

# THE ARKANSAS ULTRA RUNNER

## November 2012

The Newsletter For Members of the  
Arkansas Ultra Running Association

AURA Website - [www.runarkansas.com](http://www.runarkansas.com)

### **Message from AURA President - Stan Ferguson**

Since 1994, the first Saturday in February has meant one thing for many of the AURA faithful: the White Rock Classic 50K. Okay, so there have been a couple of years where it had to be postponed due to unsafe travel conditions and one missed year due to multiple closures of the road up White Rock Mountain, but I certainly believe it qualifies as a tradition. This event was founded and nurtured for many years by Jose himself (Joe Fennell), kept alive by Ricky Williams, continued by Jamie and Jay Huneycutt, and this year tended by Lisa Gunnoe and PoDog. Thanks to all of you!

White Rock has always been one of my favorite runs, and it was great to be capable of doing it this year. By my count it was my 13<sup>th</sup> completion. This was Year Two of the Brannon Cemetery route, which has some pluses and minuses as compared to the original course. There are some rather flat and mundane miles on the Brannon route—of which the other course has ZERO! But there are some sections spent cruising along ridges that provide nice views and a different perspective. Most noteworthy are the fabulous rock formations you get to pass by just before joining White Rock road and entering the park, which are much more impressive from the road taken this year.

I've had a lot of conversation with folks about the two different courses. Which one is "faster"—I do not believe has been completely settled. Some are convinced the Brannon route is faster, even though at 33.2 miles (as GM certified by Bill Coffelt) it is 1.2 miles longer than the original. That's a lot of extra steps, so I'm not sure but what it might depend on the person. However, that the original course is "tougher" has been unanimous. The Brannon course is no picnic, but the constant, major ups and downs on the full White Rock Mountain road route will give just about anyone a good beating. Let's hope that we can return to it in future years. Ideally next year—for the 20<sup>th</sup> running of this true classic.

We've gotten a significant number of new members lately. Some may have been attracted by the Ultra Trail Series. I know several who have come to us through recruitment for the Grand Prix

series. Whatever the case, I'd like to say "Welcome!" and I hope you stay with us and are able to find your ultra destiny. (Sorry, I guess that sounds pretty corny.) Anyway, what started decades ago as a sort of subculture has become the third largest RRCA club in the state, in terms of member households. There is evidence we are succeeding in our mission.

If you are new, you may notice that the AURA typically has more runs than it does formal meetings. It's after the runs that the majority of our socializing occurs. No hand signs or secret handshakes are required; a tell-tale sign of a fellow AURA member is the fold-up chair that stays in his/her vehicle for these gatherings. As our membership is a bit more scattered than some of the traditional hometown clubs, the runs typically have better attendance than a standalone meeting—so the activities may be combined for certain special occasions, such as the post UTS assembly for the crowning of the Kings and Queens of the Trail.

Heads-up that we'll be having a membership meeting in March, during which we will hold the annual officer elections. The date and location are not final as of press time for this edition of the newsletter, so stay tuned for the details. Possibly we will do it following the Mystery Run? Alas, by the March newsletter all will be revealed.

Other Big Things:

Congrats and Thanks to Mike Samuelson for directing another successful SwampStomper! Feedback on the race has been great. Be sure to check out Mike's flashback race report later in the newsletter.

Congrats to our AURA Brothers and Sisters who carried the torch and represented us well at the Rocky Raccoon events in Huntsville, Texas recently. To me this type excursion is like an ultra away-team (ala Star Trek). Getting out there, checking things out, and letting them know we're here. Awesome! (Editors note: Arkie results from Rocky Raccoon appear later in the newsletter)

That's about it for this time. See you out there.

Stan

## Race reports

### Rocky Raccoon 50-miler by Judy Massingill

To say I was a little anxious and nervous would be an understatement. Frank asks me why...I had no explanation. I realized later it was fear of the unknown. Yes I had trained and trained and trained some more. But the bottom line, I had never run farther than 31 miles, and I just didn't know how I would feel. Excitement was in the air when we all arrived at Huntsville State Park in Texas. We arrived about 2 hours early to get a decent parking space. As luck would have it, we were able to secure a space not far from the start line and restrooms. To make it even better, we were right across from our friends, the Jareds. We took a restroom break (or two – race day jitters I guess) then headed over to the start line to see the 100-milers start. Then we went back to the car to calm our nerves and make a couple more restroom breaks before it was time to head over and get ready for our starts, on journeys which really began months ago.

With 310 starters on a single-track trail, it was a little crowded to say the least, but within a mile we were spread out enough to start running and get in the groove. The trail was very runnable with little elevation gain. We only walked when slowed by other runners. Before we knew it we arrived at the first aid station. We were in and out in about 30 seconds. On we went, amazed at the beauty and how great we felt. As we approached the next aid station, I felt the urge of Mother Nature. No porta potties there...just good old nature. So I ran ahead scouting for just the right spot, one not too far off the trail, but with enough coverage that I wouldn't moon all the runners coming and going (by now some of the 100-milers were on their return trip). With success I exited the woods just as Lori and Belinda were catching up. How perfect is that? We continued on together, eating up miles... 9, 10, 11, 12. About mile 13, we hit a good down hill spot and, with downhill being my strength, I flew ahead. I was sure they would catch me soon. I kept that slight lead to the turn-around. Our wonderful crew of Steve Jared, Olivia Jared, David Edwards, and Tim Morgan were johnny-on-the-spot asking me what I needed. Belinda and Lori were just a couple of minutes behind me and they were in before I departed for my second loop.

Having taken only three hours and 40 minutes for my first loop, I left feeling strong and encouraged. Belinda caught up and passed me at the next aid station. I wished her luck and knew I would see her on the return. I continued on, recognizing land marks from the first loop. About one-half way into my second loop, my pace began to slow. I felt great but I guess the heat was beginning to take a toll on my energy. I walked a little more, but all in all I felt pretty good. About 3 miles from the turn-around, my feet began to ache a little and I was having some shoulder pain. I decided that when I arrived at the turn-around I would change to some fresh shoes and change from my hydration pack to my hydration belt.

I finished that second loop in four hours and thirteen minutes. That was not bad, considering it was during the heat of the day and the temps rose to the high 70's. I was sure I would be doing a lot more walking, and I told our crew it would probably take me at least 5 hours for the last loop. Before heading out I took 3 ibuprofen.

About 20 to 30 minutes into the third loop, I was feeling WONDERFUL. Not sure if it was the fresh shoes, change of hydration belt, or the ibuprofen but I was running comfortably and feeling strong. The miles just clicked away. I could hardly believe I was doing very little walking...I was still running at mile 35, 40, 45...I just kept going. I wanted to get as far as I could before dark. I hit the last aid station just at dusk. I was in and out quickly, knowing that I would finish and it wouldn't be long now. I was able to continue running for about a half mile more before it became very dark. Even though I had a flashlight, I did not have the confidence to run in the dark. The trail had a lot of tree roots and stobs and I was very afraid of stumbling and falling. So I walked the last four miles. I attempted to power walk, but I lost a lot of precious time during those 4 miles. By now my watch battery was dead and I had no idea of the time. I knew I had run hard the last loop (until dark that is) and I would be happy no matter what. I had given it my all.

At a road crossing about 200 yards before the finish line, many volunteers were there, cheering us in. Once I crossed over the road, I sprinted to the finish. I was so very proud of my accomplishment that I was on the verge of crying. It was too dark to see if any of my crew were there to see me, but about 10 yards before the finish line, I heard them cheering, calling out my name. I crossed the line, grinning from ear to ear. Strangely enough, I did not feel like collapsing...I felt as if I could keep running. I was glad to be

finished but a little sad at the same time. I had worked hard for this moment, and now it was here but also gone just that quick. You can only cross the finish line of your first 50-miler, one time and the joy of crossing doesn't last long enough. I said this would be a one-and-done as far as 50-milers go, but now I am not so sure. There is just something inside me that draws me to endurance events. I will sleep on it for a while before I go signing up for another. My last loop was four hours and 28 minutes, giving me a total time of 12 hours 22 minutes.

By the way...Belinda finished in 11 hours 16 minutes. Lori struggled with nausea during the second loop but was able to overcome it and finish her third loop strong with a total time of 12 hours 43 minutes. Three very satisfying finishes proved that The LOCO Trail Queens conquered the Rocky Raccoon 50-miler!!!!

## **My First 50 Miler by Jenny Wilkes**

Recently I finished my first 50 mile race, the Rocky Raccoon 50 Mile Endurance Trail Run in Huntsville, Texas. It was the culmination of months of training, weekends of giving up sleep, and hours upon hours spent on the roads and trails around Central Arkansas. Although I raced alone, I couldn't have finished without the love and support of multiple people.

I signed up for the race after a couple of friends put the idea of a 50 miler in my head. After we tried to coordinate on a race and fit one into our busy race schedules, I focused on Rocky Raccoon, but I was the only one on board. What to do, except train for it myself, by God!

Months and months passed and the day, February 2, finally arrived. I was incredibly nervous leading up to the race. I got sick with nerves the Tuesday before, went out and bought too much junk food/race food the Wednesday before, and maybe celebrated a work-related victory too much the Thursday before. Friday I was on and off and in between nerves and excitement. When I got to the race headquarters on the park grounds, however, and saw the beautiful scenery I would be a part of, and met the wonderful people who are the heart and soul behind the race, I felt ready.

Mom (my race crew) and I got to the start line around 5am, two hours early. It was dark, pitch black really, and cold. Surely I didn't need a headlamp? Wouldn't it be light enough by 7? We watched the 100 milers file out onto the course an hour before my race started. Then I gathered together all the food I might need, gave my mom final instructions, found her a place to sit, and went to the start line. And waited. And got nervous. And waited.

Cheers greeted the announcement of the race start. Imagine any other crowded race start you've seen at any other race, then funnel everyone onto a broad single track where you fit 2-3 people abreast at a time. This crunch of people went on for at least a couple of miles, one long continuous file of people snaking through the woods, with one or two brave souls trying to speed ahead. It sort of became a thing of running behind a wad of people, then following someone passing them til you got to the next wad of people, then pass, repeat, until you find a comfortable pace with a group of people you don't feel like passing. The difference between the people-crush of this start and the people-crush of road races was the kindness and comradely of the people running. I was gently teased about the size of my pack and the number of food items I had stuffed inside ("Wow, you packed enough food in there for all of us!"), but when I tripped on a sneaky root and fell with a crash within the second mile, everyone in front of me stopped and turned to make sure I was ok. People I passed and people who passed me generally always had a kind word of encouragement.

The course itself was very nice and pleasant. There was the occasional hill, with the biggest ones on the second half of my loop (three loops added up to 50 miles), but for the most part it was flat with rolling hills. The ground was sandy in places, rooty in others, with an area I deemed "the land of the

bridges” where there were, well, a number of wooden bridges in a row. Most of the course was shaded with ample tree branches, the main exception being when we ran across an earthen dam along the edge of the lake. Very pretty scenery, and worth your while to stop and take a look occasionally. I was a little disappointed that I never spotted an alligator, however.

The first lap went by very smoothly, and pretty fast. I was able to fuel and eat every 30 minutes, starting with honey stinger chews and moving on to waffles and power bars. I ran up most of the hills (even ones I knew I should be walking) and FLEW down the hills, passing numbers of people. I checked my pace occasionally but was feeling so good that I just let myself go. My plan was to take walk breaks at every aid station, and aside from jogging through the first, I achieved this goal and made these my only walk breaks. After I finished lap 1, I pulled up to my mom (who slathered sun screen on me, we had forgotten about it before the race), talked with James McManners and David Edwards, and happily munched on some Pringles. Then I was off again.

The second lap, unfortunately, was not as pleasant as the first. The temperature had been rising ever since the sun came up, and by the time I started lap 2 it had gotten pretty hot. And humid. And did I mention hot? VERY hot. If there is one downfall, one kryptonite that gets me in a race, it’s the sun and the heat. Remember that dam area I told you about? Full on sun. The lake by the land of the bridges? It reflected the heat right back onto you. I had a hard time fueling, I couldn’t swallow, my mouth was dry, and I started feeling queasy. I told myself, ok, you didn’t eat this time, make it to the next aid station and then maybe eat something. After chewing gold fish for nearly 15 minutes, and walking nearly all the time (or so it felt), I knew I was in trouble. All of this compounded and started to get to me emotionally. People who have run with me (they will remain nameless for protection) know that I can have “moments” where I, well, cry. And cry hard. So, this started to build. The aid station volunteers recognized it, and kept asking if I was ok, but I just shrugged them off. “Just get back to mom,” I kept telling myself. I knew that I wouldn’t be ok until I just let it out and had a good cry, that I would keep getting frustrated and worked up, but I knew too that I had to wait until I was around my mom. I know, that sounds SO childish, but I knew what I needed and pushed on.

And then it happened. After the second lap I brushed past nearly 15 volunteers to get to my crew. James was the first person I saw, and I couldn’t stand it any longer. I lost myself to sobbing, crying that it was too hot, I couldn’t do it, it was just too too hot and I was so so tired. My mom came up and hugged me, said a few words. I don’t remember what she said, or what James said, or what Stacey Shaver said, but the three of them combined calmed me down to the point where I felt like I could go on. This was my first 50, ENJOY it, Stacey said. I didn’t need to put this added and unnecessary pressure on myself of trying to finish in the top 5 (so ridiculous) or trying to go sub 9 or trying to get an age group award. Just enjoy the scenery, make it a memorable race. James helped me back to the start tent, helped me refill my water and Gatorade bottle (which became a Heed bottle, more on that later) and off I went.

I had let myself have a good long rest stop after the second lap (I think around 20 minutes), and so I let myself walk the first couple hundred of yards just to get my mindset right, and have a few more Pringles. I felt less emotional, a little more confident, and much more relaxed. At this point, the race had thinned out to where you were mainly racing alone. Whereas in the first loop I could pace behind people most of the time, and the second loop afforded a few pacers, at this point everyone was on their own schedule so much that it was pretty much every man for himself. Not that people were discourteous, but everyone was so focused on finishing that they were doing what they needed for them. A couple of times I ran with someone to an aid station, or we traded places walking and running, but for the most part I was alone with myself. And you know what? It was perfect. I barely saw any other females, and if I did they were going the other direction. So I had nothing to prove, nothing to lose, and just trudged on.

I have no idea what’s in Heed, and it sure is nasty stuff, but I think it saved my race. The first sip tasted like licorice water and I nearly spit it out, but after downing the horrid stuff for a while, I felt my energy return. I couldn’t eat as much as I wanted or planned on, but I felt strong again. I could run for longer distances without tiring and I started passing people again. I felt more alive at rest stations (aside: the volunteers were AMAZING and so helpful) and powered up some hills, passing more people. Every rock or

turn I passed, I said to myself, I don't have to run past that again, that's the last time I'll see that bridge or that hill or that root. At some point I realized I only had 10 miles left, 10 more miles out of 50, and that's when I started to crank it into gear.

At the end I picked up speed and felt amazing and empowered, energetic. And when I neared the finish, and heard the crowd at the finish line and heard the cheering, I gave it all I had. I ran as hard and as fast as I could down the final stretch, letting myself go and really having fun, and crossed the finish line with a huge smile on my face. I finished in 9 hours and 17 minutes, which placed me as the ninth female overall and second in my age group. Stacey was there ready to pace someone for the 100, and she hugged me and yelled, "You did it!" I had never been so happy. Not just to be finished with running 50 miles, but because the whole race had been such a happy and amazing experience, even with the tears. The volunteers, the other racers, the crews for OTHER racers who shared kind words, they were what really gave me a good race.

When I finally got to sit down after the finish, a girl who had seen me cry after lap 2 came up to me and told me she was so proud of me for getting back out there and finishing. She said that it would have been so easy for me to stop and quit, but I turned around and went back out there for my final lap. "I'll never remember all those other finishers," she said, "but you I will remember, because you got back out there and finished." THAT, right there, is what makes a race. Good friends and complete strangers pulling together so you can finish and have a good time. That is what makes a road runner convert like me a true lover of trails and trail runners. And that is what has me looking forward to next year.



Jenny and her mom after finishing the Rocky Raccoon 50 Miler.

## H.U.R.T. Trail 100 Race Report - By George Peterka

Summary: The clock got me at mile 80. I finished 4 loops, 80 miles, in 29:41. I missed the 29 hour cutoff for starting the 5th loop. I ended up in 57th place out of 130 starters.

Since many people are unfamiliar with this race I will describe it. The acronym stands for Hawaiian Ultra Running Team. The race is a 100 mile trail run in the middle of January in the hills behind Honolulu. The format is five 20 mile loops with each loop climbing 5000 feet and a 36 hour time limit. The entire race is in tropical rain forest and features some of the most beautiful scenery I have ever seen. The movie "Jurassic Park" and the series "Lost" feature scenes filmed on the racecourse. This race, however, is not easy. The course is very slippery and there are many roots, rocks and a lot of climbing.

This is my 2nd attempt at the HURT. Last year I dropped at mile 67.3 and took the 100K buckle. It was my first HURT and I lost my nerve. After the first loop, I was so shaken by the difficulty of this course, I wanted to quit, go home and never come back. I was convinced that I cannot finish, and there is no point in continuing. I had a very negative mental attitude and did not enjoy the race.

This year was totally different. I knew exactly what lay ahead and I loved every minute of it. There was never any question of quitting. I made some changes from last year. Last year Darlene was crewing for me. That was nice of her, but having a car available to take you back to the hotel at every aid station is not a good thing. This year I told her to leave and come back after 36 hours. Mentally that makes it a whole lot easier. Crewing is not necessary in this race. They take such good care of you at the aid stations. You sit down and they do everything for you.

Last year I had problems with my glasses being sweaty and foggy. This year I took contacts so that I would see better. Vision is very important in this race. You need to see perfectly and you need to have perfect nighttime illumination. One headlamp will not cut it. You need two lights and strong ones. The contacts were a disaster. Couldn't see out of one eye and they kept coming out. Got rid of them at mile 13 and went back to glasses and everything was fine.

This year was possibly the best course conditions ever. The course was drier and less slippery than normal. The humidity was low and there was a pleasant breeze blowing. Right around 70°. For years people have been trying to break 20 hours on the HURT. It finally happened this year with a new course record of 19:35. I was shirtless during the day but at night I put on a shirt because on top in the wind I was getting chilly.

I tried a different pair of shoes this year. My Montrail Sabino GTX don't drain well and they become heavy if they get full of water. I was expecting rain, puddles and heavy sweating filling up my shoes, none of which happened. My shoes stayed dry. I went with Asics Enduro 7. They are a lighter shoe and they drain really well. I don't know, but I was slipping a lot. I don't know if it was poor technique on my part or if the shoes were just slippery. Maybe everyone was slipping but I just wasn't used to it because I don't ever run on slippery trails.

For the last couple months I have been having pain at the top of my legs in my butt. I don't know what it is. I was worried if something isn't torn. I rested well and didn't do any running for a month before the race. In the race I was planning to go real slow. I started last and let the traffic slow me down. After a while I picked it up a little but I was mostly walking. I was thinking it would be better to walk most of this race and not risk making my injury worse. But as I found out, walking fast for a long time is not the best thing either. Your feet blister and you chafe more than if you were running (because your stride is longer). The pain in my butt went away and didn't bother me at all. I was relieved because I had been worrying about this.

I was greasing up really well every 20 miles but that was not enough. By mile 50 I had a real nice monkey-butt going. I greased at every aid station after that and it got slightly better. The balls of my feet hurt from the bottom. I don't know why. I hit the ground really gently so I don't know what would make them hurt so bad. I don't think I've ever had them hurt like this. Maybe it's these shoes. At night one of my fears came

true. I fell and slid off the trail over the edge. Luckily it was not too steep. I grabbed vegetation and it held. I was able to climb back up and get back on the trail. The mountains are very steep but there is so much vegetation that you'll get hung up and you won't slide far.

Overall I was pleased with how the race went. There always will be some problems but I didn't have any major problems. I was however slowing down too much. Here are the times for the four loops. 6:05, 6:50, 8:05, 8:41 I was trying for 7-hour loops (7x5=35). I was hoping that on the 4th loop when I would get daylight I would come back to life and do another 7-hour loop but it just didn't happen. I was just too tired.

I wonder if I will ever finish this race. It may be harder than what I am capable of doing. ( NEVER SAY NEVER! If I had greased up better I would not have missed that cutoff ) I look forward to next year. Even if I don't bring home the buckle, I will spend 36 hours running on the most beautiful and challenging trails on Earth. And maybe I will bring home the buckle!

## **The Best of Times By Mike Samuelson, RD**

Time is important to runners. Personal Record (PR) times, finish times, age group record times, split times, and simply time to fit in training runs during our hectic lives.

A long ago time before AURA, iPods, or even CDs existed there was a time when folks went to the record store to purchase music on those fairly new two sided cassette tapes, although many music fans still purchased music on vinyl records back then. To be specific, in January 1981 Styx released its tenth album – Paradise Theatre – which became a number one album and the band's fourth consecutive triple-platinum seller. Time is a theme throughout the Paradise Theatre concept album.

Just like Styx popularly sang back in 1981, it was “The Best of Times” for the eighth running of the SwampStomper 25K/50K. Exceptional weather and great trail conditions led to another super year of racing on the Meeman Shelby Forest State Park trails. Two new bridges on the trail made the journey through the forest even more magical than it has been in the past. There was plenty of rain and even some ice in the weather 6-10 days before the race, yet there was no trail-swallowing swamp with which to contend. In fact there was barely any mud to speak of, but no complaints were heard from the runners. For the benefit of those who haven't visited Shelby Forest or run the fine trails there, although the Mississippi River flows just a couple miles west of the trail there is no hint of the closeness of the trail to the mighty river. 140 runners completed the race this year and earned a coveted SwampStomper finisher award designed by the hugely talented Carole Foster of [runningdogletters.com](http://runningdogletters.com).

Back in 1981, “The Best of Times” was the most popular song on the Paradise Theatre album. However, time marches on, and over the past thirty years the front side second song on this 1981 cassette has emerged as the album's most popular song - based on YouTube views at least. Local Memphis runner Kristopher Whitten did not have “Too Much Time on My Hands” as he beat all his competitors to the finish line in the 50K race in 4:42:32. Cape Girardeau runner Bryan Kelpie finished second overall for the second year in a row in 5:01:49 followed by Memphian Trenton Stevens in 5:07:14. For the women, 22 year old Memphian Lydia Hyatt crossed the line first in a fine time of 6:08:19. Lydia was followed by Karen Gill of Lafayette, LA in a time of 6:34:22, and Marcy Ambler of Cape Girardeau finished third woman in 6:35:43.

In the 25K race, Sunny Gilbert from the St. Louis area finished second overall and first female in a fantastic new course record time of 2:09:14. Sunny lowered the female 25K record almost 13 minutes from Lauren Coffelt's 2009 fine run! Memphian Mary-Ellen Kelly finished second female in 2:23:16, and Teresa Devlin from Collierville finished third woman in 2:33:22. Hailing from the St. Louis area, Doug Nishimura

finished first overall in the 25K in 2:05:12. Memphian Kyle Grady was the second male finisher to cross the line in 2:10:29. Also traveling from the St. Louis area to the Forest to run the race, Matt Davidson finished third male in 2:12:03.

What would a race be without a party at the finish? Yes, finishers and volunteers were indeed “Rockin’ the Paradise” at the finish line for the fourth consecutive year consuming the best grilled burgers around!

Finally, for the hard core Styx fans, the answer is yes - one race finisher was indeed born in “A.D. 1958”.

PS: Kilroy Was (not) Here as that smash Styx album wasn’t released until 1983.

PS2: However, “Mr. Roboto” is everywhere.....

### SwampStomper Results Below

	2013 SwampStomper				
	25K				
Place	First Name	Last Name	Sex	Age	Time
1.	Doug	Nishimura	M	44	2:05:12
2.	Sunny	Gilbert	F	33	2:09:14
3.	Kyle	Grady	M	38	2:10:29
4.	Matt	Davidson	M	37	2:12:03
5.	Evan	Bone	M	35	2:13:40
6.	Christian	Lemon	M	28	2:20:05
7.	Derek	Morgan	M	27	2:21:27
8.	John	Bradley	M	46	2:22:33
9.	Mary-Ellen	Kelly	F	45	2:23:16
10.	Charles	Flanigan Jr	M	38	2:23:29
	Tim	Roop	M	44	2:23:29
12.	Rob	Seibert	M	42	2:27:34
13.	Les	Jones	M	54	2:33:13
14.	Teresa	Devlin	F	47	2:33:22
15.	Don	Buttram	M	47	2:34:04
16.	Whitney	Ranson	F	24	2:35:01
17.	David	Clark	M	35	2:35:03
18.	Stephanie	Spurgat	F	26	2:35:04
19.	Erica	Singleton	F	29	2:39:07
20.	John	Swearingen	M	27	2:41:21
21.	Scott	Irwin	M	48	2:42:02
22.	Christophe	Mueller	M	38	2:44:55
23.	Juan	Sotelo	M	37	2:45:07
24.	Otis	Stroud	M	48	2:46:14
25.	Martin	Jones	M	33	2:48:38
26.	Jared	Montegut	M	41	2:49:35
	Stacy	Montegut	F	42	2:49:35
	Curt	Soefker	M	42	2:49:35
29.	Lindy	Biglieni	F	36	2:50:33
	Tim	Brayfield	M	55	2:50:33
31.	Tim	Mulrooney	M	38	2:51:15
32.	Fabien	Llambi	M	34	2:54:14
33.	Alison	Sullivan	F	38	2:54:28

34.	Baker	McCool	M	32	2:54:41
35.	Robert	Perry	M	37	2:55:03
36.	Jim	Halsey	M	52	2:57:06
37.	Henry	Cotter	M	38	2:57:45
	Timothy	Dyer	M	37	2:57:45
	Chris	Mathis	M	49	2:57:45
40.	Sander	Ohnstad	M	18	2:59:17
41.	Tana	Rapella	F	31	3:04:01
42.	Laura	Barnett	F	41	3:07:29
	Mike	Harris	M	34	3:07:29
44.	Matthew	Morice	M	46	3:07:55
45.	Heather	Cooley	F	38	3:08:07
46.	Thomas	Lale	M	53	3:08:24
47.	Brian	Shwer	M	45	3:09:39
48.	Stephen	Shepherd	M	28	3:15:37
49.	Allison	Ertz	F	29	3:17:28
50.	Cullen	Beard	M	52	3:17:53
51.	Zachary	Barker	M	31	3:17:56
52.	Timothy	Smith	M	40	3:18:38
53.	Larry	Brower	M	61	3:19:36
	Nancy	Highland	F	41	3:19:36
55.	Rosie	Jupson	F	31	3:21:15
56.	Terry	Greer	M	47	3:28:06
57.	Gary	Lewis	M	38	3:30:19
58.	Miles	Durfey	M	35	3:30:22
59.	Ken	Dech	M	52	3:34:21
60.	Theresa	Kissane	F	29	3:34:30
	Danielle	Ranney	F	28	3:34:30
62.	Tony	Suttle	M	60	3:34:32
63.	Christy	Correa	F	35	3:34:34
64.	Stacey	Hyde	F	44	3:34:36
65.	Shelly	Stephens	F	26	3:34:38
66.	Ying	Malady	F	42	3:34:40
67.	Keith	Ritchey	M	39	3:35:45
	Star	Ritchey	F	39	3:35:45
69.	Lisa	Overall	F	41	3:38:58
70.	Yu	Fukuda	F	33	3:39:26
71.	Lindsay	Spangler	F	28	3:41:12
72.	George	Brewton	M	50	3:42:04
73.	Charles	Carroll	M	41	3:43:11
	Cindy	Clark	F	35	3:47:50
75.	Lisa	Warmuth	F	43	3:53:11
	Lindsey	Waugh	F	30	3:53:11
	Aida	Wiese	F	41	3:53:11
78.	Leslie	Howard	F	39	3:54:59
	Scott	Young	M	45	3:54:59
80.	Brent	Beenders	M	35	3:56:11

81.	Sherry	Rogers	F	52	3:57:21
82.	Francesca	Tronchin	F	39	4:01:08
	Holly	Judd	F	40	4:01:08
84.	Virginia	Pleasants	F	28	4:07:49
85.	Bevan	Lee	F	26	4:08:57
86.	Christophe	Dillon	M	34	4:11:24
87.	Melanie	Chicoine	F	49	4:13:52
	Julie	Faulkner	F	41	4:13:52
89.	Lori	Meyer	F	58	4:26:24
	Kenny	Simpson	M	58	4:26:24
91.	Andrew	Chicoine	M	47	4:27:11
92.	JimiBeth	Myers	F	38	4:34:25
93.	Kenneth	Graham	M	48	4:50:17
94.	Katherine	Stoddard	F	48	5:30:54

	50K				
Place	First Name	Last Name	Sex	Age	Time
1.	Kristopher	Whitten	M	37	4:42:32
2.	Bryan	Kelpe	M	34	5:01:49
3.	Trenton	Stevens	M	25	5:07:14
4.	Gabriel	Lopez-Walle	M	39	5:13:18
5.	John	Guyer	M	43	5:16:16
6.	Trace	Mcintyre	M	36	5:28:37
7.	Adrian	Hall	M	38	5:42:15
8.	Kevin	leathers	M	48	5:45:36
9.	Chris	Ho	M	37	5:54:23
10.	bjorn	danielson	M	44	6:01:23
11.	Lydia	Hyatt	F	22	6:08:19
12.	Ben	Mansur	M	41	6:27:07
13.	Bobby	Gallagher	M	31	6:31:01
14.	richard	murphy	M	43	6:33:57
15.	Karin	Gill	F	47	6:34:22
16.	Marcy	Ambler	F	42	6:35:43
17.	Tim	Gill	M	52	6:40:23
18.	Don	Frichtl	M	56	6:43:45
	Becky	Kasten	F	44	6:43:45
20.	Angela	Conley	F	31	6:44:45
21.	S. Trent	Rosenbloom	M	42	6:48:01
22.	emily	conley	F	40	6:50:58
23.	Glen	Okui	M	46	6:51:01
24.	Charles	Renfroe	M	42	6:53:25
25.	Craig	Conley	M	42	6:53:55
26.	James	Reasons	M	31	6:55:38
27.	Brad	Scott	M	44	7:01:18
28.	Beth	Garrison	F	42	7:10:30
29.	virgil	esteves	M	40	7:13:12
30.	Tom	Bandler	M	59	7:13:28
31.	Kristy	Escue	F	35	7:17:16

32.	Brian	Kuhn	M	39	7:26:41
33.	Holly	Hensarling	F	35	7:27:36
	Michael	Poole	M	32	7:27:36
35.	Jonathan	Young	M	31	7:39:30
36.	Tina	Ho	F	48	7:41:16
37.	amy	martin	F	39	7:49:37
	Bobby	Martin	M	41	7:49:37
39.	Jesse	Garrett	M	29	7:51:03
	Brian	Swanson	M	37	7:51:03
41.	JERRY	TURNER	M	36	7:52:13
42.	SHANNON	ALDRIDGE	M	49	7:57:21
43.	Tim	Wilkinson	M	50	8:32:23
44.	Al	Gallarno	M	53	8:43:02
	Eddie	Gallarno	M	22	8:43:02
46.	Nicholas	Norfolk	M	29	9:03:53



Nicholas Norfolk in route to a 50K finish at the SwampStomer.

# White Rock Classic 50K & 25K

February 2, 2013  
Crosses, Arkansas

## 50K Run (33+ miles) (2012-2013 UTS Race #10)

### Women

1	Katie Helms	5:26	
2	Shelley Egli	5:50	
3	Tina Ho	6:45	
4	Michele McGrew	??	
5	Eunika Rogers	6:50	
5T	Salli Scott Young	6:50	
7	Amber Ragland	6:52	
8	Debbie Lantz	7:12	
9	Kimmy Riley	7:28	
10	Sarah Stalder	6:19	Early Starter
11	Jennifer Rogers	NTA	

### Men

1	Tom Brennan	4:31	
2	Thomas Chapin	4:49	
3	Stan Ferguson	4:54	
4	Chris Montgomery	5:09	
5	Stephen Ray Stafford	5:16	
6	Corbin Freeman	5:23	
7	Bill Coffelt	5:26	
8	Aaron Ochoa	5:43	
9	Paul Reida	5:54	
10	Rich Brown	5:54	
11	Tim Hall	6:02	
12	Cliff Ferren	6:14	
13	Jay Huneycutt	6:22	
14	Jonathan Young	6:45	
15	Sammy Barnes	6:45	
16	Kurt Egli	6:47	
17	Scott Rogers	6:51	
18	Jim Sweatt	6:51	
19	Patrick Barker	7:00	
20	Dean Worley	7:11	
21	David Hein	7:11	
22	Jim Megerson	7:12	
23	Mark Roth	7:09	Late Starter
24	Nicholas Norfolk	6:32	
25	Jeff Underwood	7:52	Early Starter
26	Clancy McMahon	8:04	Early Starter
27	Steeve Pomerleau	NTA	

## 25K Run

### Women

1	Dana Dorch	2:58
2	Diane Diebold	2:31

3	Shelley Flores	3:10
4	Chrissy Ferguson	3:18
5	Joan Sobeski	3:37
6	Deanna Duplanti	3:49

**Men**

1	John Hughes	2:16
2	Jeremy Pate	2:23
3	Leigh Davis	2:26
4	Erich Washausen	2:27
5	Derick Shackelford	2:27
6	Greg Scharlan	2:28
7	Will Blancherd	2:41
8	Greg Hogue	2:45
9	Tommy Griffin	3:05
10	Kevin King	3:38
11	Cassy Russell	4:10
12	Vinnie Cullo	4:19

**Other Distances**

Alston Jennings	11m	3:20
Jay Miller	11m	3:20
Abby Herrera	?	1:15
Chris Cantwell	20m	
PoDog	22m	4:02

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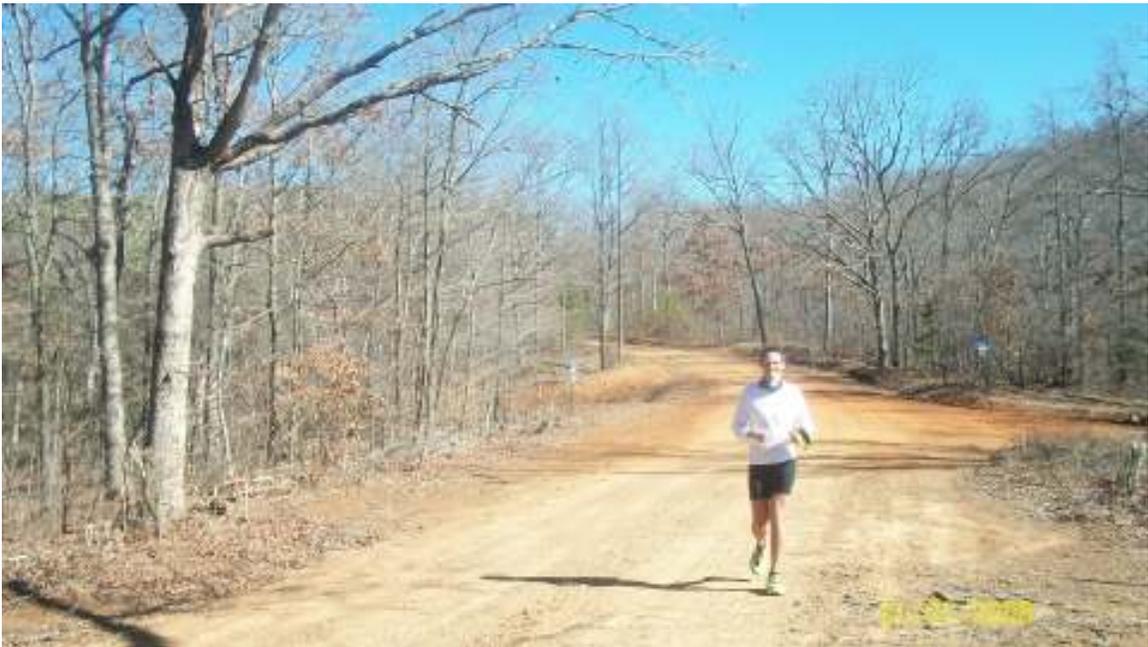
Women's winners at the 2013 White Rock Classic 50K  
Left to Right: Katie Helms, Shelley Egli, Tina Ho, Michele McGrew, Eunika Rogers, and Salli Scott Young



Men's winners at the 2013 White Rock Classic 50K  
Left to Right: Tom Brennan, Thomas Chapin, Stan Ferguson, and Chris Montgomery



Chris Montgomery



Co-RD PoDog getting in some miles at White Rock



Rich Brown at White Rock

Editors note a few of the photos from White Rock have a date that obviously is not correct (but who cares).

Bonus photo from the Trekkers (Received from Lou Peyton)



The Trek today was 7:30 a.m. from Park on Hwy. 10 at west end of Lake Maumelle. We went west on the Ouachita Trail toward Hwy. 9. I think Jim Sweatt and Dianne Seager went the entire way to hwy. 9 and back...I think there is a story because I just texted with Dianne at 3:15 p.m. and she said they are about to finish! I don't know if I want to hear the story :) ANYWAY, as I was about to say Trekkers in photo and maybe not in order are: back row...Jim Sweatt, Dianne Seager, second row from left to right Pete Ireland in orange, Bill Brass (dark green) Otis Edge (blue), Tom Chapin (white), Lou Peyton, Grey/green, Charley Peyton, Brown hat, pink/blue jacket.

# Big Rock Mystery Run



2012-2013 UTS Race #11

Directions:

- Interstate 40 to Exit 152 (Levy Exit)
  - South on Pike Ave. (toward Downtown)
  - Make RIGHT turn on River Road
  - Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
  - LEFT into park, park near skateboard area
- No entry fee; No advance sign-up  
For questions, contact Chrissy  
[stanchrissy100@att.net](mailto:stanchrissy100@att.net) or 501-803-9411

**Don't forget about the Hoof it for Heifer Trail run on April 13<sup>th</sup>.**

The entry fee for 2013 is \$45 before April 1<sup>st</sup> and \$55 after the 1<sup>st</sup>. For details and registration visit [www.heifertrailrun.com](http://www.heifertrailrun.com) or email [info@heifertrailrun.com](mailto:info@heifertrailrun.com), or [race\\_director@heifertrailrun.com](mailto:race_director@heifertrailrun.com)

**23<sup>rd</sup> Annual**  
**Ouachita Trail 50 Mile and 50K**  
April 20, 2013, 6:00 AM  
Maumelle Park, Little Rock, Arkansas  
**Presented by the Arkansas Ultra Running Association**  
Proceeds benefiting Pinnacle Mountain State Park

Course: A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

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.

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carrying at least one fluid bottle is HIGHLY advise. 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: \$60 if postmarked by April 8th; \$75 thereafter. Please make check payable to Arkansas Traveller 100. NO REFUNDS. NO RACE DAY ENTRY.

Entrants Limit: 225; Mail entry to: Chrissy Ferguson, 116 Turtle Creek Cove, Maumelle, AR 72113

For more information visit website: [www.RunArkansas.com](http://www.RunArkansas.com); e-mail: [OT50@RunArkansas.com](mailto:OT50@RunArkansas.com);  
phone: 501-803-9411

Application on the following page

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

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

**Address** \_\_\_\_\_

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

**e-mail** \_\_\_\_\_ **Age on 4/20/2013** \_\_\_\_\_

**(Minimum age is 18)**

**Gender** \_\_\_\_\_ **Short sleeve technical shirt size: Men S/M/L/XL/XXL: \_\_\_\_\_ OR Women XS/S/M/L/XL: \_\_\_\_\_**

*Entries received after April 1st are not guaranteed selected shirt size.*

**Please check event: 50 Mile \_\_\_ 50K \_\_\_ (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** \_\_\_\_\_

**2012-2013 Ultra Trail Series Standings**

[Open](#) - [Master](#) - [GrandMaster](#) - [Senior](#) - [SuperSenior](#) - [Miles](#)

[UTS Race Schedule](#)

**Open Division****Women**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Stacey Shaver	51	54	55	102		46	50.76	55	35		448.8
2	Tina Ho	22	19	51		55	35	37.7		26	51	296.7
3	Jenny Wilkes		65				57			57		179
4	Chrissy Ferguson	28	25		86		29					168
5	Jen Freilino		43						44	46		133
6	Karen Hayes	34	31					53.87				118.9
7	Lisa Gunnoe			21			11	56.64	27			115.6
8	Susan McCourt		6	27		21		42.02				96.02
9	Deb Baker	62								26		88
10	Lena Manning			44		44						88
11	Jenny Brod	40	37									77
12	Tala Hill			33				29.01				62.01
13	Angie Stewart	3	3			33	23					62
14	Elaine Gimblet							39.16	21			60.16
15	Judy Massingill	12	9					39.16				60.16
16	Lisa Vorwerk		12			27	17					56
17	Susy Phillips							39.16		14		53.16
18	Lori Dather	9	5						33			47
19	Debra Reynolds	2	15									17
20	Angie Orellano-Fisher	16										16
21	Elizabeth Quinn									14		14
22	Katy Lemasters	6	2									8
23	Rosemary Rogers		4									4

**Men**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Thomas Chapin	66	47	62	93		43		53		47	411
2	Mark DenHerder	55	53	54	38	52	31	49.84	30	29		391.8
3	Tom Brennan	77	75						64	63	58	337
4	Bill Coffelt	37	41		55	20	54		36	23	30	296
5	Chris Ho	11	22	43		13	37	40.87		17		183.9
6	Stan Ferguson	14	35			41			14	41	36	181
7	Rich Brown	21	15	40	46	10	9		8	7	24	180
8	David Joseph	43	64			63						170
9	Caleb Ault		29				65	54.05				148.1
10	PoDog Vogler				109	20	19					148
11	George Peterka	18	13	22		32	12	39.55	5			141.5
12	Jason Auer	16	25	34	32		6		18	10		141
13	Michael Poole	9		51	66							126
14	Paul Turner	27							42	52		121
15	Malcolm Smith	12						46.14	24	35		117.1

16	Jonathan Young	10	12	32			5	40.87		4	12	115.9
17	Brian Cockrell	31			79							110
18	Cliff Ferren				26		15	34.27	11	3	18	107.3
19	Dustin Speer	17	19	28			25	18.27				107.3
20	Don Preston		4	6		2	4	55.64	3			74.64
21	Alan Hunnicutt	24	14			32						70
22	Nicholas Norfolk	6	10	26		3	2				8	55
23	Johnny Eagles		6	3		4	3	32.95	4			52.95
24	Joe Milligan	7	9					36.91				52.91
25	James Holland	49										49
26	Jesse Garrett							44.13				44.13
27	Herb Jarrell	4						36.54				40.54
28	Chuka Bible	13	11	16								40
29	Michael Hamon		8	9				22.02				39.02
30	Ron Gimblet		3					29	2			34
31	Joshua Drake	5	7	12								24
32	Nathan Winham			16								16
33	Todd Blanchard	15										15
34	Joshua Bornhorst									13		13
35	Rick Bushmaier					7				2		9
36	Greg Bouns	3	5									8
37	Frank Massingill	8										8
38	Mark Cato	2		2								4
39	Bill Brass		2									2

### Master Division

#### Women

Rank	Name	Midut	Nebo	BP	AT	Styx	BDea	SumS	LOVT	ABF	WR	Total
1	Stacey Shaver	48	59	54	102		55	53.3	54	53		478.3
2	Tina Ho	25	31	51		53	44	39.59		36.5	51	331.1
3	Chrissy Ferguson	31	37		86		33					187
4	Karen Hayes	37	48					56.57				141.6
5	Lisa Gunnoe			26			21	59.47	32			138.5
6	Deb Baker	59								36.5		95.5
7	Lena Manning			43		42						85
8	Lisa Vorwerk		19			31	27					77
9	Elaine Gimblet							41.12	26			67.12
10	Judy Massingill	13	13					41.12				67.12
11	Tala Hill			32				30.47				62.47
12	Lori Dather	9	9						43			61
13	Debra Reynolds	6	25									31
14	Angie Orellano-Fisher	19										19
15	Rosemary Rogers		6									6

#### Men

Rank	Name	Midut	Nebo	BP	AT	Styx	BDea	SumS	LOVT	ABF	WR	Total
1	Mark DenHerder	56	55	51	62	59	47	52.33	34	24		440.3
2	Bill Coffelt	45	44		89	22	58		40	18	33	349
3	Tom Brennan	67	66						62	58	55	308
4	Rich Brown	27	32	58	75	13	18		12	12	27	274

5	Stan Ferguson	14	38			48			22	36	44	202
6	George Peterka	21	20	47		34	24	41.52	9			196.5
7	PoDog Vogler				105	22	36					163
8	Cliff Ferren				51		30	35.99	16	8	21	162
9	Paul Turner	39							51	47		137
10	Malcolm Smith	8						48.45	28	30		114.5
11	Don Preston		4	18		6	12	58.43	3			101.4
12	Alan Hunnicutt	33	26			34						93
13	Johnny Eagles		6	12		9	8	34.6	6			75.6
14	Chuka Bible	11	16	36								63
15	Joe Milligan	6	13					38.75				57.75
16	Michael Harmon		10	24				23.12				57.12
17	Herb Jarrell	4						38.37				42.37
18	Joshua Drake	5	7	30								42
19	Ron Gimblet		3					30.45	2			35.45
20	Todd Blanchard	17										17
21	Mark Cato	2		8								10
22	Greg Bourns	3	5									8
23	Frank Massingill	7										7
24	Bill Brass		2									2

**Grand-Master Division****Women**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Chrissy Ferguson	34	44		101		51					230
2	Karen Hayes	45	55					61.96				162
3	Deb Baker	56								51		107
4	Elaine Gimblet							45.03	51			96.03
5	Judy Massingill	22	27					45.03				94.03
6	Tala Hill			51				33.37				84.37
7	Debra Reynolds	16	33									49
8	Angie Orellano-Fisher	28										28
9	Rosemary Rogers		21									21

**Men**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Bill Coffelt	58	60		103	34	56		57	53	53	474
2	Rich Brown	36	49	54	87	28	28		35	42	42	401
3	Cliff Ferren				73		45	39.41	46	31	31	265.4
4	George Peterka	30	32	43		50.5	34	45.48	29			264
5	Don Preston		10	32		16	22	63.99	17			161
6	Johnny Eagles		20	26		22	16	37.89	23			144.9
7	Alan Hunnicutt	47	38			50.5						135.5
8	Joe Milligan	18	26					42.45				86.45
9	Herb Jarrell	12						42.02				54.02
10	Ron Gimblet		7					33.35	11			51.35
11	Frank Massingill	24										24
12	Greg Bourns	8	14									22
13	Bill Brass		4									4

**Senior Division****Women**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Elaine Gimblet							50.9	51			101.9
2	Rosemary Rogers		51									51
3	Angie Orellano-Fisher	51										51

**Men**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Johnny Eagles		44	51		51	51	42.83	52			291.8
2	Joe Milligan	53	55					47.98				156
3	Ron Gimblet		27					37.7	41			105.7
4	Herb Jarrell	42						47.5				89.5
5	Greg Bourns	31	33									64
6	Bill Brass		21									21

**Super-Senior Division****Men**

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Total
1	Greg Bourns	51	52									103
2	Bill Brass		41									41

If you suspect errors in these standings, please reference the [UTS Rules](#) and individual [race results](#). If you still think there is an error, contact the [AURA Ultra Trail Series coordinator](#).

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## 2013 Arkansas RRCA Grand Prix Standings

MALE TEAMS	TOTAL	HR	RT	VD	RL	CR	SF	CC	HM	TS	RR	GO	4M	WM	5K	SL	20	CP	SC	SW	SP
Melonvine Striders	75	30	27	18																	
Little Rock Roadrunners	68	18	30	20																	
Western Arkansas Runners	64	27	21	16																	
AR Ultra Runners Assc	62	24	24	14																	
Cabot Country Cruisers	43	21	12	10																	
Spa Pacers	38	15	15	8																	
Saline County Striders	33	12	9	12																	
Conway Running Club	27	9	18																		
Arkansas Running Klub	15	3	6	6																	
White River Roadrunners	6	6																			

FEMALE TEAMS	TOTAL	HR	RT	VD	RL	CR	SF	CC	HM	TS	RR	GO	4M	WM	5K	SL	20	CP	SC	SW	SP
Western Arkansas Runners	77	30	27	20																	
Little Rock Roadrunners	60	27	15	18																	
AR Ultra Running Assc	56	12	30	14																	
Hot Legs Running Club	55	18	21	16																	
Saline County Striders	43	21	12	10																	
Conway Running Club	42	24	18																		
White River Roadrunners	39	15	24																		
Spa Pacers	24	6	6	12																	
Arkansas Running Klub	12	9	3																		
Cabot Country Cruisers	12	3	9																		

Welcome to all of the new AURA brothers and sisters running the Grand Prix races as AURA members!

### **Retreads**

First Wednesday of the month at Franke's Cafeteria  
11121 N. Rodney Parham Road  
(Market Place Shopping Center)

Dutch Treat

Wear something to show you are  
one of the gang -- shirt, hat, scarf,  
finisher medal, etc.

Just show up and look for the Old Runners: Retreads.  
For more information contact Charley or Lou Peyton at  
225-6609 or [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)

The following photos were sent by AURA Brother Ellis James III now living in Denver, CO. A couple of weeks ago he went snow shoeing on the trail around Turquoise Lake used in the Leadville Trail 100. If you look closely in this first photo there are people ice fishing on the lake.







## Arkies at the 2013 Rocky Raccoon

32<sup>nd</sup> Place in 21:01:06 Mark DenHerder  
39<sup>th</sup> Place in 21:34:01 Mark Riley  
68<sup>th</sup> Place in 22:50:11 Joshua Brown  
84<sup>th</sup> Place in 23:28:11 Rachel Speer AR (F)  
92<sup>nd</sup> Place in 23:44:23 David Newman  
114<sup>th</sup> Place in 25:15:45 Shannon McFarland  
148<sup>th</sup> Place in 27:01:23 Kim Shurley AR (F)

340 starters / 229 finishers / 67%

31<sup>st</sup> Place in 9:17:02 Jenny Wilkes (F)  
37<sup>th</sup> Place in 9:26:24 James Reeves  
128<sup>th</sup> Place in 11:16:13 Belinda Jared (F)  
172<sup>nd</sup> Place in 12:22:30 Judy Massingill (F)  
188<sup>th</sup> Place in 12:43:32 Lori Dather (F)  
235<sup>th</sup> Place in 14:35:54 Elizabeth Quinn (F)  
252<sup>nd</sup> Place in 16:02:42 Donna Duerr (F)  
257<sup>th</sup> Place in 16:24:14 Pete Perkins

310 starters / 265 finishers / 85%

For complete results from Rocky Raccoon go to [http://www.tejatrails.com/docs/Rocky\\_res\\_2013.html](http://www.tejatrails.com/docs/Rocky_res_2013.html)

## AURA News Flash!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Jimmy Sweatt, Deb Adams Baker, and Jen Foster Bibbs made the Wastach 100 lottery and will be participating in September this year (assuming they get their required trail work completed).

The AURA is a member club of the Road Runners Club of America and is dedicated to promoting ultra and trail running in and around the state of Arkansas. The club organizes and directs the following races:

Arkansas Traveller 100  
Ouachita Trail 50  
SwampStomper  
Bartlett Park Ultras

Club members also direct a number of fun runs throughout the year. Additionally, the AURA administers an annual Ultra Trail Series (UTS), running from summer through late spring. The UTS is a system for awarding and tracking points earned through the completion of designated AURA races and fun runs.

AURA Board of Directors / Officers:

Stan Ferguson, President, phone 501-803-9411  
Michael DuPriest, Vice-President  
Charley Peyton, Treasurer  
Lisa Gunnoe, Secretary

- Monthly (more or less) newsletter, featuring a calendar of upcoming ultra and trail events in Arkansas and surrounding states, news about club members, results of local runs--or those in which members have participated, run reports, and more.
- You will receive the Roadrunners Club of America quarterly newsletter and RRCA liability insurance at club sponsored events.
- Your own AURA membership card with your “secret” member number.
- Fun-filled quarterly meetings/gatherings (usually a pot-luck).

Arkansas Ultra Running Association, RRCA Club  
MEMBERSHIP APPLICATION

Annual dues for the AURA (includes all family members)

Please check one:  \$12 for e-mail newsletter

\$25 hardcopy newsletter

Make checks payable to: Arkansas Ultra Running Assoc.

41 White Oak Ln

Little Rock, AR 72227

(Please print)

Name \_\_\_\_\_ Sex: M F

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

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

Other family members

\_\_\_\_\_  
Membership WAIVER: I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas Ultra Running Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.

\_\_\_\_\_  
Signature(s) of adult member(s) / Date