

THE (e)ARKANSAS ULTRA RUNNER

January 2010 – The Gratitude Edition

The Internet Newsletter For Members and Friends of the Arkansas Ultra Running Association

The Big Shot's Paper Trail



For the AURA, 'Tis the season to give thanks. I would like to say thank you to all of our AURA members and friends for their support of the cause in 2009. If I were to single out individuals I would run the risk of offending someone by inadvertently leaving them off the list. But, I will try nevertheless. Thanks to Ron Gimblet for his cartoon illustrations for the AUR and to Bob Marston for his diligence in tracking ultra running results so that our ultra runners can be recognized by the Road Runners Club of America. Thanks to the Run Leaders and Race Directors of the Ultra Trail Series and those that participated in them. Thanks for the extra mile that Stan and Chrissy do with club activities which includes, but is not limited to, the AURA Talent Show, the Arkansas Traveller 100 and Ouachita Trail 50. I especially want to give recognition to our president, for his overall leadership and with facilitating the new (e)AURA.

The AURA welcomed a new sister and a new brother in December. They are Karen Hayes of North Little Rock and Jamie Anderson of Hot Springs.

The following is my humble attempt at an obituary for our AURA brother John Knapp who died this month.

AURA Obituary

On December 9th, 2009, AURA brother #71, Johnny Knapp, passed away after a lengthy period of declining health. About four years ago Johnny fell at the White Rock Classic, then turned back and drove home to Benton. Several days later it was determined that he had suffered a stroke. After rehab he was able to drive and used a walker to get about. When the tornado struck Benton in the spring of 2007 his home was destroyed and he moved to Morrilton where his son Jack and family live. From his assisted living apartment in Morrilton he recently moved to a nursing home in Conway. Our last contact with Johnny was after a Conway newspaper reporter wrote an article about him and his running exploits. He was 76 years old.

From the Editor

Everyone who knew Johnny, had a "*Johnny Story*". I certainly have mine. In my thoughts, now I would like to leave those stories for another time and, instead, tell you what Johnny meant to me.

I first met Johnny in October of 1991. He was one of Clint Cussick's helpers at the Lake Winona Aid Station in the first year of the Arkansas Traveller 100. Every year at the Traveller he was there. I didn't know his name; just recognized his face.

After retiring from the VA and talking Stan and Chrissy into being directors of the AT-100 in 2001, my active life was on hold. I had resorted to going out to Lake Sylvia and sitting in the parking lot while the runners did their thing. One Saturday Johnny showed up and, after his run, we talked about riding our bikes. So the next Saturday, I waited for the runners to finish, then Johnny, Lou and I biked out to Hwy 10 and back(8 miles). He and I did pretty good going out but on the way back it turned into a walk/push about midway. But from that point in time and for approximately the next five years there was hardly a day that went by that we did not do something, or at least make contact on the phone. Almost everyday, we had activity. Biking, kayaking, fishing or trekking. I told Lou many times "what would I do without Johnny."

Johnny was known to use his cell phone often but was not a long talker. He saved that for when we went out to eat on Saturdays where he could, and would, launch into these stories that never ended. Johnny had some history, you see.

It is not that Johnny and I were of like order. In fact we were probably opposites. He being a Type A and I on the other hand, am somewhat reclusive. He was a 78 RPM type; I'm a 33 1/3 RPM. I worry about things breaking; he was in his element when something broke and was challenged to fix it. He was the mechanic; I the scheming idea man. He overlooked my short comings as I overlooked his.

So what did Johnny mean to me? For one thing, with him prodding me on, I was able to "claw" my way back. Oh, I'm still not running but that's okay as I probably don't have time to now. Most importantly, however, Johnny was my friend at a time when I needed one.

For everyone with a "*Johnny Story*", he will be remembered.

One Johnny Story

I introduced him to jug fishing. Now, I felt like he and I were close but not so close that we could share the same boat. I short order he had a boat, motor and jugs. One of my fondest visual memories is of Johnny and I going up the Little Maumelle River side by side with both motors wide open throttle. He with his 3 horse power Johnson and me with my 6 hp. It was scary.

AURA HOROSCOPE – January

Your monthly guide to Money, Power and ~~~~~More.

You are about to come into the possession of certain knowledge that might free you of financial burdens. In the near future you will find something on a training that has the capability of turning your life around. Someone from your life before running is nervously contemplating writing on your Face Book Wall.

ULTRA TRAIL SERIES

2009-2010 UTS Schedule

For complete schedule information and rules, go to 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
11-14-09	UTS#5	Gulpha Gorge Challenge(17.2 miles)
12-05-09	UTS#6	Lake Ouachita Vista Trail Run
1-2-10	UTS#7	Athens-Big Fork Trail Maecathon
1-17-10	UTS#8	Swampstomper
2-6-10	UTS #9	White Rock Classic 50K
2-20-10	UTS# 10	Sylamore Trail 50K
3-12/14-10	UTS #11	3 Days of Syllamo
3-27-10	UTS #12	Big Rock Mystery Run
4-17-10	UTS #13	Ouachita Trail 50M

UTS #7 –Athens-Big Fork Trail Marathon

(and) Blaylock Creek 17 Mile Fun Run

Saturday, January 2nd, 2010 – 8:00 a.m.

Big Fork, Arkansas

Directions: From Little Rock, take I-30 thru Benton. Past Benton, Turn off I-30 onto the Hot Springs Hwy (Hwy 70). Entering Hot Springs, merge right onto the Hot Springs By-Pass and follow to the Hwy 70 west/Glenwood exit. Follow Hwy 70 to Glenwood. Entering Glenwood, look for Hwy 8 West. Follow Hwy 8 West for approx 32 miles to the small community of Big Fork. Look for the Big Fork Community Center on the right.

No registration or entry fee. There will be a waiver to sign. A donation will be appreciated which is given to the community center for upkeep and maintenance.

For complete information go to www.Athensbigforkmarathon.com

Important Notices/Reminders

UTS #8, The SwampStomper, is on January 17, 2010. The race has reached its entry limit. Registration is closed.

UTS #9, The White Rock Classic 50K, February 6th, 2010. 9:00 a.m. start time. More details at www.RunArkansas.com and link to the Ultra Trail Series.

In case of Winter Storm Warnings and/or unsafe driving conditions, always check your email or www.RunArkansas.com for word on cancellations or rescheduling information.

Lake Ouachita Vista Trail (LOViT) Run
December 5, 2009
(Near) Mount Ida, Arkansas

Marathon - 26.2 miles (2009-2010 UTS Race #6)

Place	Name	Gen	Time
1	Scott Eason	M	3:37
2	Mark Riley	M	3:55
3	Thomas Chapin	M	4:10
4	Paul Turner	M	4:14
5	Mark Denherder	M	4:18
6	Po Dog Vogler	M	4:37
7	Ken Barton	M	4:50
8	Matthew Jackson	M	5:02
9	Kevin Dorsey	M	5:13
10	Rodney DeClue	M	5:20
11	Shirley Hyman	F	5:21
12	Kathy Hoover	F	5:27
13	Tim Harrington	M	5:30
14	Liz Francis	F	5:32
15	Brad Messner	M	5:34
16	George Peterka	M	5:40
17	Eunika Rogers	F	5:41
18	Bob Lathrop	M	5:44
19	Murry Chappelle	M	5:45
20	Jason McGinnis	M	5:48
21	Karen Hayes	F	6:13
22	Kim Johnson	F	6:19
23	Pete Ireland	M	6:22
24	Phil Brown	M	6:23
25	Dianne Seager	F	6:37
26	Gayle Hoffman	F	6:54
27	Susan Sulphur	F	6:50
28	Larita Black	F	7:27
29	Johnny Eagles	M	7:29
30	Caroline Glenn	F	7:37
31	Ken Childress	M	7:37
32	Greg Bourns	M	7:40
33	Bill Brass	M	7:50

Half Marathon - 14.2 miles

Place	Name	Gen	Time
1	Patrick Erwin	M	2:57
2	Wilburn Powell	M	3:15
3	Matthey Desalvo	M	3:20
4	Marvin Glenn	M	3:51
5	Lisa Kedzuf-McGinnis	F	3:59
6	David Samuel	M	4:14
7	Anne Powell	F	4:07
8	David Powell	M	4:14
9	Lisa Gunnoe	F	4:22
10	Dale Powell	M	
11	Bob McKinney	M	5:01

Other Distances

Patrick Riley	M	3:00	
Robert Mourner	M		
Ann Glenn	F	2:20	(10 mi.)
Leigh Tanner	F		
Ann Moore	F	5:45	(16 mi.)
Lou Peyton	F		(16 mi.)
Jamie Anderson	M		(32 mi.)

If you notice an error or omission, please notify Stan.

Ultra Trail Series Standings - After Six Events**Open Division****Men**

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Mark DenHerder	44	7	53	39	92	15	41	247
2	Murry Chappelle	50	46	53	27	59.5	12	13	210.5
3	PoDog Vogler	43			56	108		35	199
4	Paul Turner	46			45	59.5		52	156.5
5	Darby Benson	39			67		68		135
6	Thomas Chapin	31				31	40	63	134
7	Jamie Anderson	36	68				57		125
8	George Peterka	49	15	31		45	9	17	117
9	Guy Patteson	49	12	42	14	37	8		113
10	Rich Brown	47				78	34		112
11	Ken Barton	50	40		17		18	29	104
12	Johnny Eagles	57	6	52	5			4	67
13	Jacob Wells	40		42	21				63
14	Tim Harrington	39		31	6			23	60
15	Paul Schoenlaub	50	57						57
16	Stan Ferguson	45					46		46
17	Cliff Sanders	59		41					41
18	Randy Ellis	57	34						34
19	Tom Aspel	54			33				33
20	Alan Hunnicutt	55			11		22		33
21	Maurice Robinson	67	28						28
22	Joshua Bornhorst	34					28		28
23	Stuart Johnson	50	22						22
24	Mike Samuelson	43	18						18
25	Phillip Hall	41	8		8				16
26	Greg Bourns	69	4		4		4	3	15
27	Pete Ireland	69			3			10	13
28	Mike Burnham	41			7		6		13
29	Phil Brown	42	5					7	12
30	Dennis Baas	63	9						9
31	Bill Brass	69	2		2		3	2	9
32	Michael DuPriest	53					7		7
33	Gary Speas	56					5		5
34	Alston Jennings	61	3						3
35	Bob McKinney	66					2		2

Women

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Eunika Rogers	38	59	54			32	43	188
2	Shirley Hyman	41	28		55		38	54	175
3	Kim Johnson	40	19	43	33		26	32	153
4	Chrissy Ferguson	48				102	10		112
5	Teresa Cox	48	48		44				92
6	Debbie Lashley	49	28				60		88
7	Tammy Walther	38				86			86
8	Dianne Seager	52					49	26	75
9	Lisa Gunnoe	43		26	27				53
10	Hilde Haynes	66	9	32					41
11	Blair Dean	39	37						37
12	Ann Moore	68	6		21		4		31
13	Rhonda Ferguson	54					20		20
14	Rosemary Rogers	61	13				7		20
15	Carrie DuPriest	52					14		14

Masters Division

Men

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Mark DenHerder	44	7	52	43	91	30	50	273
2	Murry Chappelle	50	56	53	31	58.5	24	21	243.5
3	PoDog Vogler	43			65	107		39	211
4	Paul Turner	46			54	58.5		61	173.5
5	George Peterka	49	17	31		44	18	27	137
6	Ken Barton	50	45		19		36	33	133
7	Rich Brown	47				77	53		130
8	Guy Patteson	49	14	42	15	36	14		121
9	Johnny Eagles	57	6	52	5			8	71
10	Paul Schoenlaub	50	67						67
11	Jacob Wells	40		41	25				66
12	Stan Ferguson	45					64		64
13	Alan Hunnicutt	55			12		42		54
14	Cliff Sanders	59		41					41
15	Randy Ellis	57	39						39
16	Tom Aspel	54			37				37
17	Maurice Robinson	67	33						33
18	Stuart Johnson	50	27						27
19	Mike Samuelson	43	21						21
20	Pete Ireland	69			3			15	18
21	Greg Bourns	69	4		4		4	5	17
22	Phillip Hall	41	8		9				17
23	Phil Brown	42	5					11	16
24	Mike Burnham	41			6		8		14
25	Dennis Baas	63	11						11
26	Michael DuPriest	53					11		11
27	Bill Brass	69	2		2		3	2	9
28	Gary Speas	56					5		5
29	Alston Jennings	61	3						3
30	Bob McKinney	66					2		2

Women

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Kim Johnson	40	29	53	33		31	42	188
2	Shirley Hyman	41	40.5		55		37	53	185.5
3	Chrissy Ferguson	48				101	13		114
4	Teresa Cox	48	57		44				101
5	Debbie Lashley	49	40.5				59		99.5
6	Dianne Seager	52					48	31	79
7	Hilde Haynes	66	17	42					59
8	Lisa Gunnoe	43		31	27				58
9	Ann Moore	68	11		21		6		38
10	Rosemary Rogers	61	23				9		32
11	Rhonda Ferguson	54					25		25
12	Carrie DuPriest	52					19		19

Senior Division

Men

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Murry Chappelle	50	50	51	47	101	36	45	330
2	Ken Barton	50	39		36		47	56	178
3	Johnny Eagles	57	11	52	24			28	115
4	Alan Hunnicutt	55			30		58		88
5	Greg Bourns	69	8		18		18	22	66
6	Paul Schoenlaub	50	61						61
7	Tom Aspel	54			58				58
8	Pete Ireland	69			12			34	46
9	Cliff Sanders	59		41					41
10	Bill Brass	69	2		8		12	16	38
11	Randy Ellis	57	33						33
12	Michael DuPriest	53					30		30
13	Maurice Robinson	67	27						27
14	Gary Speas	56					24		24
15	Stuart Johnson	50	21						21
16	Dennis Baas	63	15						15
17	Bob McKinney	66					8		8
18	Alston Jennings	61	5						5

Women

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Dianne Seager	52					55	51	106
2	Ann Moore	68	31		51		21		103
3	Hilde Haynes	66	42	51					93
4	Rosemary Rogers	61	53				27		80
5	Rhonda Ferguson	54					44		44
6	Carrie DuPriest	52					33		33

Super Senior Division

Men

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Greg Bourns	69	33		53		53	42	181
2	Bill Brass	69	21		31		42	31	125
3	Pete Ireland	69			42			53	95
4	Maurice Robinson	67	55						55
5	Dennis Baas	63	44						44
6	Bob McKinney	66					31		31
7	Alston Jennings	61	27						27

Women

Rank	Name	Age	Midnt	Bartlt	Nebo	AT100	GGorg	LOViT	Total
1	Ann Moore	68	31		51		41		123
2	Rosemary Rogers	61	53				52		105
3	Hilde Haynes	66	42	51					93

By Rx Only

A satirical look at Arkansas Ultra Runners

The Big Shot and the Coach Doctor

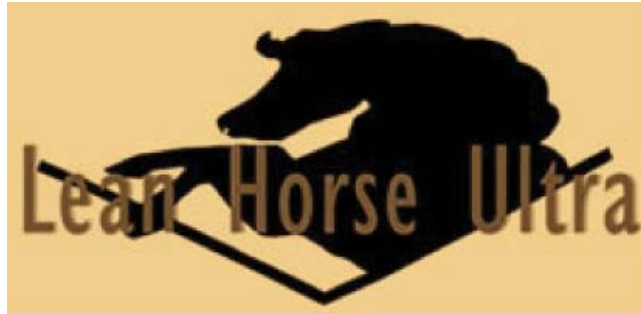


*Sometimes it gets too late for a **Divorce** but never too late for a **Killin.*** –The Coach Doctor

ULTRA CORNER

(Editor –Race Reports are always welcome. ½ to a page is ideal; Word formant, please!)

AURA MEMBERS IT'S TIME FOR A ROAD TRIP!!



Lean Horse 100 mile, 50 mile and 50Km August 28 & 29, 2010 HOT SPRINGS, SOUTH DAKOTA

Minimal elevation change... High finish rate
Beautiful scenery... Outstanding aid stations
Cool belt buckles... Fast course
Come join us... you'll love it!

COMPLETE EVENT INFORMATION

www.leanhorse.com

RACE DIRECTOR – JERRY DUNN

leanhorse@rushmore.com 605-641-3534

Editor's Last Word

RETREADS – Retired Runners Eating Out. Join us for the Good Life at Franke's Cafeteria the first Wednesday of every month, 11:30 a.m. sharp! Rodney Parham Blvd, Little Rock.

Gentle Reader – 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. If there is no response after the 2nd notice, the BS will send you an application via mail. Then it is “curtains”.

AURA Bumper Stickers are still available. Send \$2.00. AURA, 41 Whiteoak Lane, Little Rock, Arkansas, 72227

(e)AURA BONUS

Items Not Found in the Hard Copy Edition

Below: Paul Turner, third from the picture left, presents Ultra Runners of the Year Awards to Stan and Chrissy Ferguson, and on his left, Masters Ultra Runner of the Year, Dianne Seager.



Above: Paul Turner, presents the Masters Ultra Runner of the Year plaque to PoDog Vogler



AURA's Phil Carr gives the LOViT trail briefing on a very cold race morning, December 5th

(e)AURA Double Bonus

The following is the race report of the Ozark Trail 100 that was held on the weekend of November 7th from Steeleville, Missouri. The race was directed by AURA members, Paul Schoenlaub (St. Joseph, Missouri) and Stuart Johnson (Shawnee, Kansas) Six AURA members finished out of the seven that started. Congratulations again to PoDog Volger, Paul Turner, Jen Foster, Randy Davidson, Mike Samuelson and Maurice Robinson.

Race Director Schoenlaub writes a rather lengthy article but it is an easy, interesting read.

INAUGURAL OZARK TRAIL 100 MILE ENDURANCE RUN IN THE MARK TWAIN NATIONAL FOREST NOVEMBER 7& 8, 2009

RACE REPORT

Three years ago, on Thanksgiving weekend, I set out to explore a few miles of the Ozark Trail in the Mark Twain National Forest in south-central Missouri. I ran about 12 miles of the trail on Friday and another 42 miles of the trail on Saturday. That weekend I

fell in love with the Ozark Trail and decided a race should be run on this rugged trail to showcase the beautiful forest to ultra runners across the country. One and one-half years later, Stuart Johnson came on board to work with me to organize the first 100 mile ultra marathon in Missouri, resulting in the birth of the Ozark Trail 100 Mile Endurance Run. My dream was for a point-to-point race on this single track trail in November, when the views through the predominately Oak forest reveal the stark contrasts of the ruggedness of the terrain and the structure of the majestic trees is simply striking.

Fast forward a little over a year. The US Forest service issued a permit for the race and we began accepting entries in March 2009. I was shocked at the support we received initially from ultra runners across the Midwest. Soon after entries began coming in, it was clear we had interest from across the nation and beyond. Then, in May, a tremendous storm called a derecho struck south-central Missouri, devastating a portion of the Mark Twain National Forest. Literally thousands of trees were downed by the storm. The southern 50 miles of the planned course for the Ozark Trail 100 Mile Endurance Run were impassable. With the trail closed, the future of this inaugural event was in question.

Immediately, the Ozark Trail Association began assessing the damage to the trail and organizing work parties. The United States Forest Service contracted with professional crews to begin clearing the trail within weeks. Before Labor Day, the trail was re-opened and the entire original route we had planned was again available for the race.

It seemed everything was falling in place nicely for a clear trail on November 7. Then came the floods in the weeks before the race. Relentless rainy days in the weeks leading up to the race left the creeks and rivers swollen with floodwaters just two weeks before the race. The weekend before the race, we found many of the water crossings were again impassable due to additional heavy rains late that week. Then, just one week before race day, the skies cleared, allowing the creeks and rivers to drop back into their banks by the Thursday before the race. Once again, the race appeared to be well on its way to a successful introduction.

The race had an entry limit of 150 and, within a week of race day, we had 144 runners signed up from 28 states, Canada, and Singapore. The race had been well received. Now, if we could just pull this off, we would have something worth talking about. Thanks to the United States Forest Service for issuing the permit; the Ozark Trail Association for building and maintaining miles of trail; several amateur radio clubs, spearheaded by the Current River Amateur Radio Club, who provided emergency communications for the race; our sponsors: the St. Louis Ultrarunners Group for providing many eager volunteers to help with the race, Hammer Nutrition and Salomon, for providing products and other support for this event; and volunteers from across Missouri, Kansas and Arkansas, who helped with so many different jobs to support the runners throughout the race . . . we were able to provide a great race that flowed very smoothly on race day.

I had planned for cool weather for months leading up to the race, knowing well that we could have a warm autumn day with the unpredictable weather of Missouri. So, for the inaugural running of the Ozark Trail 100 Mile Endurance Run, we had . . . HEAT!

Yes, we had an unseasonably warm day with temperatures reaching into the upper 70's. With the leaves down off the trees and full sun, participants were left with some very warm conditions with which to contend.

At 6:00 a.m. Saturday morning, 126 runners showed up at the southern end of the Karkaghne section of the Ozark Trail and took off under the starlit early morning sky, heading for the finish line at the Bass River Resort, 101.5 miles away. Not long after the race began, the participants realized what we had attempted to convey in our pre-race information about this trail: there are plenty of technical sections on this trail covered with leaves from the predominately Oak Forest the runners would be traversing for the next 18 to 32 hours.

The day began to heat up early and, by the time the runners made it to Sutton Bluff aid station at mile 17.6, it had warmed into the 70's. At the 8 mile aid station, runners hardly needed to even top off their water bottles, but most were filling completely empty bottles at Sutton Bluff. Later in the day, the early November heat would begin to take its toll on the field.

Jeff Browning had begun to pull a lead by Sutton Bluff. He was followed 8 minutes later by Ben Creehan, David Wakefield, and Ryne Melcher. Gregg Buehler and Michael Adams were just 5 minutes back and the men's race was beginning to take shape. Theresa Wheeler led the women into Sutton Bluff, with Rachel Furman just 5 minutes back. Ellen Erhardt, Jen Foster, and Jennifer Aradi were another 5, 6, and 7 minutes, respectively, behind Rachel.

As the sun continued to rise through the clear autumn sky, most discovered how hot this November afternoon could be in central Missouri with the leaves off the trees, allowing full contact between the sun's warm rays and the skin of the runners hour after hour. Through the next few aid stations, in the heat of the day, Stuart Johnson and I were visiting aid stations restocking them with additional water and ice to quench the runners' need for these necessary elements. By the Brooks Creek aid station at mile 43.5, Jeff Browning had continued to expand his lead on the men's field and was now on pace for a 17 hour finish. David Wakefield and Ryne Melcher had moved into second and third place 54 minutes back. Michael Adams had moved up to fourth place, another 12 minutes back, with Ben Creehan just 3 minutes behind Michael. Kyle Gibbs had moved into sixth place just a minute behind Ben. As these men moved through the aid station, it became apparent that the difficulty of the trail was taking its toll on the lead runners as Michael Adams flew through the aid station with what was presumed to be a broken finger. He appeared to shrug it off though as he flew through the race with the ailing finger taped to the finger next to it, proving that you can finish an ultra with a broken bone, so long as it's not a running part.

The women's race had taken a dramatic turn by Brooks Creek as leader Theresa Wheeler had dropped to fourth place due to a knee injury, which resulted in the demise of her race. Rachel Furman had moved into first place and was pulling away from the field with a 30 minute lead over second woman, Ellen Erhardt. Jennifer Aradi was in third,

8 minutes behind Ellen and the top 5 were rounded out by Theresa Wheeler and Susan Donnelly, another 27 and 28 minutes back, respectively. Lucia Alzaga had moved into sixth place another 23 minutes back.

Many of the runners began to recover from the days' heat as the sun set on them coming into Brooks Creek. Being the first year for this race, I had made a decision to eliminate the first cutoff for the race this year at the 28 mile aid station, which most runners hit in the heat of the day. The second cutoff was at Brooks Creek. I had hopes that many runners who were dragging themselves through heat would recover in the evening hours and begin moving better. With this in mind, the cutoff at Brooks Creek was extended by 30 minutes, allowing only 2 additional runners to leave that aid station, neither of which would finish the race.

Back to the front of the pack. At Hazel Creek aid station, mile 68.5, Jeff Browning had pulled a commanding 2 ½ hour lead and it looked like nobody was going to be able to touch him now. As the day cooled, he had appeared to pick up his pace and was moving forward with impressive determination. Michael Adams had moved up through the pack and was now in second place with his taped fingers, followed closely by Kyle Gibbs four minutes back, who had also danced through the rocks to move well up in the field. David Wakefield and Ryne Melcher were now 23 minutes behind Kyle, but appeared to still be joined at the hip. The big question of this race was whether or not these two of the men's leaders would stay together through the entire race. Ben Creehan had dropped back 28 miles from David and Ryne as the heat of the day had appeared to take its toll on him.

Arriving at Hazel Creek, the women's race had not appeared to change at all as far as the placement of the ladies leaving Brooks Creek. In the spirit of Jeff Browning's example in the men's field, Rachel Furman had built a commanding 1 hour 50 minute lead on the women's field. Ellen Erhardt was holding on to second place, with Jennifer Aradi hanging tight just 9 minutes back. Susan Donnelly had dropped an hour back from Jennifer, with Lucia Alzaga yet another 43 minutes back. Beth Simpson-Hall had now moved into sixth place just 10 minutes behind Lucia.

The night running had brought with it a new discovery for most runners. The rocks that were so difficult to avoid as they hid under the blanket of leaves on the trail during the day seemed even more difficult to see at night. This trail has a mysterious majesty at night though, as the trail corridor opens before you, which makes the night running a captivating experience.

Many runners arrived at the Berryman aid station, mile 81.5, under cover of darkness, but just under half the field came into this aid station near sunrise or later. The cutoff for the Hazel Creek aid station had been extended by 45 minutes and, in like manner, so too was the cutoff at the Berryman aid station. Extending the Hazel Creek cutoff had allowed another 11 runners to continue their quest for the Ozark Trail 100 belt buckle, 7 of which made it to the finish line under the 32 hour cutoff. Extending the Berryman cutoff also allowed 11 runners to continue the race that otherwise would have been pulled. Amazingly, 10 of these 11 runners made it to the finish line under the 32 hour cutoff.

The only one who did not make it to the finish line of these 11 was Lucia Alzaga, who ended up having to drop due to an injury after an amazing race at her first attempt at a 100 mile race.

Oh, yea: back to the leaders at Berryman. By 8:33 in the evening, Jeff Browning had increased his lead to well over 3 hours. He certainly was untouchable. Michael Adams was solidly in second place, with the twins, David Wakefield and Ryne Melcher, 30 minutes behind Michael. Ben Creehan had seemed to begin to pull out of his mid-race funk and was in fifth place, just 9 minutes back, and apparently closing on the dynamic duo. Kyle Gibbs had dropped to a distant sixth place at an additional 50 minutes back.

The women's race was not changing much, with the exception of Lucia Alzaga dropping back in the pack with her unfortunate injury. Rachel Furman continued to expand her lead by what was now almost 2 ½ hours. Ellen Erhardt and Jennifer Aradi came into Berryman at the same time, while Susan Donnelly was solidly in fourth place. Beth Simpson-Hall had closed to within 42 minutes of Susan as she moved into fifth place. As Lucia dropped back, she came in another 36 minutes back with Jen Foster.

The final 20 miles of the race had some great runnable trail, as well as more of the leaf covered rocks that had been the theme for the day. The final few miles of trail that had been scheduled for completion prior to the race were not quite finished due to weather during some of the scheduled trail building weekends earlier this year, resulting in the last 2 ½ miles of the race finishing on a gravel road. I think most runners welcomed this unanticipated road section in what had been planned as a 100% trail race. Rest assured, the final section of trail should be completed some time next spring.

Jeff Browning came across the finish line in 18:38:59, setting the course record for the Ozark Trail 100 Mile Endurance Run and pulling an impressive 4 hour and 20 minute lead over the next closest competitor. Shortly after Jeff crossed the finish line, he commented that he was on pace for a 17 hour finish, but as night fell, he found the rocks, as difficult to see as they were under the leaves during the day, became virtually invisible under the leaves at night, thus slowing his pace considerably. Still, he had quite an impressive race for this inaugural event.

Rachel Furman had an impressive first hundred, finishing first and setting the women's record at 25:28:21, all while maintaining over a 2 hour lead over the nearest competitor. This was good enough for seventh place overall. Ben Creehan had moved up through the men's field to finish in second place, while PoDog Vogler finished tenth overall to capture the men's masters' title. David Wakefield and Ryne Melcher rounded out the top 5 men finishing together, as they had started the race. Kyle Gibbs hung on to finish solidly in sixth place. Ellen Erhardt pulled a 20 minute lead over Jennifer Aradi to finish second in the women's race, while Susan Donnelly was able to hold on to a 12 minute lead over Beth Simpson-Hall to take the women's masters honors. Susan and Beth rounded out the top 5 in the women's race as well, with Lynn Saari moving into sixth place by the end of the race.

Interestingly, the second place men's masters runner was Dale Humphrey, a 50 year old and the second place women's masters runner was Beth Simpson-Hall, a 51 year old. Way to go for a couple of runners with a combined age of over 100 years between the two of them.

I was impressed with the performance of all the participants in this race and very pleased with the many positive comments they have made about the race. Even among those who were unable to finish the race, many have already told me they plan to return to run the race again.

It is very noteworthy that 11 of the first 20 finishers completed their first 100 mile race on the Ozark Trail. I find that impressive and, although I would not suggest that this is a great first time 100 mile race, it is certainly achievable as these impressive athletes have proven. Once again, among the first time 100 mile finishers was the women's champion, Rachel Furman.

There were many other impressive performances and valiant efforts by some who were unable to finish. I admire the toughness of all those who toed the line for this event and am impressed with what each and every one of them was able to accomplish. Though the finishers rate was a low 44%, I am impressed that there was little difference between the finishers rate of veterans at the 100 mile distance and first timers.

Thanks again to all the participants, volunteers, sponsors, the Ozark Trail Association, and the National Forest Service for their parts in helping to make this race a reality and achieving my primary goal of showcasing Missouri's Ozark Trail in the Mark Twain National Forest to the ultrarunning community.



21st Edition; Number 9
The *AURA* – Where the BS Knows whose being Naughty or Nice!
A Proud Member of the Road Runners Club of America since 2001

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Stan Ferguson – President  
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*The End*





**20th Annual**  
**Ouachita Trail 50 Mile and 50K**  
April 17, 2010, 6:00 AM  
Maumelle Park, Little Rock, Arkansas  
**Presented by the Arkansas Ultra Running Association**

*Proceeds benefitting Partners For Pinnacle*

Featuring a picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle, the course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail.

Trail: The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of Pinnacle Mountain trails will be utilized on the "out" section only. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carry a bottle. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

Awards: Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races.

Entry fee: \$55 if post marked by April 5th. \$70 thereafter. Please make check payable to Arkansas Traveller 100. NO REFUNDS. NO RACE DAY ENTRY.

Mail entry to: Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

For more information visit website: [www.RunArkansas.com](http://www.RunArkansas.com); e-mail: [OT50@RunArkansas.com](mailto:OT50@RunArkansas.com); phone: 501-329-6688

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### **Ouachita Trail 50 Mile/50K - Official Entry Form**

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Age on 4/17/2010 \_\_\_\_\_ (Minimum age is 18)

Gender \_\_\_\_\_ Shirt size (Short sleeve technical shirt, XS/S/M/L/XL/XXL): \_\_\_\_\_

Please check event: 50 Mile  50K  (Note: You may change from 50 Mile to 50K during the race)

### **Race Waiver**

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race director and workers, Arkansas Ultra Running Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable.

Signature \_\_\_\_\_ Date \_\_\_\_\_