

THE ARKANSAS ULTRA RUNNER

June 2013

The Newsletter For Members of the
Arkansas Ultra Running Association

AURA Website - www.runarkansas.com

Message from the President – Stan Ferguson

So here we are, having just wrapped up the Catsmacker and UTS awards, and it is HOT! While touring around doing the last-minute Catsmacker course setup in the early morning hours around Lake Winona the temperature was in the 50s. So what happened with that? It definitely seems like summer is here.

The Kings and Queens of the Trail were announced in the last newsletter, in this edition you should find a group picture of this year's royalty. Please check out this fine looking group and observe how happy they are!

King of the Mountain

On the recent Memorial Day, PoDog cooked up a special competition up at his home turf on Mt. Nebo. It was aptly titled "King of the Mountain." The format was pretty simple: every hour on the hour, the field would start up the mountain from the turn-in to the gravel lot at the bottom. You had until the next start time to make it up to the top, around the stop sign/traffic island, and back down. This would continue until all but one person either failed to make it back down within the hour or got all that they wanted and withdrew. Last man (or woman) standing wins. For those unfamiliar with it, the one-way distance from the unofficial parking lot at the bottom to the stop sign at the top is 2.5 miles (plus a hair), with a net gain of about 1300 feet.

Quite a few folks—I'd say a dozen or more, showed up for the initial 7:00am repeat, but it thinned out fairly quickly. After the second hour only five were left, and I think Ben

Mansur detoured to the Rim Trail on the next one—leaving just four: Jake Anderson, PT, PoDog, and myself. The common theme for much of the morning was PoDog and me hanging back, watching PT and Jake push up the mountain, and hoping that they would burn each other out. My personal goal was to take 33-34 minutes to go up and about 22-23 minutes to come down—leaving a comfortable but not too lengthy stop to refuel and recoup before the next starting call. This seemed reasonable and what I felt would be doable for a while. I've had a setback this spring and my fitness-level is not really high, but with Hardrock on the horizon I thought if I couldn't make through at least five that I was in trouble. Fortunately there was fairly steady cloud cover for the first several hours, so conditions were mostly accommodating. Full sunlight only occasionally popped out until nearly noon. For the noon start (repeat number six), it initially looked like Jake had bailed. He was sitting in a chair as the rest of us took off, but before the first turn we checked back to see that he had started his pursuit to catch up.

At some point we had joked that if we all made it through ten of them, that we'd need to start weeding out the last person down each time—just to bring things to conclusion before dark. But early into number six it was clear in my mind that it was to be my last. 30+ miles of Nebo easily satisfied what I considered a good training day. Maybe it was due to the heat that had slowly built, or perhaps that plus the added strain of a slightly altered running style, but a hamstring cramp with about a mile to go on the downhill return cemented my finish count of six. The cramp subsided and I still easily made the time cutoff, but no way would continuing have led to anything positive. Jake and PoDog had also had enough by 1:00pm, so the discussion became: Would PT have to actually complete another one, or would just being the only person “willing” to do another lap earn him the title? Of course, PT rendered any of this banter mute by striking off on number seven and completing it in his fastest time of the day. So congrats to PT: King of the Mountain 2013!

2013-2014 Ultra Trail Series

I announced last month that the first two races of the next Ultra Trail Series would be the Full mOOn 50K on July 20th and the Nebo Trails Run on August 24th. Can you sense the anticipation building? Sign-up for the series is now open. Look for the form on the AURA website (www.RunArkansas.com) with other UTS information, or the link for signing up online through RunRace.net. Once again the entry fee for the series is just \$10 for AURA members and \$15 for non-members. If signing up online, you can get the discounted entry by using the coupon code UTS14MEMBER.

The rest of the schedule is almost complete. There could be another event or two, but here is what we have at this time:

July 20 – Full mOOn 50K – Lake Sylvania

August 24 – Nebo Trails Run (approx 14 miles) - Dardanelle

September 14 – Bartlett Park Ultras (50 Mile, 40 Mile, 50K) – Bartlett, TN

October 5 – Arkansas Traveller 100 – Lake Sylvania

November ?? – Bona Dea 50K – Russellville
November 29 – Sunset Endurance Run (24/12/6 hours) - Benton
December 7 – Lake Ouachita Vista Trail Marathon (LOViT) – Mount Ida
January 4 – Athens-Big Fork Trail Marathon – Big Fork, AR
January 19 – Swampstomper 50K – Millington, TN
February 1 – White Rock Classic 50K – Cass or Crosses, AR (TBD)
April 26 – Ouachita Trail 50 (50 Mile and 50K) – Little Rock
May 17 – Mt Magazine Trail Run (approx 18 miles) – Mt. Magazine S.P.

Note that the date is not final for the Bona Dea run, and that there is a March hole that will probably be filled with something. Also you will observe that the Swampstomper has returned to the UTS! On that... be aware that Swampstomper registration is scheduled to open on September 26th. The size of the field is tightly capped by the Shelby Forest park, and registration fills FAST. If you know you will want to participate you should not delay when entries open up. However, there will be a small number of entries held aside for qualifying UTS participants. Those in the series will get further information on that process as the time grows nearer. We'll see how this works out.

Did you know that we're on Facebook? Well, I'm not. But the AURA IS!! Many thanks to Facebook guru and AURA Secretary Lisa Gunnoe for setting up several groups for the club. You can find these under "AURA Ultra Trail Series", "Arkansas Traveller 100", and "Ouachita Trail 50".

That's all for now. Keep running, try not to over-heat, and I hope to see a bunch of folks at the Full mOOn run.

Happy Trails,
Stan



UTS Kings and Queens

(Front row) Stacey Shaver, Tina Ho, Chrissy Ferguson, Elaine Gimblet
(Back Row) Bill Coffelt, Rich Brown, Johnny Eagles, Greg Bourns



Stan presenting Thomas Chapin his King of Trail certificate and crown.

CatSmacker – 2013

Over the years, many runners have asked how the CatSmacker got its name. (It is Stan's nickname.) A better question is how did Stan get the name CatSmacker? Many years ago, one of my cats was found in our bedroom (cats are not allowed in our bedroom). In his rage he tried to kick the cat, missed and kicked the door jam. He broke his little toe and the one next to it; both toes were bent and deformed. I was very angry and yelled at him. As I yelled, he just kept saying "leave me alone I think I broke my foot!" I called Dr. Feelgood (Tilley), our family doctor. I explained that Stan may have broken his toes and what should I do? He asked me if the toes were aligned or deformed; if deformed pull on each toe to put them back in alignment, tape the toes together, and have him come see him in the morning. I replied "I will pull and realign his toes with pleasure!" As I pulled on each toe he screamed in pain and I just smiled. In the morning Tilley x-rayed Stan's foot, told Stan that I did a great job of setting his toes and taping them and that there was nothing else he could do for him. Stan was unable to run for a while and had to miss Sylamore Trail that year. With his toes still taped up, he stupidly ran the Little Rock Marathon, though.

As for the fourteenth annual CatSmacker, we had 111 runners finish either the Cat or Kitty. The weather was perfect with the temp starting in the high 50's and finishing in the low 80's, with a nice breeze. I would like to especially thank The Central Arkansas Water Company and Rocky Johnson for allowing us to once again host our fun run from the Lake Winona Park. As for all our volunteers; Pete Ireland helped me with course markings and trail clean-up on Friday. On race day Marvin Fisher helped with parking cars on the road once the parking lot filled and with finish line food. Kristen Garrett helped with runner check in, finish line setup, cat/kitty awards, runner finishing check-in and anything else that was needed that day. To Joe Jacobs for taking all the photos which you can view at www.arkansasoutside.com. Susy Phillips, Jayme Sturgeon, Elaine Gimblet and Grant Davis setup aid stations at the overlook and low water bridge on the course. A "BIG THANKS!" to all of these volunteers, without them there wouldn't be a Cat/Kitty fun run.

AURA Runners Rock!

Chrissy Ferguson - CatSmacker Fun Run Director

Here Kitty Kitty Kitty

Lisa Mullis of ArkansasOutside.com

Article and photos courtesy of Arkansasoutside.com

What happens when a whole bunch of people who love to run trail get together for a morning of fun? Cats get smacked. No actual cats were harmed in the running of the annual Catsmacker 22-ish mile (I think I overheard a Garmin discussion that had it at 24.4 miles) fun run or the optional 12 mile Kitty Run, but a few human knees and shins may have been.



Lovely Lake Winona and the surrounding forest roads make up the setting for this highly anticipated end of the Arkansas Ultra Running season event: a no fee, keep your own time, come on out and have some fun kind of run. For those who have been competing in the series, the awards ceremony is held once all the Cats have been good and properly smacked.

Both courses begin and end at the Lake Winona Day Park and take FSR 179 out into the walk in turkey hunting area where the Kitties are separated from the Cats.



The Catsmackers continue toward Lake Sylvia with a stretch on the Ouachita Trail and North Fork Pinnacle and FSR 132 to rejoin the Kitty route for the long sweet downhill on FSR 135 to the home stretch to the finish on FSR 114.

On my Kitty route, I stopped to take a quick photo of bear tracks. My buddy Scott, always encouraging, said I must have been running way too slowly if I had time to notice tracks.

Dan Belanger made a great observation while we looked at the tracks, "at least they aren't fresh tracks". True Dan, perhaps the bear and her cub were long gone, but we are the intruders in a national forest and wildlife area, wildlife sightings should be expected and appreciated whenever possible. A couple of the Catsmackers, Jake and Chris, happened upon the mama bear and her cub out there and had a few tense moments before she took off with her baby, back into the woods and all was well again. Or maybe that's just Trail Tale, trail runners do love to finish a run, sit around replenishing the store and telling tales.



Part of the fun of finishing the Catsmacker is picking out your finisher medal from the assortment of goodies that this year included everything from pink kitty cat baby bibs to a flashing Halloween Cat necklace. Another part of the fun is hanging out at the finish, cheering in runners, enjoying good company and possibly a good recovery beverage.



If you want in on the fun, the new year series begins with the [Full mOOn 50k](#) (or 25K) on July 20th. The [Arkansas Ultra Running](#) site has information about local races, fun runs and the series races. Pick a race, sign up, train and join the fun.

Pic7

We have plenty of photos from the event on our [Facebook Page](#), feel free to tag, share, download, etc.

Catsmacker Results

June 8, 2013 – Lake Winona Park

The Catsmacker - 23 miles (+/-)

Place	Name	Sex	Age	City	Time
1	Jake Anderson	M	31	Little Rock	3:20
2	Chris Ho	M	38	North Little Rock	3:25
3	Steve Appleton	M	40	Little Rock	3:35
4	J.B. Mullins	M	34	Little Rock	3:35
5	Cory Johnson	M	41	Little Rock	3:35
6	Deb Baker	F	51	Little Rock	3:47
7	Jason Armitage	M	40	Hot Springs	3:47
8	Rob Seibert	M	42	Little Rock	3:52
9	Barbara Mariani	F	43	Little Rock	3:52
10	Aaron Dickens	M	32	Van Buren	3:53
11	Reid Landes	M	42	Little Rock	3:53
12	Arun Jayanathan	M	33	Ruston, LA	4:06
13	Robert Williamson	M	47	Jonesboro	4:10
14	Rich Brown	M	51	Searcy	4:20
15	Stacey Shaver	F	41	North Little Rock	4:24
16	Cliff Ferren	M	57	North Little Rock	4:24
17	Nate Smith	M	48	Alexander	4:26
18	George Peterka	M	53	Hot Springs	4:32
19	Chris Baldwin	M	40	Little Rock	4:34
20	Tina Coutu	F	49	Little Rock	4:35
21	John Kelly	M	47	North Little Rock	4:39
22	Jon Honeywell	M	43	Little Rock	4:40
23	Jenny Wilkes	F	30	Little Rock	4:40
24	Kurt Hauser	M	48	Hot Springs	4:42
25	Brent Morrison	M	42	Hot Springs	4:55
26	Emon Mahony	M	31	Little Rock	4:56
27	Johnna Goodman	F	38	Fort Smith	4:56
28	Steve Preston	M	30	Little Rock	5:01
29	Elizabeth Kimble	F	27	Fort Smith	5:17
30	Angie Orellano-Fisher	F	63	Sherwood	5:17
31	Melissa Martin	F	49	Conway	5:18
32	Johnny Eagles	M	61	Little Rock	5:18
33	Kim Johnson	F	44	Harrison	5:19
34	Dianne X Seager	F	80	Little Rock	5:19
35	Kimmy Riley	F	52	Mabelvale	5:19
36	Patrick Barker	M	49	Little Rock	5:19
37	Mellissa Henshat	F	47	Little Rock	6:39

38	Ursula Mansdorfer	F	55	Memphis	6:40
39	Ulrike Reiss	F	50	Memphis	6:40
40	Pamela Gold	F	54	Memphis	6:40
41	Laura Earley	F	33	Little Rock	6:50
42	Alston Jennings	M	65	Little Rock	6:50
43	Dan Belanger	M	69	Little Rock	6:58
44	Jesse Garrett	M	29	Little Rock	6:58
45	Lisa Gunnoe	F	47	Judsonia	6:59

Kitty Run - 12 miles (+/-)

1	Barrett Kerth	M	22	Perryville	1:33
2	Daniel Arnold	M	28	Bryant	1:43
3	Jeff Thostenson	M	36	Little Rock	1:49
4	Whitney Kerth	F	25	Little Rock	1:50
5	Jim Tadel	M	56	Monticello	1:53
6	Scott Heck	M	39	Little Rock	1:54
7	Greg Eason	M	38	Conway	1:55
8	Andy Holfill	M	33	Little Rock	2:00
9	Nick Wesolowski	M	18	Hot Springs	2:05
10	Laurence Jared Jr.	M	41	Conway	2:08
11	Fred Smith	M	44	Atlanta	2:16
12	James McManners	M	50	Little Rock	2:17
13	Lauren Harrington	F	44	Conway	2:24
14	Tim Harrington	M	43	Conway	2:24
15	Kelly Frantz	F	52	Perryville	2:24
16	Bryan Sanders	M	48	Bryant	2:26
17	John Krillenberger	M	52	Little Rock	1:56
18	Frank Massingill	M	55	Conway	2:31
19	Lisa Mullis	F	45	Little Rock	2:33
20	Justin Cloar	M	41	Fort Smith	2:36
21	Josh Drake	M	44	Hot Springs	2:37
22	Gideon Drake	M	12	Hot Springs	2:37
23	David Meroney	M	42	Little Rock	2:38
24	David Whittenberg	M	52	Conway	2:38
25	David Edwards	M	37	Conway	2:38
26	Thomas Asheralt	M	39	Conway	2:38
27	Kurstie Hauser	F	17	Hot Springs	2:38
28	Ben Mansur	M	?	?	2:38
29	Alexia Tolbert	F	16	Little Rock	2:39
30	Randy Tolbert	M	43	Little Rock	2:40
31	Kathleen Grubbs	F	36	Little Rock	2:48
32	Christine Meroney	F	43	Little Rock	2:48
33	Belinda Jared	F	42	Conway	2:50
34	Judy Massingill	F	54	Conway	2:48
35	Katie McGuirt	F	30	Conway	2:48`
36	Missy Ezel	F	40	Bauxite	2:48

37	Jewell Rapier	F	51	Benton	2:51
38	Robyn Tolbert	F	42	Little Rock	2:52
39	Jodi Sanders	F	45	Bryant	2:51
40	Patre Williams	F	40	Little Rock	2:44
41	Cindy Langley	F	41	Benton	2:48
42	Susan Russell	F	63	Little Rock	2:55
43	Cindy Truax	F	62	Little Rock	2:55
44	Pete Perkins	M	54	North Little Rock	2:54
45	Pete Ireland	M	72	Benton	2:58
46	Jimmy Sweatt	M	57	North Little Rock	3:05
47	Tippi McCullough	F	49	Little Rock	3:06
48	Ron Gimblet	M	65	North Little Rock	3:10
49	Winfred Wang	M	70	Memphis	3:11
50	Bill Brass	M	73	North Little Rock	3:12
51	Carla Elmore	F	50	Little Rock	3:14
52	Greg Bourns	M	73	Mena	3:14
53	Christie Hauser	F	45	Hot Springs	3:20
54	Sherry Blacksteal	F	46	Hot Springs	3:20
55	Ernie Peters	M	65	Little Rock	3:21
56	RoseMary Rogers	F	65	Maumelle	3:28
57	Bob McKinney	M	70	Little Rock	3:28
58	Bill Dobbins	M	45	Little Rock	3:33
59	Lorinda Cohoon	F	44	Memphis	4:00
60	Susan Whittenberg	F	57	Conway	4:46

Other Participants/Distances

1	Susy Phillips	F	32	Maumelle	2:02	10 miles
2	Elaine Gimblet	F	?	North Little Rock	2:02	10 miles
3	Chrissy Ferguson	F	52	Maumelle	4:29	20 miles
4	Rhonda Ferguson	F	57	Little Rock	4:29	20 miles
5	Tina Ho	F	48	Little Rock	4:47	20 miles
6	Stan Ferguson	M	49	Maumelle	5:51	29 miles
7	Paul Turner	M	50	Conway	5:51	29 miles
8	Bill Coffelt	M	53	Fort Smith	5:51	29 miles



Chrissy & Deb Baker First Female at the Catsmacker



Chrissy & Jake Anderson First Male at the Catsmacker

King of the Mountain By Paul Turner

It can be quite scary when Stan, PoDog, and I have some free time to chat about running. Things tend to come up that probably should not. This time I'll blame Big Shot & Lou, and what the heck, Pete Ireland as well. As a note from Pete to Big Shot & Lou, eventually found its way to me.

This note mentioned a race called The Backyard Ultra. Simply put it's a 4 mile loop course, with a loop taking place every hour on the hour. If you make a loop in under an hour, you can start the next loop. Winner is determined by the 'Last Man/Woman Standing'. You can see where this is leading, can't ya!

After some talking about how, where, and when we could do something similar, PoDog went forward with the King of the Mountain Run, to be held at Mount Nebo. The format would be basically the same as the Backyard Ultra. Laps would start at the gravel parking lot at the base of Nebo, go up & around the first intersection at the top, and back to the parking lot (right at 5 miles round trip), every hour on the hour. Last man/woman standing would be the winner.

The morning started out near about perfect weather wise... cool, slight breeze, and cloudy. We also had a pretty decent turnout. I'd say, maybe 15 or so folks started the first lap. We had a good mix of local folks, and folks from points elsewhere.

Even though this was a 'fun' run, there was a part of me, leading up to the run, trying to figure out what it would take to be KotM! I figured you would need to push enough on the climb, that you could relax and enjoy the trip down the mountain. Thinking that if you had to push to get down, that would take more out of your legs than pushing going uphill. With the hour time limit, I was thinking 5 maybe 6 laps would be all that was needed. 7am rolled around, the clock started and a good crew began the day... Michael and Carter Witt, Stan, PoDog, Jacob Anderson, Ben Mansur, Adrienne Shelton (yes, Adrienne), myself, and several others. The first trip up the Witt's led the way up and down, but they were only there for one trip. We were kind of hoping they'd show back up later with some breakfast, but no dice!

Funny as it may sound, but the 2nd trip up Nebo always seems to be the easiest. To my surprise, I actually felt good from the beginning. I think just about everybody made the time on the first 2 laps, but several dropped after that. 5 or 6 brave souls started, within the time limit, lap 3 and believe lap 4, but we were all starting to feel it by then.

Lap 5 had it whittled down to Stan, PoDog, Jacob, and myself. We all noticed that the temperature was starting to creep up a bit. It was still cool and breezy at the top, but we noticed you were having to go a little further up the mountain, on each lap to take advantage of the cool breeze. Jacob and I had done the 1st 4 pretty much together, in just under 55 minutes each, with Stan and PoDog close behind. On the 5th we all went up together, and got back together, in 54 minutes.

Jacob said he was done, so 4 had whittled down to 3. We started lap 6, together, but as we were moving up I sensed that PoDog was actually getting a little tired. So on the next to last switchback, I decided to run, and see where everybody was. I knew my moved worked when PoDog hollered at me, "I'm not impressed pt"! Even though it was not about speed up the mountain, I felt like if I had a strong push to end lap 6, that may be a deciding factor in who wins. I got to the top, made to turn, and as I started the descent

saw Stan (who was looking good), 30 seconds later PoDog (and this time he said, “ok, I’m impressed), and a minute later to my surprise Jacob. The last rule was that if you made a lap in under an hour, but didn’t start straight up the next hour, you could start late. However, your hour was based off when the lap started, not when you started. So Jacob had been shamed into a 6th lap, by Ben, who said something along the lines of, “are you going to let a bunch of old men beat you?”

I finished the lap and was just under 55 minutes. As I was stretching, eating some peanut butter crackers, and re-filling my water bottle... Ben and I were watching the road, looking for the others, and keeping a close eye on the clock. As the hour neared an end, Jacob appeared and finished with about 2 minutes to spare. He mentioned that Stan and PoDog had said they were done. But, you never know, so I was watching the clock and prep ‘n for lap number 7. I looked up, saw both of the guys coming down, and hollered for them to slow down. They didn’t and both finished with about 30 seconds to spare. All three said they were done, and declared me the winner, but I figured that if we’d all finished lap 6 in under an hour, then I truly wasn’t KotM, unless I at least started a 7th lap (you know the last man/woman standing thing). As the time flipped over, I started up Nebo for the 7th time. All the while telling Ben to leave Jacob alone. He was continuing to badger him about a 50-year old beating him.

I was ready to be done, so I pushed a little more on the climb this time, hoping to leave extra time to get back down. I was surprised to still be feeling pretty decent, and got to the top in about 32-33 minutes. The downhill this time was a struggle, at one point I saw a car coming up and thought, “thank goodness, Stan drove up to check on me, I’ll stop and ride back down.” Only to realize it was NOT Stan, and I still had some running to do. I surprised myself and made it back down in just under 55 minutes, walked over to the chairs, sat down, and grabbed a beer... I was done, but I was also, officially King of the Mountain!

Looking back, I wish I would have started an 8th lap, just to see if I could have finished it... you never know how good you will feel at the next one. And yes, I said next one, we had such a good time, we are planning another one.

I don’t have official stats, as I don’t wear a Garmin anymore, but Jacob sent out some stats from his... the 6 laps he, Stan, and PoDog finished gave them 30.35 miles, in around 5:25 actual run time, and 7,398 feet of climb/descent. Based off the averages, my 7 laps equaled out to about 35 miles, 6:20+ (art----actual run time), and just a bit over 8,600 feet climb/descent.

Thanks to PoDog for getting this event set up, and providing the water coolers. It was a great day, and left us all looking forward to the next KotM challenge!!!

War Eagle Trail Race
50k/25k/10k-June 1, 2013
By Tina Ho

Cold rain, dark skies and lightning is what we woke to at 4:00 a.m. on Saturday, June 1, National Trails Day. War Eagle Trail 50k was on the calendar for today. Rain till noon was the forecast and it looks like the weatherman may have actually gotten it right this time. It was about a 40minute drive on winding roads to the parking area where you catch the shuttle, we parked and waited for the next bus. Everyone huddled underneath a small awning trying to stay dry as lightning crackled in the sky. We loaded the bus and it carried us to the War Eagle Visitor's Center at the top of the hill where the race would begin. Everyone gathered inside for the mandatory meeting at 6 a.m., there would be a slight delay while we waited for the lightning to let up. I recognized about 15 or more runners from Little Rock that had made the trek as well.

After a slight delay and a quick meeting about flagging, the race was about to begin, we lined up as cold rain continued to fall, the gun sounded and we were off. As soon as we got on the trail, the trees blocked enough of the rain where it now made for a more perfect mix of running conditions.

I could tell pretty early on that the day was going to be a struggle and my mantra for the day was relentless forward motion which is actually a phrase from the book by the title of "Relentless Forward Progress" by Byron Powell. The main thing I remember from the book is essentially the title, it comes to mind quite often when I get to that place in my race when I am struggling, unfortunately, it came early today.

The trails at War Eagle are beautiful, gentle rolling hills, moss and ferns everywhere. The rain made everything so green, it was actually a perfect morning to be out celebrating National Trails Day, but why was I struggling so. As I counted back, I recall that just 5 days before I ran the Maumelle Memorial Marathon and the day before that I thought it was a good idea to get in a 10 mile training run before a marathon and then the weekend before and the weekend before... We are all guilty of too much training and not enough time off, I just kept thinking, relentless forward motion, just keep moving, I can't quit, I had talked Chris into bumping up to the 50K instead of the 25k, so I can't quit.

Somewhere about this time I ran into Jenny Wilkes who was also suffering from "too many miles, not enough rest", she was having the exact same thoughts of quitting, stomach issues and everything that goes with it. The miles get really lonely when you are struggling, so I told Jenny lets tough this one out together. We pretty much moved from aid station to aid station. The aid stations were awesome, we were greeted by cowbells, cheers, good food and drinks and lots of encouragement. The course was made of up of several large loops, very gently rolling hills. Even with all of the rain that had fallen, the trail was in pristine condition with very few muddy areas, even so, I was ready

to be done.

With about 6 miles left in the race the rain let up and luckily the sun stayed in, I was beginning to see light at the end of the tunnel. A sign that read 1 ½ miles to the finish was just what I needed to give me a last surge of energy. We headed up the last hill and toward the finish line. They had new finisher's medals this year, which was also a motivation when I thought about quitting.

I try to take days like today and take something positive from them. Every race can't be a great race, this was definitely one of them. I kept telling myself to pretend this was the last few miles of the AT 100 when I was tired and wanting to quit and to remember that I was able to push through the tired and finish the race, the Traveler is on my bucket list. Relentless forward motion!!!

War Eagles Trail Race would be a welcome addition to the AURA series. I love this race!



Finishers medal at War Eagle

Results of AURA members at War Eagle

50K

Chris Ho-----4:43:52
Stuart Johnson---5:33:03
Deb Johnson-----6:15:47
Tina Ho-----6:27:06
Jenny Wilkes-----6:28:19
Lori Dather-----8:12:29

25K

Bill Dobbins-----3:58:31

If your name was left out let Stan or the editor know so you can be recognized.

Keys 50 – Bucket List

By Chrissy Ferguson

After losing my Momma in May of 2007, I vowed to make all those things I wanted to do in my life doable. Tammy Walther has run the Keys 100 for the past 3 years and talked about how wonderful the race is and the beautiful views. Last year I had it on my radar but a foot injury kept me from running. This year my foot was cooperating a little more so instead of running the 100 miler I opted for the 50. In past years the race provided no aid, this year they had aid every 10 miles. I do recommend that you take someone to crew for you, I asked my daughter Elizabeth (Bug) to come crew me and pace me the last 10 or so miles. We flew into Fort Lauderdale, drove to Key Largo where the pre-race mandatory meeting was held and the starting point for the 100 miler. The race has a 100 mile, 50 mile and race relay teams that must have 6 team members to run the 100 mile course. The relay had close to 1000 runners, whereas 100 and 50 mile had less than 100 runners in each race. The race is geared more for the relay teams than the individual runners. The relay teams looked like they were having fun, not so much with the individuals. If running on the road facing traffic in the heat and humidity sounds like fun than you will love this race.

The 50 mile race started in the city of Marathon (fitting name) at 10:00am. When the race started it was already pretty warm, I asked Bug to meet me every 2 miles. The Seven Mile Bridge was approximately 4 miles into the race we thought by looking at the race map. Tammy talked about running out of water on the bridge (there is no crewing on bridges) so I asked Bug to meet me just before getting on with 2 extra water bottles packed with water and ice. Come to find out the bridge was more like 3 miles from the start and before we both knew it I was running on the bridge without the extra bottles – Crap!

When Elizabeth realized what had happened, she flipped a U-Turn on the bridge, pulled over just far enough past the bridge, jumped out of the car, filled the bottles, grabbed a bandanna, started running on the bridge to catch up with me. The whole time I'm thinking there's no way I'll be able to make it on one bottle and I'm in so much trouble! About a mile and a half on the bridge I'm talking to one of the runners about my mistake when I hear from behind me "Mom!" I turned to see Bug running toward me with the bottles. The runner I was talking to said "you have the best crew ever!" I took the bottles and bandanna kissed her and told her she just saved my race – Love you!" That was the first time that day she saved my race. There were many other times that day/night. After crossing the Seven Mile Bridge Bug met me (10 miles), I had consumed all 3 bottles of water/ice. When I stopped to refill I felt dizzy (not good) but I kept moving. Two miles further Bug met me again; this time when I stopped. I had goose bumps and the chills-- the first signs of heat exhaustion. I told Bug that I didn't know if I was going to be able to finish. I got in the car, turned on the air conditioner, put ice on my neck/underarms, took a couple of electrolyte pills and drank Gatorade/water until I stopped sweating about 30 to 45 minutes. That's when we had the come to Jesus talk about the race. My original plan had gone to hell and it was time for plan B, or go home. Plan B meant Bug would have to meet me every mile, there was no way I would finish in 10 hours, so that meant running

in the dark and getting into the car to cool down frequently. The other option was pack the car, drive down to Key West spend the next year thinking about my DNF. Bug looked at me said “Mom we’ve come too far for you to quit, I’ll do whatever it takes to finish this thing!”

Okay than let’s get it done! Bug met me every mile. In that mile I would drink almost a full bottle. Every 3 to 5 miles I would have to get in the car to cool down for 15 to 20 minutes. I never thought I would be so happy for it to get dark so that the temp would cool down enough that I wouldn’t have to keep getting in the friggen car. Each time Bug would stop I would tell her “There’s no way I could do this without you” I meant it each time I said it! I’ve run 32 hundred mile races and more 50’s than I can count and this race is by far the hardest. I crossed the finish line at 14:52 screamed “Yes!” as loud as I possibly could and hugged the crap out of Elizabeth. On our way to the hotel I told Bug “I would never run it again, I can’t image running the 100 miler and how do people do this without a crew?”

Recap of the race – The temp on race day was in the 90’s with a heat index of 102F, who knows what the temp on the black asphalt was (possibly 110 to 115F). Congrats to Tammy Walther for completing the 100 miler, she took 4th place overall as a female (she’s an animal or maybe an alien)! It’s by far the hardest thing I’ve ever done, couldn’t have done it without Elizabeth and NO I will never run it again it’s checked off the “Bucket List”!



Chrissy at the start and finish.



Tammy Walther and Chrissy



Chrissy & Elizabeth (Bug)

News from the Arkansas RRCA 2013 Gran Prix Series

Through 11 of the 20 race season both teams are continuing with great running and teamwork. The AURA Ladies are leading the pack and the AURA Men solidly in third place and working hard trying to move up.

Women's Scoreboard

AR Ultra Running Assc 231 Points
Western Arkansas Runners 218 Points
Conway Running Club 198 Points
Little Rock Roadrunners 190 Points
Hot Legs Running Club 181 Points
Saline County Striders 140 Points
White River Roadrunners 87 Points
Cabot Country Cruisers 77 Points
Spa Pacers 52 Points
Arkansas Running Klub 41 Points
Melonvine Striders 14 Points

Men's Scoreboard

Little Rock Roadrunners 238 Points
Melonvine Striders 234 Points
AR Ultra Runners Assc 220 Points
Western Arkansas Runners 174 Points
Saline County Striders 153 Points
Cabot Country Cruisers 148 Points
Spa Pacers 101 Points
Conway Running Club 99 Points
Arkansas Running Klub 65 Points
White River Roadrunners 9 Points

Jemez Mountains Trail Runs Arkansan Results

50 Miler

Stacey Shaver-Matson----13:42:16 (AURA)

50K

Melanie Baden----8:22:26 (AURA)

Lisa Luyet---12:17:57

Tala Hill----12:48:54 (AURA)

Upcoming UTS Series Runs

Full mOOn 50K & 25K

Date: 7.20.2013

Place: Camp Ouachita Girl Scout Camp in Perry, Arkansas (3 miles west of Highway 10/9 along Highway 324)

Time: 8 p.m.

7 p.m. early start (for 50 K runners needing longer than 8 hours to finish)

After Party: All night long!

Registration: \$40 (until June 1; \$60 until July 15)
\$20 (No T-Shirt option)

Runners: This is a great run for first-time ultra and trail runners, as well as for PRs

Our community fun run has grown so big, we've had to make some changes to comply with the Forest Service to continue the run.

We haven't lost any of the fun; we'll still be partying until the last runner comes across the finish line!

This is our Ultra Trail Series 2013-2014 season kickoff and a celebration event honoring birthdays of favorite AURA Queens.

Full mOOn Director:

Susy Phillips

email: su_phi@yahoo.com or susy@fullmoon50k.com

phone: (501) 837-3104

fax: (501) 851-6182

If you have questions, comments, concerns, please email me.

I take suggestions!

If you would like to volunteer, or know someone who does, you can call me!

For more information and registration go to <http://www.fullmoon50k.com/index.html>

Mount Nebo Trails Run
Saturday, August 24th, 2013 - 7:00am
Miscellaneous Information

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.

Race contact: Tom Aspel 479-857-4527

Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks.

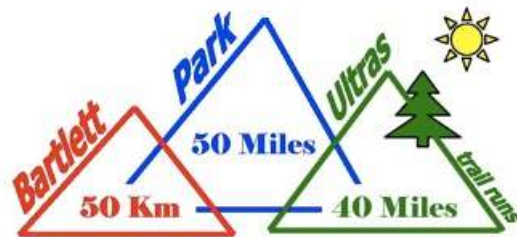
Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

Camping and Lodging Information:

Camping options: Campsites with water and electricity; Bench trail camping with no facilities.

Cabins are also available. Capacities from 4 to 8 people.

For information contact Mt. Nebo: mountnebo@arkansas.com or 1-800-264-2458 or (479) 229-3655



Bartlett Park Ultras

Race Date: September 14, 2013, 7:00 AM

Location: Nesbit Park 5760 Yale Rd Bartlett, TN

Registration opened May 1st. Entry fee is \$25 through August 15th and \$40 starting on August 16th. Shirts are optional and cost an additional \$8. When registering, please select a shirt size even if not ordering a shirt otherwise when you review your registration you will receive a note that states you haven't answered question number 2. Online registration closes on Thursday September 12th at 9:00 PM.

The race registration link is:

http://www.racesonline.com/index.cfm?fuseaction=public.race_detail&race_id=6684

Retreads

First Wednesday of the month

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

“Adopt the pace of nature, her secret is patience.”

--Ralph Waldo Emerson