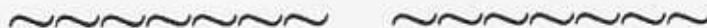


JUNE 6TH IS NATIONAL TRAILS DAY



ARKANSAS ULTRA RUNNER

MAY/JUNE 1998

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-So far written suggestions concerning the 1999 Ultra Trail Series have been a little scarce. There have been a few good verbal responses that we will take into consideration. I hope to have the entire schedule out by next issue. The first one will be the Midnight Mountain Run, approx. 50K. The date is July 25th, 8:00 P.M. from the Lake Sylvia Trail parking area.

AURA Bob Franklin has reported a good trip to the Strolling' Jim 40 in Wartrace, Tennessee. Bob's time was a vague 9 hours but what was interesting was his comment that the entire race course was now paved. Race Director, Gary Cantrel, has always built up the "Wall" in his race. The "Wall" is about a six mile segment that comes at the 31 mile mark and is very hilly with a rough gravel surface. I am interested in reading his comments in the next issue of ULTRA RUNNING and the demise of the "WALL".

Let me encourage each of you to participate in National Trails Day at the Albert Pike Recreation Area. Runs of 18, 10 and 6 miles are being planned by AURA David Samuel. The date is June 6th, the first Saturday in June. 8:00 A.M. There are a couple of runners who want to start early and run longer(50K). If you want details on the longer run, call at 225-6609.

Directions: Albert Pike Recreation Area-Hwy 70 south out of Hot Springs. Continue past Glenwood, Arkansas, on Hwy 70 to the junction of Salem and Hwy 84. Turn west on Hwy 84. Go approx. 13 miles to Langley and Hwy 369. Right turn on Hwy 369 and it is 6 miles to Albert Pike. The Ouachita National Forest at its best. The 18 Miler will have lots of mountains and stream crossings.

ULTRA CALENDAR

JUNE 6TH National Trails Day 8:00 A.M. Albert Pike Recreation Area

JULY 25TH Midnight Mountain Run, Approx. 50K. 8:00 P.M. Lake Sylvia Trail parking area. No registration or prizes. UTS # 1

OCT 3RD 1998 Arkansas Traveller 100.

CONFIDENTIAL AURA HOROSCOPE-TAURUS your memories of walking around with coal oil wrappings on your ankles are in the past. Now let your running get you a life.

Eagle Rock Loop Ouachita National Forest

- Paved Road
- Unpaved Road
- Eagle Rock Loop
- Trail
- River
- Trailhead Parking
- Recreation Area
- Day use Area
- Point of Interest

