minimum when you arrive--to not bother the park superintendent.** Driving directions from Williams Junction (intersection of highways 10 and 9) : Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive.

Smith Mountain Loop

Monday - 6:30am

Distance: 23-24 miles

Course: The start is near the Turnaround aid station of the AT100 (mile 58) and the route covers approximately 15 distinct miles of the race course, including about four miles on un-maintained 4-wheeler road over Smith Mountain. The remainder of the run is on well-maintained forest roads.

Support: Water will be placed every several miles.

Directions: The run starts at the intersection of Forest Service roads 114 and 2. Recommended driving directions to this location from Williams Junction (intersection of highways 10 and 9) : Go west on Hwy 9 for approximately 3 miles. Right on FSR 132 (aka Winona Scenic Drive). Follow approximately 11 miles. Go left on FSR 75. Follow about 2 miles, and turn left at the intersection with FSR 114. It's less than a quarter mile to the FSR 2 intersection. Plenty of free parking there. If you look on a map, taking FSR 114 looks inviting, but many people have been trained not to take that road because of the odds of winding up with a flat tire.