

8:00 P.M.
Onanchita Trail Parking Lot
Lake Sylvia Recreation Area

1

MIDNIGHT 50K(+/-) JULY 21ST

THE ARKANSAS ULTRA RUNNER

June/July 2001

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

MESSAGE FROM THE BIG SHOT - On May 20th at Maumelle Park *the Arkansas Ultra Running Association* met for a Pot-Luck dinner and organizational meeting of the *AURA/RRCA*. A slate of officers was presented and approved. Stan Ferguson will serve as President, Mike Dupriest as Vice-President, Big Shot as Treasurer and Lou Peyton, Secretary. The application, by-laws, membership and fees are processed and we are now awaiting word from the RRCA National office. For your information, we have 35 active members plus 15 who are newsletter members. Our next step is to become a "non-profit corporation". I am excited about our new status and see only good things down the path for the *AURA*. More fun runs, potlucks, more memories. Our big hurdle is to become financially viable for 2002. Presently our biggest expense is the Newsletter which costs about 75 cents(+/-) to print and mail. I am sure that with the brains of our membership pulling together, the new *AURA* will be in good hands.

This will be the last newsletter before the Midnight 50K/25K. Chuck and Debbie will man the 7.5 mile aid station which will be the turnaround for the 25 K runners. I will be at the 50K turnaround with my usual toys. Remember this is the *Ultra Trail Series* kick-off for 2002. The official starting time is 8:00 p.m. Water will be set out after the start. There are always runners wanting to start early. Be my guest but remember that the water might not be there for you and for *UTS* purposes you might be punished. If you start early no time faster than 7:00:00 will be recorded. Come early and be prepared to dance to the "MIDNIGHT HOUR".

This is the first call on the *2001 Heart 0' the Traveller Weekend*. On Labor Day(September 3rd) we will have a 24 mile fun run from the Lake Winona spillway and on Monday(September 5th) we will do another 24 miler from the intersection of FSR #114 and #2.. Complete details next in the *AURAgust* Newsletter.

Little Rock Road Runner Club's 16th Annual Talent Show and Pot-Luck Thursday, August 9th. The Big Shot is looking for you. Don't be hiding. Its all for fun. If you know of a fellow *AURA* member who you would like to see performing at the Talent Show, let me know ASAP. If you would like to perform yourself let me know. Remember at the *LRRRC* Talent Show, talent is optional. 225-6609 or <cpeyton@aristotle.net >

ULTRA CORNER

23rd Annual Strolling Jim 40 - May 5th - Wartrace, Tennessee

Bigshot's Editorial-Before the popularity of trail races, there was the Strolling Jim. 23 years ago, runners Gary Cantrell and John Anderson of Wartrace, Tennessee, started it after they had entered a 24 Hour Track Run administered by the Atlanta Track Club and were notified that the race was being canceled due to lack of interest in "ultramarathoning". They decided to have their own run in Wartrace. The rest is history. What followed was an explosion of interest in ultra running. First came the 12/24/48 hour track and road runs and multiday races. Now it seems that the great interest in ultra running is in the 50k/50 mile and 100 mile trail runs. For those of you who have not been to the Strolling Jim 40, it is an opportunity to see how ultra running used to be. Now it is like the towns that once thrived on or near the race course, a throwback in time. An antique, if you will, as little has changed in its 23 years. Because of the popularity of trail running with their perks and prizes, the Strolling Jim appears to be off the beaten path of ultra running. Except for an official early start for seasoned runners (Trekks) and the course being completely paved (It used to be 25% gravel), the "Jim" remains unchanged. Finishers still get a T-shirt and an award and the aid on the course consists of water jugs set out every 2 to 2.5 miles. My observation is that the Strolling Jim now has a cult following. With the exception of a couple of first timers, the majority of the entrants have been there many times and will continue to come in order to pound the asphalt, battle the hot sun and bask in the presence of race director, Gary Cantrell. Ultra running has changed over the last 23 years; the Strolling Jim remains the same for better or for worse. . This is how the race director wants it to be. Like as stated above, it is the way ultra running used to be. As an AURA member I encourage you to do it at least once. Think of it as antique shopping in the ultra-running world.

RACE REPORT - Strolling Jim-40. Our journey started on Thursday morning with a drive to the Natchez Trace State Park which is about half way between Memphis and Nashville on I-40. The park reminds me of the Lake DeGray State Park at Arkadelphia with its large lake, resort lodge and camping. We were camping but utilized the resorts restaurant because of it's buffet. I remembered from last year that the Thursday night buffet is ribeye and T-bone steak night. All you can eat. I hurt'em! The next morning we got up early and drove on to Wartrace which is about 70 miles south of Nashville. After checking in we went to Lynchburg, Tennessee, for a tour of the Jack Daniels Distillery. We had an interesting tour guide who would for his enjoyment addle up to the women on his tour and ask them how they drank their Jack Daniels. Some replied, "Out of the bottle or with a little spring water", etc. I could tell that Lou was getting a little nervous as the tour progressed. Noticing her running water bottle, he soon popped the question-"Miss, how do you like your Jack Daniels? Noticing her distress, I whispered, "Tell him you're a Baptist". Of course he loved that. Then told the old joke about where there are four Baptist gathered you'll always find a fifth. It was a fun time. On Saturday, race day, it was cool at the start but warmed during the day. Not a cloud in the sky. The

Race Director gives the runners an option of starting two hours early in the trekker division. A trekker cannot receive a time faster than 9 hours. John Knapp of Benton and Ann Moore of Cabot joined Lou in the early start. Chrissy Ferguson was at the racer's 7 o'clock start and was the first female to cross the finish line. I have always promoted the "Jim" because it has a lot of character. Before there were trail races there was the Strolling Jim. At first 75% asphalt; 25% gravel. Now 100% asphalt. It is a true ultramarathon with an almost cult following. Except for now being all road, the race has not changed over the 23 years. Still the same water jugs set out every 2 or so miles with the Mayor of Wartrace driving the course with his wife handing out Gatorade to the runners. Unfortunately, it is often shunned by "trail" runners and attendance has been dwindling. It doesn't have the shady trails and stream crossing and the surface is too hard and hot. This apparently has not deterred the Race Director and I don't expect him to make any changes; He likes old time ultramarathoning and his Strolling Jim will hold the line. Always the first Saturday in May. It is worth a visit.

AURA at the 2001 Strolling Jim 40

Chrissy Ferguson	5:43:57 (First Female)
Lou Peyton	9:00:00
John Knapp	11:02:11
Ann Moore	11:02:31

ULTRA HOROSCOPE *GEMINI*-Your newly found success in ultra running might cause your long time training mates to turn fickle. *ARIES*-You have come a long way from your days of hopping corn rows. *CANCER*-Press on; now is not the time to wallow in retrospect. *PICES*-Beware of enlightenment that comes to you on a training run, especially with regards to an important financial decision. . .

THE CATSMACKER. May 19th, 2001

Lake Sylvia - 21 miles(+/-)

WOW! The Catsmacker 21 Miler on May 19th was a great success! Directed by Stan and Chrissy Ferguson of the Conway Running Club, it served as a Pikes Peak training run and the final race of the 2001 Ultra Trail Series. It was so nice to see new faces on the trail which was long enough so that people could slow down and enjoy the views and short enough that you were not too wasted at the finished

Place/Name	Time	UTS Points
1. Jack Evans	3:13:53	69
2. Hugh Braswell	3:30:00	52.5
3. Darin Hoover	3:30:00	52.5
4. Chrissy Ferguson	3:31:00	64

5.	Kimberly Pavelko	3:43	53
6.	Blair Whisenhunt	3:47	42
7.	Collins Cogbill	3:48	41
8.	Richard Williams	3:49	35
9.	Jim Sweatt	3:54	29
10.	Maurice Robinson	3:57	23
11.	Patty Groth	4:01:35	36
12.	Pete Ireland	4:01:35	19
13.	Michael Dupriest	4:02:06	16
14.	Melvin Edwards	4:02:15	13
15.	Heather Eason	4:04:35	30
16.	Deanna Siria	4:06:30	24
17.	Holly Larken	4:07:30	18
18.	Larry Mabry	4:19:06	10
19.	Gary Speas	4:19:15	8.5
20.	Ernie Peters	4:19:15	8.5
21.	Larry Franklin	4:37:30	07
22.	Glenda Erwin	4:37:48	14
23.	Lloyd Moore	4:43:41	06
24.	Pam Rusch		09
25.	Wanda Kirchman		06
26.	Lou Peyton	4:44:29	05
27.	Yvonne Thompson		04
28.	Karen Stone		03
29.	Bruce Mendelson		05
30.	Henry Osterloh	5:23	04
31.	David Smith	6:27	03
32.	Vickie Ingram	6:27	02
33.	John Knapp	6:33	02

KITTY RUNNERS

Name	AURA Credit\$
Rhonda Ferguson	50
David Caillouet(TIE)	40
Darryl Cailouet	40(Brothers)
Stephanie Shinabery	25
Melanie Baden	20
Bill Bulloch	15
Clint Cusick	10

TOUR DE OINK bicycle ride!
8-4-01/Morrilton, Arkansas

REGIONAL ULTRA CALENDAR

JULY 21 ST , 2001	<u>THE MIDNIGHT 50K(+/-)</u> - 8:00 P.M. start from the Lake Sylvia, Ouachita Trail parking lot. 2002 Ultra Trail Series #1
SEPT 1 ST AND 3 RD , 2001	<u>HEART O' TRAVELLER WEEKEND</u>
OCT 6 TH , 2001	<u>11TH ANNUAL ARKANSAS TRAVELLER 100 MILER</u>

NATIONAL TRAIL DAY CELEBRATION

June 2nd, 2001

Ouachita National Forest-Albert Pike Recreation Area-Langley, Arkansas.

NTD! One of the greatest days in trail activity in Arkansas. 103 runners, bikers and hikers participated in distances ranging from six miles to 28 miles. This was the 9th year for National Trail Day and it just keeps getting better. AURA thanx to our Brother, David Samuel, for organizing it and to all the many volunteers who cleaned the trail of the winter ice storms and made it all possible

18 Mile Brushheap Mountain Challenge

Male

1. Stan Ferguson 2:26:31(*course record*)
2. Jon Bitler 2:32:04
3. Danny Mann 2:44:55
4. Ricky Williams 2:54:59
5. Paul Lowrey 3:00:14
6. David Gottschalk 3:02:22
7. John Hardee 3:37:12
8. Melvin Edwards 3:39:11
9. Dan Scharbor 3:45:00
10. Nathan Roden 3:47:00
11. Pete Ireland 3:47:55
12. Rodney Gordon 3:56:56
13. Brian Harper 3:56:56
14. Larry Franklin 4:00:53
15. Greg Holland 4:15:54
16. Rob MaGruder 4:42:00
17. Jon Lucas 4:45:00
18. Steve Eubanks 6:09:00

Female

1. Kelly Fredgren 3:27:29
2. Patty Groth 3:47:55
3. Rhonda Ferguson 4:04:00
4. Stephanie Shinabery 4:08:14
5. Martha Pelletier 4:18:48
6. Debbie Burke 4:24:00
7. Wanda Kirchner 4:31:49
8. Pam Rusch 4:31:59
9. Karen Sykes 4:46:00
10. Ann Moore 6:09:00

28 Mile Eagle Rock Loop

1. Lou Pcyton 9:49:28
2. Kim Fischer 10:00:00

2001 ULTRA TRAIL SERIES

Kings and Queens O' The Trail

STAN FERGUSON—CHRISSEY FERGUSON
JIM SWEATT—PATTY GROTH -Masters
ERNIE PETERS—ANGIE RANSOM-Seniors
PETE IRELAND-Super Senior

BYLAWS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION - ROAD RUNNERS CLUB

I. TITLE

The name of the association shall be "Arkansas Ultra Running Association Road Runners Club Incorporated, "hereafter referred to as "this association" or "this organization".

II. OBJECT

- A. The prime object of the association shall be the promotion and encouragement of long distance running and the education of the public to its benefits.
- B. In furtherance of objective "A" this association may hold championships, races on the road, trail, or track, lectures, fun runs, other educational activities, demonstrations, clinics and social events; to print and publish books, magazines and newsletter; make awards; and do all such other things as may be conducive to the encouragement of running.
- C. Other objectives are to engage in community activities, to publicize by appropriate means the benefits of long distance running as a means of physical fitness.

III. AFFILIATION

This association shall be a chapter of the Road Runners Club Of America, and all measures adopted by that body must be considered by this organization.

IV. MEMBERSHIP

Individuals who wish to participate in the activities of this organization shall submit dues and an application for membership.

V. MANAGEMENT OR GOVERNMENT

- A. The management of this association shall be vested in a Board of Directors consisting of a president, vice-president, secretary and treasurer.
- B. Duties of officers:
 1. President - to preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof.
 2. vice-president - to assume the powers of the president in his/her absence, and to take on special assignments as requested by the president.

2001 ULTRA TRAIL SERIES

NAME	1st Night :07	Big Fork 15 AM	White Rock 50K	Sylamore 50K	On a plain 50	Catsmacker	Total
Star Ferguson	59	62	57	89	64	X	331
Robert Orr(M)	48	X	X	X	X	X	48
Ricky Williams	37	X	X	X	X	X	37
Pete Ireland(SS)	31	9	11	X	X	19	70
Jim Swent(M)	25	22	23	33	24	29	134
Ernie Peter(S)	19	X	X	X	*13.5	8.5	41
Dan Schurber(M)	13	X	X	X	X	X	13
Rob McGruder(SS)	9	X	X	X	X	X	9
John Knapp(SS)	6	2	X	X	4	2	14
John Gaston	X	51	X	X	43	X	94
Tom Brennan	X	40	46	X	X	X	86
Tom Appell(M)	X	34	X	X	X	X	34
Bill Coffel	X	28	X	X	X	X	28
Michael Dupriest	X	16	29	28.5	18	16	107.5
Gary Welchman	X	12	X	19	X	X	31
Greg Bourns	X	6	X	X	X	X	6
David Smith	X	3	X	X	X	3	6
Collins Cogbill	X	X	X	X	X	X	6
Dink Taylor	X	X	X	X	21	41	62
Richard Williams	X	X	X	100	42	X	142
Roger Parman	X	X	X	13	X	35	48
Henry Osterloh	X	X	X	31	71	X	102
Gary Speas	X	X	X	X	2	4	6
Duane Griggs	X	X	X	X	13.5	8.5	22
					8		42
FEMALE							
Christy Ferguson	57	56	57	69	X	64	303
Kimberly Pavelko	46	X	35	47	46	53	227
Patty Groh	35	45	26	13	20	36	162
Rhonda Ferguson	29	X	X	20	X	X	49
Dianne Sarger	23	X	X	X	X	X	23
Lou Peyton	17	16	11	5	11	5	60
Dorina Duerr	11	X	X	4	13	X	28
Carrie Dupriest	X	34	26	7.5	20	X	87.5
Sandy Tull	X	28	X	X	X	X	28
Vicki Ingram	X	22	X	3	X	2	27
Brooke Touchstone	X	X	17	6	X	X	23
Angie Ransom	X	X	46	58	35	X	104
Blair Wahisenhant	X	X	X	X	48	42	100
Heather Eason	X	X	X	X	25	30	55

3. Secretary - to record minutes at meetings, to keep a file of such minutes, and, when requested by the president, to accept assignments involving correspondence and the keeping of records.
4. Treasurer - to administer all financial dues and to have authority to sign or disburse necessary appropriations, as directed.

C. Eligibility:
officers may be elected to succeed themselves.

D. Term of office

1. Term of office shall be about one year, beginning with or at the close of the first meeting held within the calendar year, and in no case beginning later than March 31.
2. Offices filled upon resignation shall also expire at the time of the first meeting of the calendar year.

E. Elections

1. Officers shall be elected by a majority vote of those present at the meeting.

F. Procedural requirements

1. Parliamentary procedure will be carried on at meetings, and every effort will be made to discuss any measures coming before the group.
2. A majority vote of the members present is necessary to pass ordinary measures. All measures shall be deemed ordinary except those proposing a constitutional amendment.
3. A quorum shall consist of twice the number of elected officers plus one. No official meeting shall be held unless a quorum is present.
4. Bylaws amendment
 - a. A bylaw amendment may be accomplished by a two-thirds vote of the members present at the meeting.
 - b. Only those who have been members of this organization for 30 days prior to the proposal of such an amendment may vote upon such.
 - c. All members must be notified at least 7 days prior to voting that bylaw amendments will be discussed and voted on.
5. Meetings will be held at least once each quarter and more frequently if called by the president.

VI. FINANCES

- A. Dues shall be as determined by a majority of the members present at a business meeting and shall not be changed more often than once per year.
- B. This is a non-profit organization. Dues, entry fees, and other moneys received by the organization will be spent entirely for carrying out the stated purpose to the organization.
- C. No part of the net earnings of the club shall inure to the benefit of its individuals.
- D. This organization shall be empowered to participate in fund-raising activities.
- E. This organization will submit a portion of the annual dues (described in A supra) to the RRCA as membership in that body shall require.

VII. DISSOLUTION

In the event of dissolution of this association, the funds in the treasury, after all creditors have been paid, shall go to the Road Runners Club of America or other 501(c)(3) non-profit organization.