

# The ARKANSAS ULTRA RUNNER

September - October 2009—The Stimulus Edition

*The eMail Newsletter for Members and Friends of the Arkansas Ultra Running Association*



## THE BIGSHOT'S PAPER TRAIL

What a great day it was on August 29th with the AURA/GNO Talent Show and Pot luck Dinner at Maumelle Park. I remember that the first “runners” talent show was in August of 1985 and was set to celebrate the end of hard training days of summer and the new beginning of the fall running season. After a break of several years in not having the production, what a grand idea our first lady, Chrissy Ferguson, had in resurrecting it. Next year the BS promises to be more talented.

Paper Trails welcomes several new members to the AURA this month. Phillip Hall (Stigler, Oklahoma), Jay Miller (Plevna, Kansas) and, from Arkansas, Mark Denherder (West Fork), Lisa Gunnoe (Judsonia), Tim Harrington (Conway) and Mike Burnham (Bryant). The BS has removed all from “probation status” and will be sending out their AURA numbers this month.

Receiving the eAURA version of this newsletter (email online) is a good thing. Approximately 30% of our members do so. If you would like to give it a test ride, do so by emailing our AURA secretary at [CHRLYPYTN@GMAIL.COM](mailto:CHRLYPYTN@GMAIL.COM). If your preference is to go back to the hard copy, there is no problem.

The AURA bumper stickers are not exactly going like gangbusters. The price is \$2.00 each and if you want to purchase one or more give me some sort of a sign. When they are all gone you will have a collector item, maybe.

The following announcement is from AURA's Steve Kirk concerning the cancellation/postponement of the Syllamo 100 Run that was scheduled for October 23rd, 2009.

## ANNOUNCEMENT

August 17, 2009

As many of you may have heard the Ozark Mountains were hit by a devastating ice storm in January of 2009. The storm destroyed much of the Syllamo 100 course. Forest service crews and Syllamo volunteers have performed hundreds of hours of trail work and although progress has been made. There are still many miles left to clear. Unfortunately, because of this situation the forest service is unable to grant us permission to use the course that I have planned.

After much deliberations (and sleepless nights), I feel that the race cannot go on without the planned course. Therefore it is with much regret that I have to cancel the 2009 Syllamo 100. I have spent a large portion of the last year planning, setting the course and putting my heart and soul into making the Syllamo 100 a reality. For me this is a very sad decision. I hope you understand the situation and that this is out of my control.

The Syllamo 100 process starts nine months before race day along with that comes the expenses that it takes to put on an event. The race would not be able to continue if 100% of the entry fees were returned. I am offering entrants a choice of a 75% refund or an entry into the 2010 Three Days of Syllamo. I appreciate your understanding in this matter. It is our sincere hope to bring you the 2010 Syllamo 100 that originally inspired you to sign up. Please stay posted to the website for the most up to date race information.

I appreciate that you chose the Syllamo 100 to participate in this year and I hope to see you next year. It is always my goal to provide the best event to challenge and push you beyond your limits. With the Syllamo 100 or any of my other events, I know you will not be disappointed.

Thanks for all of your support,

Steve Kirk, Race Director  
Syllamo 100  
Syllamo Productions.

## ULTRA CORNER

### *The Vermont 100 Mile Endurance Run*

July 18th, 2009

West Windsor, Vermont

13th	Stan Ferguson	19:36:09
65th	Chrissy Ferguson	23:27:11
119th	Paul Turner	26:54:33
152nd	Tammy Walther	28:49:28
173 finishers		

### Vermont 100 - 2009 by Chrissy Ferguson

I've run the Vermont 100 eight times and finished seven. Out of the seven finishes I've finished six of them in under 24 hours. Since I ran Western States 100 just three weeks earlier, running a sub-24 was not a goal - but it would be great if it happened. I'm sure most runners who have completed a 100 miler have three target times when they start a race: 1) best case time 2) time you'll be happy with and 3) I won't kill myself over this time!

This year's race started out with rain ALL night and still sprinkling when the race started at 4:00 am. I knew from past experience this would mean that the horse trails would be muddy and, as soon as the horses started running an hour later and caught up with us, that the trails would be rough--and they were!

The morning was humid and overcast with little rain after the race started. By noon the overcast and clouds burned away, and it turned out to be a warm sunny day. I was in heaven. I prefer to run in the warm/hot weather rather than the cold/freezing weather. The Lord had answered my prayers! At no point in the race did I really have a bad spell or bonk, which is very unusual. I've completed twenty-eight 100 milers and out of those 28 I have had three races where I felt great the entire distance. Those aren't great odds! Its okay if you feel bad in a 5k but feeling bad in a 100-miler can make for a VERY long day and an even longer night. If you would like more information on a "**Bad Day Race**" contact Paul Turner. He started feeling bad before 30 miles and toughed it out to finish over three hours behind me.

Tracy Rose, a former team mate from the USA 100 km Team, was my crew and pacer. She met me at all the crew aid stations, which makes getting in and out much quicker, and it's always nice to know that her smiling face would be there to greet me and ask how things were going and how I was doing time-wise compared to 2008.

As the day went on I put more time in the bank from 2008 splits making me feel there was a great chance of a sub-24 hour finish. Getting the silver belt buckle instead of a sub-30 hour

plaque was my goal now. At 70 miles I was well over thirty minutes ahead of last year's time. I was feeling good and picking up my pacer. Tracy and I made it to about 75 miles before having to turn on our flashlights. Running in daylight always makes for better running since the horse trails become so muddy and rough from the horses. I knew as soon as it got dark the going would be slower and the footing would be difficult. When we reached Bill's 89 mile aid station there were many runners jockeying for a sub-24 hour finish. Many runners asked if we had the time to make it. I replied, "We are ahead of my time from last year by a half hour. If you can keep the pace you are running now you **WILL** finish under 24".

The last aid station, Polly's, is a love/hate relationship. You have about five miles to go, but it's probably the worst five miles of the whole course. Most of it is muddy horse trails. As you get closer to the finish you can hear and sometimes see the lights from the finish. It seems to take an eternity to get there. This year was no different. Even Tracy made the comment that it was taking forever to get there!

Tracy and I crossed the finish line in 23:23:47 on my watch time and 23:25:26 on the Vermont time. Tracy, her daughter Taylor, and Taylor's boyfriend Neil are the reasons I finished feeling so good and under 24 hours. Thanks to all of you, I couldn't have done so well without you!

### **2009 Leadville 100 *Race Across The Sky***

Leadville, Colorado

August 22, 2009

53rd	Stan Ferguson	24:43:55
69th	Paul Schoenlaub	25:49:08
109th	Veronica Battaglia	27:16:10
152nd	Jen Foster	28:15:32
172nd	Randy Ellis	28:41:36
242nd	Chrissy Ferguson	29:36:04
275 finishers		

### **Leadville 100 – 2009 by Chrissy Ferguson**

Probably one of the most asked questions about Leadville 100 is "What makes Leadville 100 such a hard race to finish"? After starting this race five times and completing it only twice my answer is: There are a series of elements that make this race so difficult. If you were to take the Leadville course and run it at sea level the Arkansas Traveller 100 course would be harder to complete. Leadville starts at 10,200 feet and climbs over Sugarloaf Mountain at 11,400 feet and over Hope Pass at 12,600 feet, and goes over both twice--once on the way outbound and again on the way back. This is the biggest of the elements. There are three other factors that make Leadville so hard to finish: The tight cut-off times at the aid stations; the lack of aid stations; and the weather. Leadville only has nine official aid stations verses 25 at the Traveller. This means carrying extra fluids and food between aid stations. The tight cut-offs are just tight, and you have to keep moving, spending as little time as possible in aid stations. Since Leadville is at elevation the weather is a crap shot each day. Last year's weather was a mix of rain, sleet, snow, and hail. This year it was warm, sunny and NO RAIN!

On August 19, (Wednesday), around 2:00pm, a Black Hawk helicopter from the 160th Special Operations Aviation Unit of Fort Campbell, KY was on a routine high-altitude training mission 85 miles southwest of Denver and crashed into the side of Mt. Massive at 14,200 feet. All four soldier's were killed. The Army confiscated the Halfmoon campground for the command post to retrieve the wreckage off the side of the mountain. This left the Leadville race directors with the dilemma of what kind of course change to make since Halfmoon is the 30/70 mile aid stations and the road to Halfmoon is part of the course. Runners were rerouted onto Pipeline Road, which

is used for the 100 mile bike race, and then onto a private road to the Colorado Trail. The footing on the new route was better, but the course was slightly longer due to the change.

I arrived two weeks prior to race day in hopes of acclimating to the high altitude. On race day morning we woke to clear, starry skies and cool temperatures. At the starting line I said a prayer to my mom, sister and God asking for their guidance over the next 30 hours and a race finish. Now looking back on it, it seems like a lifetime ago standing there with tears in my eyes and a huge tightness in my chest. Once the gun went off I put all that behind me. I made myself a promise that no matter what, I was going to finish or die trying. Coming into May Queen (13 miles) I felt good running through at 2:29:00. This was one minute faster than I had planned. At Fish Hatchery, Box Creek (which took the place of Halfmoon) and Twin Lakes I was on time to make it to Winfield between 12 and 12 ½ hours. Just before getting to the Hope Pass aid station I started feeling pretty bad. I refueled at the aid station and started the final stretch of the climb to the top. Just before the top I had to stop and regroup because I felt so bad. The biggest problem with altitude is you just don't know when you're going to have trouble with it. At last year's run, climbing Hope Pass was much easier. All I could do was hope the climb back over would be better. Coming into Winfield I was greeted by many of my ultra friends cheering me on with positive feedback on how this was my year to finish! Theresa Daus-Weber, Phil Kahn and Randi Young were awaiting my arrival at 13:30 hours. The cut-off time was 14 hours. I was an hour behind the time I wanted to be and 15 minutes ahead of last year's time. As Theresa and I left the aid station we strategized on what we would need to do to make up some of the time going back to Twin Lakes. The back side of Hope Pass is a mile shorter to the top and much steeper. Just about halfway up the mountain I threw-up all of the nutrition I had consumed at the Winfield aid station (Big Bummer). Once I regrouped from throwing-up it was an even longer trek to the top of the mountain. As I looked at the never-ending switchbacks and the dot-sized people way ahead of me, I felt I would NEVER get there! When we FINALLY made it to the Hope Pass aid station it was getting dark, and I was sending invitations to my "Pity Party". I ate some soup. Theresa grabbed a couple of Power Gels, and we slowly made our way down the mountain in the dark. Theresa tried many times to get me to eat more so that I could get back some of my energy. Finally, I gave in and sucked on a packet of Power Gel and, sure enough, slowly I started feeling better and running faster.

We reached the dip in the trail landmark on the mountain. I asked Theresa how far it was from the dip to the Twin Lakes aid station? Her reply: Forty-five minutes if you're running well. I looked at my watch. We still had an hour. The pity party was over. .... I can make it to the aid station in an hour! We picked up the pace and descended into the marshy field, crossed the river, and picked up the pace more and more to make the 9:45pm cut-off. Every couple of minutes I would ask Theresa how much time do we have? At the parking lot across the street from the aid station we had 4 minutes to get in and out of the aid station. We ran so hard that when I finally did make it into the aid station I almost threw-up again, but we made it by ONE MINUTE!! My crew was anxiously waiting as we ran in and out of the aid station before the cut-off Nazi could clip off my bracelet and dash my dreams of finishing this year's race. Theresa and I regrouped again for the next 10-mile stretch between aid stations.

Since Halfmoon aid station did not exist, the next cut-off would be Fish Hatchery at 3:00am. This was good for me since last year I missed the Halfmoon cut-off by four minutes, and the cut-off Nazi ended my dreams. When we reached Treeline and met up with our crew again we had 90 minutes to go seven miles--that's just under a 13-minute pace. At first I didn't think I would be able to do it, but as we ran down the road I found that it was easier than I thought. We made it into the Fish Hatchery in just under 70 minutes. Again, we met our crew. Theresa swapped out with Randi who took over as my pacer. I put on a long-sleeve shirt, gloves, and tied a light jacket around my waist to make the final climb of the race.

Sugarloaf Mt. (AKA The Powerline) is only 11,400 ft., but after running almost 80 miles you would swear it's higher than Hope Pass. Plus, it has three false summits that really play with your

mind and body. As Randi and I climbed the deeply rutted road in the dark, we talked about the bike race that was held the week before and how fast they come down the mountain, crashing and making for some great entertainment. Once we made it to the top of Sugarloaf we ran all the way down the other side of the mountain and ran/walked Hagerman Pass Road. I dreaded getting back on the Colorado Trail for the short 1 ½ miles to May Queen. This section is mostly down hill with many iceberg rocks that catch tired feet and make you fall. It's way easier to fall uphill than downhill, if you know what I mean! To my surprise the trail didn't seem so bad or so long. By 6:00am we were into the May Queen aid station. I had only 13 miles left to go. I had four hours to run/walk my way to the finish. All of a sudden the reality was setting in -- I was going to finish with time to spare!

Turquoise Lake was beautiful with the sun coming up and the water looking like glass as we followed the trail around the lake. At Tabor Boat Ramp we met our crew again, and others, as they all cheered us on to the finish. The closer we got to the finish the more I found myself smiling and feeling good. Walking up the Boulevard to the top of the hill where you can see the red carpet and hear Ken announcing the finishers took my breath away. I found myself crying as I ran that last half mile. Randi turned to me and said, "You're making me cry too. You've got it! I'll see you at the finish!"

Merilee and Ken never looked so good! Merilee gave me a big hug and told me how proud she was that I finished wearing Bib# 318 (my sister's birthday). Ken hung my finishing medal around my neck and hugged me even tighter. There were more tears and smiles from all my crew and friends who witnessed my 29:36:04 finish! Thanks to Wild Bill, Cathy, Karen (Willie's wife), John, Heidi, and Sprit for taking the time to cheer me on during the race. And an even bigger thanks to my crew: Theresa, Phil, Joyce and Randi for never giving up on me--even when I did for a couple of miles.

RETREADS – Retired Runners Eating Out meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham, 11:30 am. Wear an old race shirt to identify yourself.

## ULTRA TRAIL SERIES

### 2009-2010 UTS Schedule

For complete schedule information and rules, go to [www.Runarkansas.com](http://www.Runarkansas.com) and link to 2009/2010 Ultra Trail Series.

- 7-18-09 UTS #1 Midnight 50K
- 8-8-09 UTS #2 Bartlett Park Ultras
- 8-22-09 UTS #3 Mt Nebo Trail Run(14 miles)
- 10-3-09 UTS #4 Arkansas Traveller 100 Miler**
- 10-23-09 UTS#5 Syllamo 100(cancelled)
- 11-14-09 UTS#6 Gulpha Gorge Challenge(17.2 miles)**
- 12-05-09 UTS#7 Lake Ouachita Vista Trail Run**
- 1-2-10 UTS#8 Athens-Big Fork Trail Macathon**
- 1-?-10 UTS#9 Swampstomper**
- 2-6-10 UTS #10 White Rock Classic 50K**
- 2-21-10 UTS# 11 Sylamore Trail 50K**
- 3-12/14-10 UTS #12 3daysofsyllamo**
- 3-??-10 UTS #13 Big Rock Mystery Run**
- 4-17-10 UTS #14 Ouachita Trail 50Mile/50K**

**Bartlett Park Ultras – UTS # 2**

Bartlett State Park, Tennessee

8-8-09

Construction of new trail is always significant, so GREAT THANKS goes out to the Stanky Creek cyclists for building another 1.5 miles of trail in the northeast section of the Bartlett Park Ultras race location - Nesbit Park – more commonly referred to as Stanky Creek by the local runners and cyclists. Since the word park conjures up many images, a good description of Stanky Creek is a densely forested tract of land in the middle of a residential area. With the addition of new trail, there are now 10.5 miles of trails to enjoy on this property which the Nesbit family most generously donated to the public for future generations to enjoy.

For the first two editions of the race, entrants ran the white, yellow, and blue loops of trail. This year the course included the Outhouse loop and the new yet unnamed section of trail – although only the 40 and 50 mile runners (and some folks who inadvertently ran some extra miles) – ran the yellow loop with the course redesign. Not that there is a big difference in each of the now five loops of trail at the park, but it must be noted that each trail section does have its own personality, so runners looking to experience the character of the yellow loop should plan on running the 40 or 50 miler in 2010.

After two years of running the race on the hottest days of the year, runners got a break this year as the weather was simply the average hot and humid August day in the Memphis area. With decent morning temperatures, four runners beat the previous 50K best time of 5:03:57 from 2007. Eric Charette from Huntsville, AL led the way with a 4:07:10 finish – a large 72 minute improvement over his 2007 run. Finishing shortly after noon, Tiffany Gillam ran a 5:43:11 to lead the 50K women this year and set a new course record. In the 40M event, Diane Taylor from Nashville led the women with an 11:00:39 finish whereas Brian Novak led the men with a 9:16:28 finish. With 16 finishers this year, the 50 mile event had more finishers than each of the previous two years. Karen Martin led the way with a new distaff 50 mile record of 9:36:03. Bruce Tanksley was the first male to finish in 10:05:29. With 71 starters and 64 finishers, the finish rate was above 90% for the first time.

There are no awards given to the first male or female finishers in this low fee, low key event. However, runners are encouraged to make a guesstimate of the total finish time of the first 50K and 50 mile finishers prior to the start of the race. The amazing prognosticator this year was Ken Chappell. Ken guessed the finish time for the 1st 50 Miler and 1st 50K finishers would add up to be 13:43:12. The actual finish time of the first finishers was 13:43:13. WOW - great prognostication indeed! Ken has a free entry into the 2010 race planned for September 11, 2010.

By Mike Samuelson, R.D.

**Bartlett Park Ultras – UTS #2**

Bartlett, Tennessee

August 8, 2009

## 50 Mile Results

1. Karen Martin	9:36:03
2. Bruce Tanksley	10:05:29
3. Murry Chappelle	10:12:59
4. Michael Poole	10:21:26
5. Dale Cougot	10:35:08

## 40 Mile Results

1. Brian Novak	9:16:28
2. Barry Martin	9:18:40
3. Patrick Keller	9:22:26
4. Richard Martin	9:24:26
5. Johnny Eagles	10:55:45

6. Candy Trantum	10:59:49	6. Diane Tayler	11:00:39
7. Susanna Rains	11:15:37	7. Jen Mommens	11:01:48
8. Guy Patteson	11:21:00	8. Patti Pair	11:42:47
9. Chris Williams	11:22:46	9. Mark Roth	11:48:09
10. John Manley	11:22:48	10. Cliff Sanders	11:50:50
11. Ken Chappell	11:34:57		
12. Sarah Harris	11:37:35		
13. George Peterka	11:43:49		
14. Kimmy Riley	11:55:46		
15. John Phillips	12:15:08		
16. Charles Hurst	12:20:48		

### 50K Results

1. Eric Charette	4:07:10	20. Michael Yoder	7:11:57
2. Eric Schotz	4:11:40	21. Paul Olson	7:26:19
3. Evan Bone	4:51:29	12. Thomas Skinner	7:35:27
4. Mark Denherder	4:59:45	23. Dennis Bisnette	7:36:33
5. John Brower	5:08:03	24. Tim Harrington	7:36:33
6. Garth Peterson	5:17:59	25. Randy Saxon	7:36:33
7. Josh Kennedy	5:20:02	26. Jan Show	8:21:09
8. Gary Kowalski	5:36:09	27. Anna Smith	8:21:10
9. Tiffany Gillam	5:43:11	28. Kim Johnson	8:25:10
10. Randy Alden	5:43:11	29. Graham Gallemore	8:33:00
11. Mandy Conrad	6:01:46	30. Iva Lightsey	8:11:26
12. Jacob Wells	6:07:02	31. Lori Ladd	8:41:26
13. Scott Rogers	6:08:13	32. Andrew Colee	8:44:44
14. Bryan Greaser	6:22:13	33. Hile Haynes	9:10:24
15. Gavin Blake	6:37:57	34. Bruce Berkheimer	9:17:38
16. Richard Easter	6:38:36	35. Cheryl Murdock	9:22:36
17. Eunika Rogers	6:47:41	36. Euge Bruckert	9:22:36
18. Steve Giles	6:47:41	37. Lisa Gunnoe	9:36:26
19. Joe Man	6:58:59	38. Betsy Kinnane	11:23:57

### Mount Nebo Trail Run UTS#3

Dardanelle, Arkansas

August 22, 2009

14 Miles +/-minus

1. Darby Benson	1:37:50	31. Tom Popowski	2:26:15
2. PoDog Vogler	1:39:42	32. Harold Hays	2:29:11
3. Chris Block	1:40:57	33. Karen Hayes	2:29:39
4. Paul Turner	1:42:08	34. Tala Hill	2:32:08
5. Steven Preston	1:37:22	35. Paul Hernes	2:33:06
6. Mark Denherder	1:48:05	36. Michael Harmon	2:35:00
7. Joel Perez	1:48:28	37. John Block	2:36:33
8. Zach Turney	1:52:59	38. Kim Johnson	2:38:17
9. Chuck Campbell	1:53:59	39. John Russell	2:40:38
10. Raj Bhanot	1:54:44	40. Paul Mattocks	2:41:48

11. Owen Kelly	1:55:22	41. Brian Busbee	2:42:40
12. Tom Aspel	1:54:40	42. Joel Dunlap	2:42:48
13. Alison Jumper	2:03:01	43. Brock Dunlap	2:42:48
14. Murry Chappelle	2:03:09	44. Becky Humes	2:46:05
15. Jacob Wells	2:03:10	45. Winona Hill	2:46:41
16. Kem Barton	2: 04:45	46. Alice Alexander	2:50:16
17. Steve Kern	2: 05:44	47. John Peel	2:52;28
18. Guy Patteson	2:07:25	48. Steve Hobbs	2:52:38
19. Alan Hunnicutt	2:08:13	49. Johnny Eagles	2:52:53
20. Dustin Wright	2:09:41	50. Greg Bourne	2:58:49
21. Paul Butler	2:12:59	51. Gayle Hoffman	2:59:07
22. Phillip Hall	2:16:42	52. Tom Zaloudek	3:00:56
23. Rick Zackary	2:17:15	53. Pete Ireland	3:01:04
24. Mike Burnham	2:18:40	54. Bill Brass	3:01:42
25. Jeff Dover	2:20:16	55. Lisa Gunnoe	3:26:08
26. Paul Alexander	2:21:24	56. Melinda Davenport	3: 45:03
27. Shirley Hyman	2:21:30	57. Adriana Shelton	3:45:03
28. Tim Harrington	2:21:30	58. Ann M Moore	3:57:23
29. Teresa Cox	2:22:00	59. Carol Swindell	4:06:27
30. Ryan McGeemey	2:24:05		

**By Rx only - Cartoon Time**  
**The Big Shot and the Coach Doctor**

A satirical look at runners of the AURA



**WOW Damn! The Queen Mother can speak the universal language—The Coach Doctor**

**(The BS wishes o thank AURA's Ron Gimblet for the cartoon illustrations)**



**GNO's (Girls Night Out) at the AURA/GNO Talent Show**  
**Can you pick out Chrissy, Mary Ann, Tina, Rhonda, Rosemary, Sybil, Bob or Ivy?**



**Three AURA finishers of the 2009 Leadville Trail 100**  
**L to R: Jen Foster, Stan and Chrissy Ferguson**

## The 2009 Arkansas Traveller 100 Miler is **NOW!**

The deadline for entering is September 22nd. If you're new to the AURA, there is nothing like participating in the Arkansas Traveller 100. Stan and Chrissy have done everything possible for you to earn your Arkansas Traveller belt buckle. If you are thinking of being a volunteer, please take my word on it that nothing has been overlooked to make it the most enjoyable experience for a race worker. For the latest, up to date information, visit the AURA website

**[www.runarkansas.com](http://www.runarkansas.com)**

**Mark your calendar for:  
The Arkansas Traveller 100 Post Race Picnic  
Saturday, October 17th, 3:30 PM  
Maumelle Park, Pavilion #8  
Aid Station Awards and Much More**

## The Arkansas Traveller = *“Good Time Running”*

**Gentle Reader – When your renewal date approaches, your AURA secretary will send you a friendly reminder. In order to renew, you have two options: 1. Download an application from the AURA website or 2. Send your check and the secretary will update your application already on file.**

**21st Edition; Number 6**

**The AURA – Where opportunity can knock more than once.  
A proud member of the Road Runner Club of America**

### ***AURA's Fab-4***

**Stan Ferguson – President, Webmaster and UTS Coordinator**

**Michael DuPriest – Vice president**

**Lou Peyton – Secretary**

**Charley Peyton –Treasurer, Newsletter Editor**

*It is finished*