

The ARKANSAS ULTRA RUNNER

January 2006-The Addiction Edition

A Newsletter For Members And Friends Of The *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. If the box is checked, your time is up! (_)

MESSAGE FROM THE BIGSHOT – Addiction takes many shapes and forms. For some of you people it is walking when you could be running. The BS came face to face with his addiction on a rainy day in the middle of November. It was not yet December and the January issue of the AURA was in the mail. Cranking out newsletters is my vice. Just as in all addictions after a while you start getting careless, making mistakes, getting sloppy. Several mistakes were made last month and I will be correcting them this issue. In the meantime, I can't figure out how to slow down and let the months catch up to me. As I type this it is November 22nd and the February issue of the AURA.

Correction #1 - Somehow I cut short the Treasurer's report. Here is how it should read-

AURA TREASURER'S REPORT – In the coming weeks the BigShot will receive our yearly bill from the *Road Runners Club of America's* home office. As I am sure you remember from previous Treasurer's Reports, this bill represents what the AURA owes RRCA for the services they provide us. The services they provide, and the reason the AURA went the RRCA route in 3001, was the insurance coverage that is given to the club and the fun runs and races that we put on under the name of *AURA*. Last year our statement was for almost \$500.00. In order to meet this expense we ask the races that we provide the insurance for to donate in the amount of \$1.00 +. per entrant. Thanks to the contribution from The Sylamore 50K, 3 Days of Sylamo, The Ouachita Trail 50 and the Arkansas Traveller 100, we are able to make this payment. The rest of our club's expenses are eaten up by this newsletter which cost \$100.00 + a month to publish. (This is why the BS is also known as the Big Spender)

Bottom Line: The AURA continues to squeak by. You can assist us in our passage in 2006 is by examining your AURA re-enlistment application that you will receive when you hitch is up. If you are a member of another RRCA club, or even more than one, consider checking the box adjacent to the question "are you a member of another RRCA club? Doing so, you will receive the newsletter, I'll refer to you as a brother or sister but our AURA won't be double billed as part of the clubs dues is based on total membership.

Correction #2 - George Peterka name was left out as a finisher of the Gulpha Gorge Challenge. George finished in 21st position with a time of 3:32:00. I also meant to give the AT100 times of Ken, Carla, Brenda and George/Ilona who were featured in the *Tales of the Traveller* column. Ken, Carla and Brenda finished in 29:20:39. Ilona in 23:14:48; George in 28:02:39.

AURA HOT FLASH!

On December 17th, 2005, AURA brothers Steve Kirk and Greg Eason completed a non-stop crossing of the 223 miles Ouachita Trail in a time of 76 hours, 33 minutes and one second. Picture below is a photo that the BS snapped of them posing after the finishing at the Pinnacle Mountain State Park Trailhead. Their were some comprehensive write-up in the *Maumelle Monitor* on December 21st and in the *Arkansas Democrat-Gazette* on December 26th. I am looking forward to a first hand running report on their great effort.



Greg Eason (left) and Steve Kirk(right) finishing at the Ouachita Trail sign.

AURA HOT FLASH #2!

On the following page is information on the White Rock Classic, UTS # 8, that is scheduled for February 4th. According to the new run leaders, Jay and Jamie Huneycutt, the emphasis of the race will be on the 50 Km. Please take note that there will be a 25 Km fun run; however, transportation from the mountain top 25 k finish back to the start will not be provided. You will need to make your own arrangements for your return. **Editor's Note** -The BS would like to take this opportunity to thank Jay and Jamie for taking on this race and also thank our AURA brothers Ricky Williams and Joe Fennel for all the work that went into this "classic" that they started in 1994.



White Rock Classic 50K
Saturday, February 4, 2006
9:00 am

No Fees, No frills, No WIMPS!

Race begins at 9:00 am on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass). Please sign-in by 8:30 am at the Turner Bend Store.

This is Race #8 of the 2005 – 2006 Ultra Trail Series
A \$5.00 donation is suggested to cover costs

Brought to you by Jamie & Jay Huneycutt
and the Arkansas Ultra Running Association
Refreshments will be near the finish line starting at 1:00 pm

Please keep your own time and sign in at the finish. This is a run/walk and not a bike ride.

The 50K course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained forest road. Aid is set up approximately every 5 – 6 miles.

Approximate cumulative elevation changes:

Out/up: 3500' total climb, 1900' total descent

Back/Down: 1900' total climb and 3500' total descent

You may also run the 25K ascent (fun run) only, but you will need to find your own ride back.

Course closes by 5 pm. Early starts are excepted if you are unable to complete the 50K under 8 hours.

Questions: Jamie & Jay Huneycutt Home Phone: 479/444-8955

E-mail: jhuneycutt@nw-health.com or hjhuney@uark.edu

AURA HOROSCOPE

Leo--Due to your "whisky talk", compliments from your *Fantasy Companion* might not be so forthcoming this next racing season. *Libra*--Start serious training this month or the "blue trail of sorrow" might catch up to you. *Aquarius*--If your training group acts stilted in you presence, it could be that they are not into fragrances and scents.. *Jubilee*--The New Year always comes with new problems.

ULTRA TRAIL SERIES

2005-2006 Ultra Trail Series Schedule

www.runarkansas.com for up-to-date info on point totals and standing.

- | | |
|---------------|--|
| 7-23-05 | #1-Midnight 50 K |
| 8-28-05 | #2-Mount Nebo Run |
| 10-1-05 | #3-Arkansas Traveller 100 |
| 10-29-05 | #4-DDT Run (Devil's Den Trail Run) --- (15 mi) |
| 11-19-05 | #5-Gulpha Gorge Challenge (16-18 mi) |
| 12- 10-05 | #6-WildCat Mountain Run (10-11 mi) |
|
 | |
| 1-7-06 | #7-Athens-Big Fork Marathon and 17 Mile Blaylock Creek Fun Run.
8:00 am Big Fork Community Center. Big Fork, Arkansas |

Directions from Little Rock: I-30 through Benton. South of Benton take the Hot Springs exit-Hwy70 West. Follow Hwy 70 into Hot Springs then south to Glenwood. In Glenwood, take Hwy 8 west for about 32 miles to the rural community of Big Fork. The Community Center is on the right. No entry fee however runners are asked to give a donation for the use of the Community Center. A \$5.00 donation would be appropriate. Coffee and a warm fire at 7:00 a.m.; trail briefing at 7:45 a.m. State RRCA Representative, Kim Howard, will be the official starter.

Athens-Big Fork Trail Marathon – FYI

One Way: Max elevation, 2028'; Min elevation, 1023'; Climbing elevation gain, 4600'; Descending, 4400'; Climb Dist., 7.10 miles; Desc. Distance, 6.65 miles; Average grade, 12%. Stats provided by Steve Kirk

- | | |
|---------|--------------------------|
| 2-4-06 | #8-White Rock Classic |
| 2-18-06 | #9-Sylamore 50K |
| 3-?-06 | #10-Big Rock Mystery Run |
| 3-17-06 | #11-3 Days of Sylamo |
| 4-22-06 | #12-Ouachita Trail 50 |
| 5-?-06 | #13-The Catsmacker |

Wildcat Mountain Run -10-11 miles – UTS #6
 December 10th, 2005
 Ouachita National Forest

1. Craig Zediker	1:17	19. Debbie Lashley	1:48:52(F)
2. Darby Benson	1:18	20. Bill Thorton	1:48:52
3. Pablo Lowrey	1:24	21. Mike Smets	1:48:52
4. Stan Ferguson	1:27:38	22. Susy Phillips	1:50:22(F)
5. Tom Aspel	1:31:50	23. Shirley Hyman	1:50:22(F)
6. John Conner	1:33:17	24. David Trower	1:56:44
7. Rodney DeClue	1:34:23	25. Chrissy Ferguson	1:56:47(F)
8. Steve Appleton	1:35:37	26. Angie Orellano	1:56:47(F)
9. Mark Oliver	1:39:19	27. Johnny Brown	1:44:20*
10. Tony Bliss	1:40:12	28. Bryce Davenport	1:54:52*
11. J.B. Mullins	1:43:42	29. David Samuel	2:24:01
12. Maurice Robinson	1:43:48	30. John Hubanks	2:25:08
13. Dave Cawein	1:44:25	31. Carrie DuPriest	2:27:00(F)
14. Lance Reaves	1:47:13	32. Patty Groth	2:27:00(F)
15. Cory Johnson	1:38:52	33. Eunika Stevula	2:00:10(F)*
16. Jason McGhee	1:38:52	34. Scott Rogers	2:00:10*
17. Michael DuPriest	1:47:56	35. Lou Peyton	2:35:38(F)
18. Ken Barton	1:48:52	36. Bob McKinney	2:40



Craig Zediker, winner



Debbie Lashley, 1st Female

Two Thousand Six

The Wildcat Mountain Run - UTS # 6
December 10, 2005



© Photo: J. Idner

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

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			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

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						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AURA's SPECIAL FEATURE

Tales of the Traveller

An Interview with AURA's Paul Turner



Paul Turner on the way to a 27:20:18 Arkansas Traveller finish

Christmas greetings to you, Paul. I know you were disappointed in 2004 when you did not finish the Arkansas Traveller 100. How much did you think about it in the year leading up to 05AT100?.....*I thought about it all the time! In fact, I had decided before the end of the year that I would attempt it in 2005 I had camped at Lake Sylvia and every time some one finished, I heard the music play. I used that as part of my motivation!!*

Any differences in your training this year? And, what was your training?.....*The only differences this year is that I trained longer. I started a little sooner and carried the training a couple of weeks longer. The rest of my schedule was the same as last year. I gradually built my mileage up from 50 miles a week to 90 plus.*

At mile 46, Chicken Gap Aid Station, the above photo was taken of you. You looked tireless. However on the return to CG at mile 70, you sat in a chair with a vacant stare in your eyes. We were all worried. Anything happen in the last 50 Km that we need to know about because you must have come back to life and were able to finish very

strong.....*I remember feeling really good at mile 46, and I remember feeling not so good on the way back. Really bad at mile 70! I was hurting and letting that control the way I felt. In fact, what really kept me going was that I had a pacer, Joe French. He had been out there a long time and I did not want it to be for nothing. So I figured I had to at least get to Lake Winona which was where he was going to have to stop, and I was thinking that would be a good place for me to stop as well. Plus, I thought maybe I would start feeling better. Stan had told me, in the past, that sometimes you feel really bad, but if you keep moving, eating, drinking and taking care of yourself, you can turn it around. Anyway Joe kept getting me up and moving at each aid station. He took a lot of abuse and even handed some out. Eventually, I did start feeling better and was able to bring it home the last 16/17 miles!.*

In general how did the race go for you?. BigShot wanted me to ask you at what point did you start praying?.....*The race went well for the most part. I wore a different socks than I usually do and paid for it with some really good blisters. My bad section was a pretty good stretch through Chili Pepper(mile 64) to Lake Winona(mile 84).. When did I start praying? Well I was sitting at Pig Trail Aid Station(mile 80), really about to quit. Joe was trying to get me up and I was not doing it. About that time Goose(Kim Morton) came into the aid station. She had been pacing someone, but was not feeling well herself and had let him go! She saw me and hollered out "Dude get your ass up!" As everyone was laughing, I got up and I headed off and Goose went with us. I was still feeling bad and about to fall asleep. Goose told me she knew I was a praying man and that I should pray about finishing. I didn't, at least for a while. She mentioned it a couple of more times and I finally thought that she was right. So, about a mile outside of Winona, I said "Lord, I really worked hard for this and I would really like to finish. So if that's your will, please help me to do it!" BigShot it wasn't two minutes after that and "BOOM"! I decided to start running. I had walked pretty much from Chicken Gap to that point. I started to run and all of a sudden I felt great! I ran in to Lake Winona Aid Station with a whole new attitude. Instead of lingering around, I drank an Ensure, changed shirts and headed down the road. I didn't really stop at the next couple of aid stations, and only took a quick break at Pumpkin Patch.(I had to have a piece of pie.) I now know what Stan meant about keeping moving, eating and drinking, and just taking care of yourself and being able to turn things around. It's an incredible feeling!*

Anything else you would like to add?.....Just a huge thanks to Stan and Chrissy, and all the volunteers . *You guys are all GREAT!! Oh, and the finish music I trained all year long, repeating to myself.--"man, that music is going to sound good" And , it did.*

RETREADS(Retired Runners Eating Out) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with runner related items to identify ourselves. Let's bring our old press clippings this month.

ULTRA CORNER

Report your race times to chrlypytn@aol.com

Palo Duro 50 Miler, 50 Km and 20 Km

Palo Duro Canyon State Park, Texas

October 15th, 2005

PaloDuro 50 Miler

Kimmy Riley 11:07:19
Carrie Dupriest 11:37:17
Patty Groth 11:37:17

Palo Duro 50 Km

Paulette Brockinton 6:54:25
Chrissy Ferguson 8:34:36
Lou Myers 8:34:36

Palo Duro 20 Km --- Tina Coutu 1:50:21 (second female)

Sunmart 50 Km

Huntsville State Park, Texas

December 10, 2005

333 place Bob Marston 6:42:43
527 place Rosemary Marston 8:31:06
(578 finishers)

Arkansas Ultra Running Association
41 WhiteOak Lane
Little Rock, AR 72227