

THE ARKANSAS ULTRA RUNNER

March 2013

The Newsletter For Members of the
Arkansas Ultra Running Association

AURA Website -

www.runarkansas.com

AURA Forum/Message Board -

www.arkrrca.com

Attention: AURA Membership Meeting – Saturday, March 30, 2013

We will be holding a club meeting and annual officer elections following the Big Rock Mystery Run. There will be food after the run, so please come participate and hang out for the meeting--to be held at approximately 11:00am, or after everyone finishes the run. No Voter-ID required! See additional Mystery Run information later in this newsletter for directions.

Message from the President – Stan Ferguson

Greetings Ultra Race Fans,

With a long string of other race events going on in the state, we're in the middle of a nearly two-month gap in Ultra Trail Series activity. I hope everyone is staying sharp! The final three runs of the 2012-2013 UTS commence with the Big Rock Mystery Run on March 30th. Three weeks later will find us at the 23rd running of the Ouachita Trail 50 on April 20th, followed up by the grand finale high atop Mt. Magazine on May 11th. The Kings and Queens of the Trail and a bumper crop of High Mileage Club members will be honored at our spring meeting following The Catsmacker on June 8th. Right now it would appear the biggest drama is with the battle for the Open King title, where several guys have a shot—if they make the right moves at the right time.

The AURA board of directors met recently, with some of the discussed business yielding news to report about our event lineup. For the past several years the club has had four official races: the Arkansas Traveller 100, Ouachita Trail 50, Swampstomper, and Bartlett Park Ultras. I'm happy to announce that a new club event will come on board for 2013: The Full mOOn 50K/25K. Yes, after leading the fun run for a number of years Susy Phillips is taking this one up a notch.

The website is still taking shape, but you can check it out at www.FullMoon50K.com. The date is set for July 20th.

Other race news involves one of our events on the other side of old man river. We have a new race director for The Swampstomper and it is James Holland. James is a Memphis local and I thank him for helping us keep this great trail run under the AURA banner. Also thanks to previous director Mike Samuelson who adeptly guided the race for a number of years, and has agreed to stay on as assistant director.

A note on the Ouachita Trail 50: there is a cap on the number of entrants, and I wouldn't be surprised if this is reached by early April. At this time there are a lot of slots left, but if you need or want to wait before committing I would advise keeping an eye on the numbers. —There is a list available on the online sign-up site.

I find myself using “Full Moon” and “Midnight Run” interchangeably when referring to the afore-mentioned 50K. When Susy took over the helm of the run from the Big Shot, she began the Full Moon name along with a dedicated effort to hold the run on a date as near as possible to an actual full moon. —Thus the date has migrated somewhat over the last several years. The first “Midnight Run” as we know it began in 1992 as a 60K. It kind of took the place of another 60K in the area—but that's another story and best told by the REALLY old-timers. The midnight theme was popular enough that it was continued. For its third year, the run closely coincided with a significant personal milestone of the Queen of Arkansas Ultrarunning and was granted a new distance and special label: the Lou Peyton Midnight 50K Birthday Run. That route stuck, and here we are.

With as many folks as have shown up for the Midnight/Full Moon run the last few years, I would think almost everyone reading this has been there. But just in case there are a few who have not, you've simply got to do it. This is a true classic summer running experience. The Midnight Run was actually my first ultra. I remember that my legs hurt afterwards. That was in 1995, and it was mostly carried out with my good friends Chicken Boy and Spikehead. —At least we stayed together until it got a little cutthroat near the end. At the front of the race that year were Bones and Battery Man. Yep, this was back when there were a bunch of people with cool nicknames. Anyway, as with most of our runs there is always a nice hang-out and socialize environment at the finish. The difference here is it's at night; or actually early morning. If Waffle House catered, that would be the ultimate. Hey—one other item on Full Moon is that the whole thing is moving up the road from Lake Sylvia to Camp Ouachita. —Moving up to the Big House. It should be a nice party.

I'm not exactly sure what the weather people are saying, but I'm declaring Winter over with. Done. It's getting nice out there, and with more sunlight each day I hope you're able to get out, enjoy, and build up some toughness for your next event—whatever it may be. Happy Trails and see you out there soon.

Sylamore Trail 50K and 25K

February 16, 2013 - Allison, AR

Top Finishers and AURA Members

(Blame Stan for any member omissions – let him know at Stan@RunArkansas.com)

50K – Women

Place	Name	Time
1	Angie Zinkus	5:12:07
2	Mary-Ellen Kelly	5:31:59
3	Angela Quadrani	5:35:27
4	Leslie Brahm	6:08:07
5	Stacey Shaver	6:13:20
6	Deb Johnson	6:18:48
8	Jenny Wilkes	6:38:05
9	Nancy Kirk	6:42:32
12	Tina Ho	7:04:32
14	Salli Scott Young	7:11:25
16	Jen Freilino	7:14:00
28	Chrissy Ferguson	7:55:31
32	Lori Dather	8:22:18

50K – Men

Place	Name	Time
1	Matt Pruitt	4:09:13
2	Bryan Roberson	4:23:18
3	Tom Brennan	4:25:42
4	Joshua Snyder	4:36:32
5	Chris Block	4:40:54
9	Jon Bitler	4:49:36
14	Paul Turner	4:55:07
16	Stan Ferguson	4:56:56
18	James Holland	5:03:24
20	John Hughes	5:09:18
25	Billy Simpson	5:15:12
26	Stuart Johnson	5:18:00
30	PoDog Vogler	5:19:37
33	Chris Ho	5:22:49
38	Steve Appleton	5:34:10
39	A.J. Wolfe	5:35:21
40	Tim Norwood	5:39:13
41	Les Jones	5:40:28
50	Joshua Bornhorst	5:52:08
62	Tim Harrington	6:07:39
63	Michael Poole	6:10:51
64	Ben Mansur	6:10:51
66	Robert Williamson	6:15:42
67	Richard Williams	6:16:39
74	Cliff Ferren	6:38:03
91	Phil Brown	7:05:02
93	Scott Rogers	7:11:26
95	Jonathan Young	7:14:00

98	Chuka Bible	7:18:34
101	Jesse Garrett	7:21:40
105	Frank Ingalls	7:32:28
110	David Meroney	7:55:13
111	Jim Sweatt	7:55:31
112	Randy Davidson	7:57:18
118	Ted Bowden	8:22:22
123	Rick Bushmiaer	8:46:16
124	Don Preston	8:49:57
125	Steven Preston	8:49:59

25K – Women

Place	Name	Time
1	Barbara Mariani	2:34:41
2	Kelly Newberg	2:56:13
3	Jennifer Dorris	3:03:26
4	Heather Churan	3:09:02
5	Mary Wells	3:11:19
11	Alison Jumper	3:19:11
12	Holcomb Mosley	3:23:07
24	Lauren Harrington	3:43:52
25	Kayce Hall	3:44:18
27	Carla Anderson	3:47:39
28	Carla Branch	3:48:50
29	Brenda Bonner	3:48:51
88	Elaine Gimblet	5:30:53
92	Lou Peyton	5:48:20

25K – Men

Place	Name	Time
1	Tony Kocanda	2:05:20
2	Andrew Karandjeff	2:07:36
3	Mark Temme	2:12:34
4	Gary Taylor	2:14:05
5	Mclean Wilson	2:22:33
44	Bryan Jones	3:14:00
80	Tom Singleton	4:09:08
93	Joshua Drake	4:32:26
94	Roger Williams	4:34:41
97	Bob Marston	4:38:34
102	Bill Brass	4:57:48
104	William Dobbins	5:15:32
109	Ron Gimblet	5:30:52
111	Otis Edge	5:48:19

We have a couple of write ups from Sylamore and they will appear on the following pages.
Thanks Tina and Jesse.

Sylamore 25k/50k Trail Race
Saturday, February 16
By: Tina Ho

The day started at 3:30 a.m., up, got dressed waited for Joshua Drake and Jonathon Young to arrive at the Ho house to start the trip up to Sylamore. It was Chris's birthday (Chris Ho for those of you who don't know me) and this is how we celebrate. I packed in the cupcakes that my daughter had baked the night before to celebrate afterwards. We almost run out of gas in the Prius and find a gas station with just a few miles left in the tank—great start here. We discussed who was going to have to push to get us there on time. We make it with about 30 minutes to spare.

The weather was a chilly 26 degrees with a few snowflakes to get the race started. After a quick pre-race meeting the horn sounded and we were off. I was already thinking about how cold the creek was going to be, there was no disappointment, it was everything that I had ever heard and even colder than expected. Out of the creek, I tried to regroup, checked my toes since I could no longer feel them to make sure they were all still there, and headed up the stairs. The trail was scenic from the very beginning, we had a few more minor creek crossings, trails that ran along the edge of cliffs overlooking Sylamore Creek below. The first aid station was at Blanchard, we were welcomed with hot potatoes, pickles and a variety of other items, I was also told that I had to try the homemade brownies. I decided to save that for the return trip, so I headed back out on the trail. I had been having some knee pain and was running a little behind where I wanted to be. I made it to the turn around at about 3:13, hustled through the aid station and headed back on the trail. This is where I finally caught up with Jonathon Young and Jen Freilino and starting running with them, this could be their biggest mistake of the day. I have spent more time lost on the trails lately than actually on track. About 20 minutes into meeting up with these guys, we miss the turn back onto the trail and continue up the dirt road about 10 minutes. We were all talking and not really paying attention, finally someone in front of us realized that we were off course. You can imagine who got the blame for this.

Back on course, we start making up some lost time. I finally made it back to the Blanchard aid station, luckily there were some brownies left, grabbed one and headed out, and made the mistake of not filling up my handheld at this point. Those last five miles I somehow ended up pretty much by myself and had déjà vue all over again of being lost at Athens Big Fork. I knew I was on course but I had myself convinced that I was once again lost and I knew it was going to be another cold night. Finally I saw the two miles to Allison sign and felt some relief. It was here that I finally realized that I was really thirsty and had bypassed liquids at the last aid station. I was never so glad to see that cold creek -- I must admit, it still took my breath away but felt pretty good on my aching knees. As I topped the last hill, I found one last burst of energy to run the last mile in. At the finish line, we received a great Sylamore glass for finishing, I now have something to drink my beer in. We shared some birthday cupcakes with anyone walking by the car and headed in to grab some hot soup and cold beer at Anglers. It was a great day!!

One of the things I loved about this trail, when I think about a trail run, this is exactly what I would choose it to be like. There are so many variables to this trail, we ran over slick mossy rocks, we ran through creeks (I actually imagined the water to be a little warmer, just for the record), scenic overlooks, waterfalls, rock walls, sand, mud, soft ground, hills, flats, and great aid stations with the friendliest of faces to take care of our every needs. Sylamore Trail is definitely a bucket lister.

Sore Cheeks
By Jesse Garrett

My name is Jesse Garrett, and I hate running.

It's the night of February 15th, and my stomach twists and turns with the roads as I navigate State Highway 9. A two-hour drive in the dark after a long day is not how I wanted to spend my Friday night. Just as I'm cursing the twisty roads for not allowing me to persistently keep my speed over 40, I see the lights of a town in a valley up ahead. My ears pop as I descend from the Ozarks into Mountain View. It's the morning of February 16th, and my stomach twists and turns as I realize that I've left my running jacket at home. It's a dreary 27 degrees outside and the Sylamore 50K starts in an hour. Knowing that a long-sleeved shirt alone would not suffice, I don a heavy hoodie. It's not ideal for ultrarunning, but it's warm.

Mile 4 of the Sylamore 50K takes us through a long uphill stretch of trail. Frustrated and tired already, I think to myself, "I don't remember this climb from last year." This is not my first experience with selective memory. Suppression is a defense mechanism that I tend to employ often in races. *"Maybe this race isn't all that I remembered it to be."*

I find myself asking a question that recurred quite often that morning:
"Why the hell am I out here?"

Mile 9 of the Sylamore 50K takes runners over a large sandstone shelf that sits at the bank of the Sylamore Creek. It's a beautiful view, but footing must be careful in this section, especially on mornings during which the temperature is below freezing. An unavoidable sheet of ice has frozen on our path. As I'm admiring the pretty icicles that have formed on an adjacent rock overhang, my gaze becomes puzzled as the icicles start to skew sideways. I've never seen icicles do that before. The cilia in my inner ear send a check engine light to my brain: I am having a balance issue. The next thing I feel is my ass getting cold from the ice on which I now sit. I perform a post-fall damage check: Is anything hurt? Only my spirits.

A small broken tree branch in the shape of a Y sits beside me. Y. Why. Why? ***"That's a most excellent question, Mr. Tree Branch,"*** I tell the branch out loud, my last remnants of sanity escaping me.
"Why the hell AM I out here?"

Mile 12 of the Sylamore 50K takes us through a narrow section of trail. To our right is a stone wall. To our left is a bit of forest undergrowth, followed by a hundred foot sheer drop.
"Okay, now this is just silly," says my inner monologue, who is quite the Chatty Cathy this morning. *"If you were on a catwalk suspended 100 feet in the air, would you be so cavalier about running on it?"*
"Of course not," I answer aloud. *"Then why are you running on it?"*

I had no answer. With every stride I kept out a watchful eye for strong-looking vegetation onto which I could grab if I were to fall. Why do we trail runners feel so comfortable running on trails alongside ravines that are eager to send us to certain death or severe injury?

Three miles later, the turnaround and halfway point finally approaches. I give many hugs to many good friends at this aid station, and I realize that for the first time of the morning, I'm happy. I resolve to give this turnaround two meanings: this is to be an emotional turnaround as well as a physical one. After enjoying some Mountain Dew and Fritos, my good friend Chris and I leave the turnaround and decide to finish together.

Mile 19 of the Sylamore 50K features a narrow rock crevice that forces runners to turn sideways in order to pass, followed immediately by a scenic panoramic vista of the Ozarks.

There is a cinematic technique called “dolly zoom”, during which the object of focus in the foreground seems to stay stationary while the background unsettlingly comes closer. Many famous movies have employed the technique, and it’s usually accompanied with a dramatic chord as the protagonist realizes he’s doomed.

You too, can experience the dolly zoom effect, and without the use of a movie camera (or hallucinogenic drugs)! Trail runners often have to look at the ground for long periods of time as they navigate the roots and rocks that will break their ankles if they lose focus for even the briefest of moments.

It had been a while since I looked up from the ground, but I stopped to look at the vista around me and the mountains in the distance surreally grew closer. I’m not sure which mechanisms in the eye cause this optical illusion, but this is as close to the mythical “runner’s high” that I’ve ever come. It’s one of my most favorite views in any race. This view, I realized is why I’m out here.

Mile 24 of the Sylamore 50K takes us through a trail surrounded by shoots of bamboo, a sudden change of scenery that contrasts quite a bit with the trail before it. A distant woodpecker hammers a tree. I am struck with a realization: I am not in Arkansas. That is not a woodpecker. It’s an AK-47 I’m hearing. Suddenly I am in a Vietnam movie, running through the thicket with increasing haste. Charlie advances ever closer and my sidearm is all I have left. Chris and I are the last of our company and our destination is seven miles away. Will we achieve our objective? The future of the war is in our hands and we will not fail our superiors and we will not fail our country. Further into enemy lines we run.

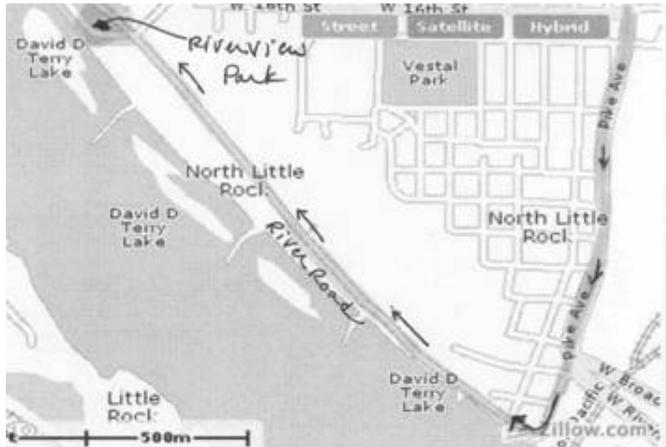
And just as fast as we entered the bamboo thicket, we exit. We’re back in Arkansas. I take a drink from my sidearm—er—water bottle. How strange it is that a simple action like running takes us back to childhood! How great we feel when we can leave behind all the data and convolution and speedwork that we obsess over and just focus on the spontaneity of running. These childlike daydreams, I realized, are why I’m out here. Chris and I head for the finish where friends, food, and chocolate milk await.

And what delicious chocolate milk it is, especially when drank from finisher’s glasses in the presence of some of the friends I hold most dear. I spend the rest of the day celebrating and reflecting on the day. Contrary to the question I asked myself at mile 4, this race is actually better than I remembered. Running and I have a very turbulent relationship, and every winter I experience a frustrating, yet inevitable downswing. This race, this trail, these 31 miles through the Ozarks have always and will always rekindle my flame just in time for spring.

It’s the night of February 16th, and my stomach no longer twists and turns. I sit on my bed and put on my calf sleeves. With two Tylenol and an Aleve starting to work its magic, I curl under the covers. Most notably, of the many muscles experiencing soreness after the day’s events, the sorest are my cheeks. Not the cheeks that so abruptly met ice at mile 9, but rather the cheeks on my face. I had smiled and laughed that much today.

Sore cheeks, I realize, are why I’m here.
My name is Jesse Garrett, and I love running.

2012-2013 UTS Race #11



Following the run: AURA membership meeting and annual officer elections

Directions:

- Interstate 40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road, and follow 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 or 501-803-9411

AURA News Flash

Both AURA Teams are currently in second place in the 2013 Grand Prix standings.

Next month look forward to reports from 3 Days of Sylamo.

Run long and prosper!