

Get Ready, Get Set---AT-100!!!!!!!

The ARKANSAS ULTRA RUNNER

September/October 2008- The Grand Slam 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.

THE BIGSHOT'S PAPER TRAIL

On August 25th, we learned of the passing of Ultra friend, Red Spicer. Red was cofounder and race director of the Palo Duro Canyon 50 near Amarillo, Texas. Since we first met him in the mid-80's, our paths would cross every couple of years at various Ultras around the Southwest. He was always quick with his smiles and encouragements. Our last encounter was in Little Rock two years ago on his way to North Carolina. Several of us went out to *Senor Tequila* for dinner and enjoyed the company of this true Texas gentlemen.

I trust that you have given the new 2008/2009 Ultra Trail Series schedule a close look. Our president and UTS Coordinator has put together what I believe is the best season yet. Worthy of note is UTS #8, *The Swampstomper 50 km* at Memphis. The AURA is a sponsor of the Swampstomper and I encourage all our AURA members to give it consideration. This is one of the UTS's that you have to enter via application. I plan to run one in a fall newsletter. This is a race that will fill up and close so don't let the deadline slip up on you. More information on the race can be seen on www.runarkansas.com and follow the link to the Swampstomper.

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

ARKANSAS TRAVELLER VOLUNTEER/ RUNNER PICNIC

Saturday, October 18th, 2008

3:30 p.m.

Maumelle Park, Pavilion #8

20th EDITION; Number 7

The AURA – Where the clock never seems to slow down.
Bred in 1998; RRCA birthed in 2001

AT-100 UPDATE

The following article appeared in the August issue on ULTRA RUNNING magazine.



Photo by CHARLES MALCOLM

NOTES IN THE MARGIN...

The big news in the ultra world over the past month is the cancellation of the Western States Endurance Run. As detailed on pages 10-11, a combination of forest fires near the course and dangerous air quality led organizers to cancel the run for safety concerns.

The repercussions from the cancellation will rumble through the ultra world for quite some time. Four hundred highly-trained and tapered runners found themselves all dressed up with nowhere to run. Many immediately sought another race, but several of the later summer 100-mile races were already full. The Vermont 100 and Tahoe Rim Trail 100 – among those already filled to capacity – opened up additional spots for Western States entrants. Other runners found themselves with schedule conflicts, depleted financial resources or lack of vacation time and will simply go without. The Western States Board of Trustees announced that the 2008 runners would automatically be granted entry into the 2009 race and that this would likely mean that there would be no lottery for 2009. While it's difficult to find fault with this approach, it does dash the hopes of the 1000 or so folks who did not get into the 2008 race and were hoping for better luck for 2009. And for those attempting the Grand Slam, the Arkansas Traveller 100 was chosen as a replacement.

2008/2009 ULTRA TRAIL SERIES

1. Midnight 50K	7-19-08	Susy Phillips
2. Bartlett Park Ultras	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-Biog Fork Trail Marathon	1-3-09	Steve Appleton
8. The Swampstomper 50K	1-18-09	Leigh Tanner
9. White Rock Classic 50K	2-07-09	Jamie and Jay Huneycutt
10. Sylamore 50 K	2-21-09	Greg Eason
11. 3daysofsyllamo	3-??-09	Steve Kirk
12. Big Rock Mystery Run	3-??-09	Chrissy Ferguson
13. Ouachita Trail 50	4-18-09	Chrissy Ferguson
14. UTS Finale(TBD)	?-??-09	TBD

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The Bartlett Park Ultras - UTS #2

August 2nd, 2008

Bartlett Park State Park, Tennessee (Memphis area)

Race Report by AURA's Mike Samuelson, Race Director.

The second annual Bartlett Park Ultras once again lived up to the moniker Tennessee's Hottest Trail Run. The high temperature for the inaugural race in 2007 was reported to be 102 degrees and this year, according to weather.com, the high temp in Bartlett on race day was 106?! degrees. No matter what the high temperature actually was, it was an extremely challenging day for the runners.

Stanky Creek - with arguably some of the best trails to run in Memphis - is the site of the race. The park's white, yellow, and blue trails form an easily followed 8.00 mile loop through a thick growth of trees. Yes, the nearly 100 percent shaded course is greatly appreciated by the runners. Also appreciated were the three aid stations manned by AURA, Memphis Runners Track Club (MRTC), boy scout and other volunteers providing much needed ice, fluids, salt and food to runners each eight mile loop.

Seventy runners toed the starting line to challenge the heat and 56 completed either 32, 40, or 50 miles. East Tennessee runner Paul Carrasco led the runners through the first and second loops before cramps ended his day leaving MRTC runner Harry Camp to lead the pack for awhile. Since runners can choose to finish any of the three race distances, what was our 50 year old leader going to do - stop at 50K or accept the challenge of possibly repeating as the 50 mile champ? Although the first to reach 32 miles, Harry pushed on and completed 50 miles before all the other competitors to repeat as the first finisher in the 50 mile race. Harry was not the first runner to 40 miles however, as New Jersey runner Christine Daly completed five loops first and stopped to become the first 40 mile finisher of 2008. Arkansas runner Matthew Miller was the first male 40 mile finisher. Local runner Bill Terlecki was the first official finisher of the day completing the 32 mile 50K run in 5:13:01. Bill then remained at the park to converse with some of the runners who decided to stop after completing two or three loops on the challenging day and then eventually with other finishers. Lisa Fisher was the first 50K female finisher.

Several other runners of note included 75 years young Wisconsin runner Raymond Scharenbrock who had completed his 600th marathon or ultra the week before the race. Regretfully, the heat was too much for Raymond and he decided to call it a day before registering a finish. The last 50K finisher was 73 years young Eugene Bruckert who traveled to Bartlett from Illinois. Eugene has more than 200 ultra and marathon finishes to his credit and it was gratifying to see him add the Bartlett Park Ultras to his finish list. The final finisher of the day joined us from Iraq. Yes, although stationed at Fort Campbell, Chad Henderson decided to run his first ultra at the Bartlett Park Ultras while on two weeks leave from a year deployment to Iraq. Thank you for your service sir and congratulations on achieving your goal of a 50 mile finish.

Swag this year included ultrarunner Randy Ellis's book about his run across the United States in 1998, *Running With Payne*, and a white technical running shirt with the race logo emblazoned on the front.

Great thanks to all the volunteers who made this event possible. An example of the runners' praise of the volunteers comes from Georgia runner Deborah Botkin, "Both the volunteers and runners were just incredible!" Although some runners would prefer that this race be held on a cooler weekend, many runners look forward to the challenge of running Stanky Creek in the heat. The third edition of the race is tentatively scheduled for August 8, 2009.

Pictures are on the following pages - possible picture captions: (all photos taken by Blair Parker)



AURA's Carrie Dupriest, Rhonda Ferguson and Kenny Simpson at the Bartlett Park Ultras start/finish aid station.

AURA HOROSCOPE

Your running guide to Power, Money and More!!!!!!

Your jubilations over finding pennies and dimes on your training runs will pale in comparison to what you might soon discover. Your moral compass is about to be reset on a yet undetermined fall training run. A powerful force will magically descend upon you during your lowest ultra moment and leave you with unnatural, powerful abilities.

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Bartlett Park Ultras Results
 August 2nd, 2008
 Bartlett, TN
 2008-2009 UTS Race #2

50 MILE

Place	Name	Age	State	Time
1.	Harry Camp	50	TN	8:53:49
2.	Mike Wrobel	35	LA	9:10:16
3.	Jeffrey Foes	42	MO	10:40:47
4.	Chris Triko	36	TN	11:53:41
5.	Enoch Lee	44	AL	11:53:58
6.	Anton Kleparek	27	FL	11:54:08
7.	Chad Henderson	34	TN	12:48:10

40 MILE

Place	Name	Age	State	Time
1.	Christine Daly	46	NJ	6:48:15
2.	Matthew Miller	25	AR	8:08:45
3.	Michael Poole	27	TN	8:42:51
4.	Richard Martin	45	TN	9:39:11
5.	Randy Saxon	47	MS	9:41:49
6.	Julie Younce	39	MD	9:56:05
	Diane Carpenter	51	MD	9:56:05
8.	Kim Johnson	39	AR	10:14:20
9.	Cort Mills	51	TN	10:24:57
10.	Jen Barker	26	MS	10:37:01
11.	Lori Ladd	42	MS	10:46:39
	Charles Felsher	41	MS	10:46:39
13.	Diane Taylor	51	TN	12:28:18

50K

Place	Name	Age	State	Time
1.	Bill Terlecki	36	TN	5:13:01
2.	James Holland	31	TN	6:04:50
3.	Matt Mason	36	TN	6:23:00
4.	Joe Mann	45	TN	6:25:53
5.	Bill Baker	57	TN	6:42:27
6.	Ted Bowden	53	AR	7:03:26
7.	Guy Patteson	48	AR	7:08:17
8.	Todd Porter	36	TN	7:14:45
9.	Michael Yarbrough	34	MS	7:17:10
10.	Lisa Fisher	39	TN	7:19:17
11.	Sara Kniffen	33	MO	7:22:30
12.	Jeremy Bolt	38	MO	7:22:31
13.	Michael Montgomery	61	TN	7:28:42
14.	Eric Randall	48	TN	7:33:05
15.	Michael DuPriest	52	AR	7:33:05
16.	Ryan Meschke	33	MO	7:34:15
17.	Robert Williamson	42	AR	7:45:34
18.	Iva Lightsey	47	MS	7:51:02
19.	Diane Jones	53	TN	7:55:38
20.	Laura Carucci	46	NJ	8:05:10
21.	Nick Alsbrook	29	AR	8:11:35
22.	Keith Hallmark	52	AL	8:22:58
23.	Steve Hughes	59	IL	8:28:38
24.	Cliff Sanders	58	TN	8:46:21
25.	Mindy Randall	48	TN	8:46:22
26.	Graham Gallemore	65	AL	9:01:17
27.	Mike Hudson	41	TN	9:10:45
28.	Annie King	49	GA	9:20:28
	Mike Wallace	43	TN	9:20:28
30.	Jan Show	54	TN	9:32:40
31.	Charlie Surran	57	VA	9:39:40
32.	Elizabeth Sanders	48	TN	9:49:19
33.	Deborah Botkin	37	GA	9:55:55
34.	Holly Lynch	47	TN	9:55:58
35.	Cheryl Murdock	58	FL	10:00:15
36.	Eugene Bruckert	73	IL	10:34:00



ULTRA CORNER

2008 Leadville 100 Mile Endurance Run

August 16th, 2008

Leadville, Colorado

37 th	Steve Kirk	25:16:05
44 th	Stan Ferguson	26:20:45
57 th	Paul Schoenlaub	37:04:46
126 th	Natalie McBee	28:58:04
185 th	Kyle Kruger	29:55:20 (Fayetteville)

186 finishers

From the AURA Archive Vault

The Leadville Trail 100

AURA/Arkansans With Finishes at the Leadville 100

STEPHEN TUCKER(89)	21:32:45
RAY BAILEY(94)	22:37:34
RAY BAILEY(92)	22:39:29
BILL LASTER(90)	22:43:35
BILL LASTER(91)	22:55:45
BILLY SIMPSON(03)	23:41:49
PAUL SCHOENLAUB(06)	24:33:13
BILL COLFELT(90)	24:43:11
ROBERT ORR(03)	24:43:34
STEVE KIRK(08)	25:16:05
BILL LASTER((92)	25:22:15
STEVE MCBEE(03)	25:26:08
BILL LASTER (99)	25:35:33
BILL LASTER(97)	25:36:29
BILL LASTER(88)	26:07:54
RAY BAILEY(00)	26:20:30
STAN FERGUSON(08)	26:20:45
PAUL SCHOENLAUB(05)	26:41:32
PAUL SCHOENLAUB(04)	26:48:07
PAUL SCHOENLAUB(08)	27:04:46
PAUL SCHOENLAUB (07)	27:13:29
LARRY MABRY(91)	27:27
ELLIS JAMES(98)	27:38:02
DR. FEELGOOD(94)	27:38:25
BILL LASTER(98)	28:08:24
DR. FEELGOOD(96)	28:19:29
JACK EVANS(95)	28:24:57

TRAINING OPPORTUNITY

As he has done in the past, AURA's Steve Kirk announced his Burns Park afternoon Trail run schedule. The run will be 8 miles +/- On the Boy Scout Trails, beginning At 5:30 p.m. every Tuesday. The start will Be from the first pavilion on the Burns Park loop.

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GREG EASON(01)	28:29:13
NICK WILLIAMS(88)	28:31:37
MAX HOOPER(88)	28:31:40
LARRY MARRY(88)	28:37:24
LARRY MABRY(92)	28:40:12
MIKE HEALD(92)	28:40:13
ROY HALEY(87)	28:42:
GREG EASON(06)	28:46:11
LARRY MABRY(89)	28:47:37
LOU PEYTON(88)	28:48:44
NATALIE MCBEE(08)	28:58:04
LOU PEYTON(89)	28:58:34
MAX HOOPER(89)	29:11:34
KEVIN DORSEY(06)	29:19:46
MIKE SAMUELSON(06)	29:19:46
ROBERTA ORR(98)	29:27:34
BOB MARSTON(97)	29:40:14
CHRISSEY FERGUSON(05)	29:43:42
TOM HOLLAND(93)	29:44:46
ROY HALEY(91)	29:47:58
MARIO MARTINEZ(99)	29:49:28
ANGIE RANSOM(98)	29:50:11
KYLE KRUGER(08)	29:55:20
ROY HALEY(90)	29:56:52
MORRIS MILLER(99)	29:58:47

AURA's Brain Trust
 President/Web Master/UTS Coordinator – Stan Ferguson
 Vice President – Michael DuPriest
 Secretary – Lou Peyton
 Treasurer/Newsletter – Charley Peyton

CARTOON TIME

The Bigshot and the Coach Doctor
A Satirical Look at Ultra Runners



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AURA HOT FLASH!

Mt. Nebo Trails Run Results- UTS Race #3

August 23, 2008

14 miles (+/-)

Place	Name	Sex	Age	City	Time
1	Paul Turner		45	Conway	1:43:24
2	Chris Harper		31	Kentucky	1:47:59
3	Poe Dog		42	Russellville	1:48:23
4	Billy Mills		46	Russellville	1:52:07
5	Michael Norris		18	Russellville	1:52:36
6	David Norris		18	Russellville	1:52:36
7	Zach Turney		17	Pottsville	1:54:46
8	Mark Denherder		43	Westfork	1:55:59
9	Erin Harper	F	28	Kentucky	1:56:07
10	Jacob Wells		39	Little Rock	1:57:53
11	Tom Aspel		53	Russellville	1:58:48
12	Lee Epperson		34	Malvern	2:06:58
13	Steve Hern		54	Russellville	2:08:34
14	Guy Patterson		48	Jonesboro	2:09:46
15	David Partridge		47	New Blaine	2:09:59
16	Ken Barton		49	Greenwood	2:13:37
17	Jason Thomas		34	Siloam Springs	2:22:59
18	George Peterka		48	Hot Springs	2:24:06
19	Wesley Collins		16	Russellville	2:24:30
20	Michael DuPriest		52	Little Rock	2:29:46
21	Pete Ireland		68	Benton	2:30:48
22	Teresa Cox	F	47	McGehee	2:31:24
23	David McCormack		53	Dardanelle	2:31:46
24	Josh Bornhorst		33	Little Rock	2:33:12
25	Paul Hernes		67	Russellville	2:41:55
26	Manual Centeno		40	Van Buren	2:46:46
27	David Pearrow		47	Russellville	2:52:03
28	Phil Brown		41	Little Rock	2:57:27
29	Paul Mattocks		60	El Dorado	3:01:07
30	Greg Bourns		68	Waldron	3:02:16
31	Carrie DuPriest	F	51	Little Rock	3:02:28
32	Pattie Groth	F	52	Ward	3:03:10
33	Dan Belanger		64	Little Rock	3:04:32
34	Bryce Davenport			Russellville	3:13:18
35	Melinda Davenport	F		Russellville	3:13:18
36	Rosemary Rogers	F	60	Maumelle	3:13:34
37	Bill Brass		69	Little Rock	3:20:39
38	RC Fason		63	Little Rock	3:27:48
39	Misty McGuier	F	31	Little Rock	3:33:42
40	Linda Whiteside	F	49	Little Rock	3:33:42