

THE ARKANSAS ULTRA RUNNER

September 2003

A Newsletter For Members and Friends Of The Arkansas Ultra Running Association

If your address label is highlighted, it is time to renew.

MESSAGE FROM THE BIGSHOT – On August 30th Stan and Chrissy will host a hot dog picnic following Saturday's Heart O' Traveller Run. Chrissy has arranged for the Lake Winona picnic area to be opened for early morning parking. Following the run she and Stan will cook hot-dogs and trimmings.. If you wish to bring something to go with hot dogs such as chips, baked beans, please do. If you wish to do this call or email Chrissy at 501-329-6688 or STANCHRISSY@EARTHLINK.NET so that you can coordinate.

In earlier editions of this newsletter I have confused the dates for the annual Heart O' the Traveller training runs. The correct dates are Saturday, August 30th and Labor Day, Monday, September 2nd.

Directions to the Saturday, August 30th, 24 mile run.

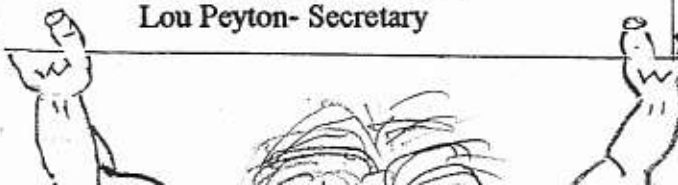
Hwy 10 west from Little Rock. At the Williams Junction Grocery Store, turn left onto Hwy 9. Follow Hwy 9 approx 5.5 miles to Lake Winona Road. Turn right. Go 4 miles (the first two are blacktop) to the Lake Winona Picnic area. Turn left at the gate and follow road to the picnic tables. Run will start promptly at 6:30 a.m. Course will be marked and water set out. One aid station at 9 miles with cokes, water and Gatorade. Since this is out and back, runners will pass this station twice.

Directions to the Monday, Labor Day, September 2nd, 24 miles run.

Follow directions above to Lake Winona. Continue past the Lake Winona picnic area. You are now on FSR 114. Follow FSR 114 for 7.5 miles to the intersection of FSR #2 and #114. This is a three way intersection with ample room to park. Run will start at 6:30 a.m. Water will be set out; course will be marked. One aid station about midway with water, coke and Gatorade. Bring goodies to share after the run.

Arkansas Ultra Running Association

Stan Ferguson-President
Mike Dupriest- Vice President
Charles peyton- Treasurer
Lou Peyton- Secretary



UTRA CORNER*

Vermont 100 Mile

There is good news to report from Vermont, Leadville and points in between. Chrissy performed a PR at Vermont with a time of 19:22:29. She was 25th place out of 216 finishers

FROM THE AURA ARCHIEVES.

VERMONT 100

STAN FERGUSON (01)	17:01:37
KIM GOOSEN (95)	17:41:02
NEIL HEWITT (97)	18:53:35
<u>CHRISSY FERGUSON (03)</u>	<u>19:22:29</u>
CHRISSY FERGUSON (02)	19:59:12
LOU PEYTON (90)	21:17:03
WILLIAM GILLI (90)	23:34:53
LOU PEYTON(89)	24:23:20
MAX HOOPER(89)	25:54:50
LARRY MABRY(89)	25:54:50
BOB MARSTON996)	26:06:20
BOB MARSTON (97)	27:19:25
BROOKE TOUCHSTONE (99)	27:32:37
BOB MARSTON (92)	28:11:58
NICK WILLIAMS (90)	28:15:35
BOB MARSTON (94)	28:50:19

2003 HARDROCK 100

Regrettably, there were no AURA finishers at the 2003 Hardrock 100.

From the AURA ARCHIEVE FOLDER

NICK WILLIAMS(93)	41:26
Dr. FEELGOOD(94)	43:41:47
NICK WILLIAMS(94)	46:49:10
Dr. FEELGOOD(97)	47:51:09;

White River 50 Mile – USATF National 50 Mile Trail
Championship/ August 2nd, 2003

Crystal Mountain, Washington

Place	AURA name	Time
44	Stan Ferguson	9:03:23
66	David Horton	9:52:22
98	Barbara Bellows	10:47:36
112	Mario Martinez	11:26:48

149 starters

Leadville Trail 100

As we go to press the official results of the 2003 Leadville 100 have not been posted. I can give you unofficial times of at least some of the Arkansans and AURA members.

Billy Simpson- 23:41
Robert Orr - 24:45
Steve McBee 25:+
Paul Schoenlaub26:+

Next month I will visit the AURA Achieve vault and post the official times. In the interim, as part of your AURA benefit package, I am writing up a Leadville waiver for those AURA brothers and sisters who were not successful at Leadville this year. In the spirit, of course, of Lou Peyton who signed such a paper two years ago. The waiver is suitable for display on your refrigerator

Former Arkansas resident, Bill Lasiter, finished in the 26 hour range. This was Bill's 10th Leadville finish and he now has entered into the elite 1000 Mile Leadville club.

* - Your ultra race reports and times are always welcome at the power room. chrlypytn@aol.com

Cut along the dotted line

Place refrigerator magnet here

Date _____

I will never enter or run the Leadville 100 again.
You have my word on it.

Signed _____

ULTRA TRAIL SERIES

Midnight 25Km

July 19th, 2003

Lake Sylvia

I want to thank all of you who participated in the 14th Midnight 50 Km. Our aid station workers will receive extra credit. Paul Mattocks did superb job at the 3.5 mile rest stop and Lou, Greg and Heather Eason were assisted by Nick Williams at the 7.5 miles pit stop. When Lou, Greg, Heather and Nick had to leave, they were relieved by John Knapp who pulled the 50 K duty. What made the race complete for us was the food and drink provide by Ricky Williams who brought the Chili Pepper Express down from Fayetteville. It was a great finish area and birthday present for Lou.

There was a rumor around in the early morning hours that next year the 50 Km would be changed to a 60 Km to commemorate, Lou's 60th birthday. I must have been out of my head when I spoke it.

Place	Name	Time	Credits
1.	Rob Wistrand	1:51:00	28
2.	Matt Hill	1:51:00	27
3.	Matt Beisel	1:54:54	26
4.	Rick Utley	1:55:14	25
5.	Joel Kahl	2:12	24
6.	Craig Carney	2:37	23
7.	Barbara Rainey	2:44	22
8.	Angela Bodles	2:44	21
9.	Jeff Holder	2:45	20
10.	Ellis James	2:45	19
11.	Dottie Rea	2:45	18

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RRCA Registered

12. Rick Rainey	2:46	17
13. Ernie Peters	2:58	16
14 Gary Speas	2:58	15
15. John Jones	2:59:43	14
16. Carla Anderson	3:00	13
17. Marshall Singer	3:15	12
18. Pete Ireland	3:20:36	11
19. Francine Stocker	3:28	10
20 Tara Pruitt	3:35	9
21. Keby Smith-Kelly	3:35	8
22. John Knapp	3:39	7
23. Tom Brennan	3:40 (22 miles)	6 units
24. Becky Browning	3:53:34	5
25. Angela McCall	4:07	4
26. Cheryl Harris	4:07	3
27. Jim Kerr	4:07	2
28. Harold Hays	4:10:40 (20 Miles)	1 unit

Midnight 50Km Fun Run

July 19th, 2003

Place	Name	Time	Points
1.	Robert Orr	4:36	63
2.	Stan Ferguson	4:48:02	52
3.	Paul Schoenlaub	4:49:26	47
4.	Maurice Robinson	5:16:41	35
5.	Jesse Wilson	5:17:25	29
6	Mike Samuelson	5:24:04	23
7.	James Golleher	5:26:19	15
7.	Darin Hoover	5:26:19	15
9.	Nathan Siria	5:28:05	10
10.	Todd Mathews	5:37:00	7
11.	Angie Ransom	5:37:08	58
12.	Mike Dupriest	5:45:11	4
13.	Jay Huneycutt	5:46	3
14.	Jamie Huneycutt	5:48:21	47
15.	Blair Whisenhunt	6:02	36
16.	Tina Coutu	6:17	30
17.	Carrie Dupriest	6:37	18
17.	Rhonda Ferguson	6:37	18
17.	Patty Groth	6:37	18
20.	Dainne Seager	6:52	8
21.	Jim Sweatt	6:52	2

2004 Ultra Trail Series

For latest information of runs and races look up the official web-site of the AURA—
WWW.RUNARKANSAS.COM

Jul 19 th	2003 Midnight 50Km
Nov 22	Gulfa Gorge Challenge-16/18 miles. Hot Springs, Arkansas.
Dec	Wildcat Mountain Trail Run-10/11 miles. Mountain Bike route near Lake Sylvia. Date will 1 st Saturday after the closing of modern gun deer season..
Jan 3rd	Athens-Big Fork Trail Marathon. Big Fork Community Center.
Feb 7th	White Rock Classic 25 and 50 Km. Turner Bend, Arkansas.
Feb 21st	Sylamore 50 Km Trail Run. Allison, Arkansas.
Mar**	TBA
April 17th	Ouachita Trail 50 Km and 50 Mile. Little Rock.
May	The Catsmacker. Ouachita Trail parking lot at Lake Sylvia.
* - I will try to firm up all of the dates by next newsletter.	
** - If you are interested in putting on a UTS run in March, let me know.	
chrlypytn@aol.com	

ULTRA TRAIL SERIES RULES

1. Age groups are determined by your age at the time of the Midnight 50 Km.
2. To be eligible for the King and Queen awards, you must complete four(4) races.
3. There will be one "throw-a-way" race. In other words, if you complete all of the series races, your poorest performance will not be counted.
4. In a race that features two ultra distances, either of the races can be used in the UTS. Example is the Ouachita Trail 50 Km and 50 Miler.
5. Runners who opt to start early at an UTS run will be penalized. They cannot score more that the last place runners who started on time.
6. Runners who start late will not be penalized but must add the amount of time they were late to there actual finishing time.
7. Men compete against men; women compete against women.
8. The top ten finishers are awarded points as follows: 50,40,30,25,20,15,10,7,5 and 3. All other finishers receive one point.
9. bonus points are awarded determined by the number of finishers, male or female.
10. In case of ties, points are equally shared.
11. Age groups are as follows; OPEN, MASTERS(40-49); SENIORS(50-59); SUPERSENIOR(60-69) AND ADVANCED SENIOR(70 and beyond)
12. First person to complain gets to be in charge.

The BS's PERSONALITY INVENTORY/PROFILE.

Check the correct response; keep for further reference..

1. In the Bigshot's opinion, the greatest invention in the 20th century was the discovery of (a) propane, (b) *Round-Up*, (c) Wal-Mart, (d) all of the above(tie)

15th EDITION; Number 7
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2003 ULTRA CALENDAR

- Aug 30th Annual Heart O Traveller Training Lake Winona Picnic area. See directions on page one of this newsletter. 6:30 A.M. start. Approx 24 Miles. Out and Back route. Water set out and course marked. Gatorade and coke at mile 9. Hot Dog Picnic after run.
- Sep 2nd Labor Day Run of the Heart of the Traveller. 6:30 a.m. See Directions to start on page one of this newsletter. Approx 24 Miles. Loop course. Water set out; course marked. One pit stop with Gatorade and coke.
- Sept 13th OLEANDER PARK/USATF 100 MILE CHAMPIONSHIP. Sylvania, Ohio.
Tom Falvey, 5835 Heildaway Lane, Sylvania, Ohio-43560
- Sept 27th Flat Rock 50 Km Trail Run. Independence, Kansas. Eric Steele 316-258-9602(h) or
kus@ericsteele.com
- Oct 4th 13th Annual Arkansas Traveller 100 Mile Run.
- Oct 11th Heartlands 100 Mile and 50 Mile Run. Cassoday, Kansas. Randy Albrecht 7826 Westlawn Court, Wichita, Kansas 67212.
randyalbrecht@USAagbank.com
- Oct 18th Mountain Massochist 50 Mile Trail Run. Lynchburg, Virginia. David Horton, Liberty University, 1971 University Blvd, Lynchburg, Virginia 23502 or dhorton@liberty.edu
- Oct Palo Duro Canyon 50 Mile and 25 Mile Trail Run
- Dec 13th Sunmart 50K/50M Huntsville, Texas. www.sunmart-pwi.com or Rogers Soler's Sports at 210-366-3701
- Mar 6th, 2204 Mississippi Trail 50. Laurel, Mississippi.

There is a Celebration Run in the planning stages for November 8th, 2003, from Hattiesburg to Prentiss, Mississippi, on the Longleaf Trace, an asphalt paved Rails to Trails conversion. This is approximately a 41 mile run and will be held in conjunction with the Birthday Challenge held he same day. There will be aid stations approximately four miles apart and plenty of access along the trail from the highway if you wish to have a crew. A shuttle will be provided in Prentiss to take runners back to Hattiesburg after the festivities.

This is a no fee run however donations will be accepted to help defray the costs of the aid stations, T-shirts, and age group trophies.

We are hoping to see how much interest we can generate before the plans are finalized. If you think you may be interested in this race, please reply off line to me at runbear@comcast.net. By 9/1/03. We will notify everyone who expressed interest on whether its is a go or not ASAP after this date. See WWW.longleaftrace.org for details on the Longleaf Trace and Birthday Challenge.