

THE ARKANSAS ULTRA RUNNER DECEMBER 2014

The Newsletter For Members of the
Arkansas Ultra Running Association
AURA Website -
www.runarkansas.com

*** PRESIDENTIAL MESSAGE ***

Hello Everyone! I hope you all had a nice Thanksgiving. I was in Chicago visiting my brother and missed the Sunset 6-12-24hr run. That race is always a good way to run off all those turkey pounds I gain on Thanksgiving. I wish to thank Pete Ireland and the Saline County Striders for putting that on.

I also wish to thank Tom Aspel and PoDog Vogler for doing the Bona Dea 50K. We are still looking for someone to do the first & last aid station (the one by Little Missouri River) at Athens Big Fork. For runner safety, I want that aid station to be manned. Charley & Lou are doing the Blaylock Creek aid station and the folks from Texarkana are handling turnaround as they have always done.

Speaking of runner safety, when running trails in the winter it is wise to take some precautions. This applies both to races and individual training runs. Darkness comes early and with it cold. I always carry a flashlight, cigarette lighter and rain poncho in the winter. Wal-Mart sells a small one-AAA LED flashlight for under \$5. It is about the size of your finger and shines all night. If I get lost and have to spend the night I want to be able to start a fire. An emergency rain poncho from Dick's Sporting Goods for \$1.99 is small enough to carry in your pocket and even if it doesn't rain it's an extra layer of warmth. A cell phone is also a very good idea though you might have to keep it warm (iphones don't work cold) and get to the top of a mountain to get a signal. Most of our races (even remote ones like Athens Big Fork) have signal on the mountain tops. Running with a buddy, letting friends know where you are going and when you expect to be back, and paying careful attention to trail markings to avoid getting lost will help keep you safe. If you do get off course, always retrace your steps back to the course. Never attempt to find a shortcut by bushwhacking and meeting up with the course later. That's how people get really lost and into trouble.

I have not received photos for the website from the following people:
Daniel Arnold, Dennis Baas, Melanie Baden, Chris Baldwin, Haleigh Barnard,
Ken Barton, Dan Belanger, Todd Blanchard, Ted Bowden, Bill Brass,
Paulette Brockinton, Angie Brown, Grant Brown, Jake Brown, Rich Brown,
Sean Brown, Heather Bush, Dave Cawein, Thomas Chapin, Brian Cockrell,
James Culhane, Charlie Dunn, Carrie Dupriest, Mike Dupriest, Johnny Eagles,
Laura Early, Jackie Edmonds, Bill Elmore, Elliot Evans, Mira Evans,
Chrissy Ferguson, Rhonda Ferguson, Cliff Ferren, Lalita Flagg, Jeffrey Foes,
Kelly Frantz, Harrison French, Cymber Gieringer, Patty Groth, Kelly Hair,
Kayce Hall, Stephanie Hamilton, Michael Harmon, Erik Heller, Kathryn Heller,
Tala Hill, Chris Ho, Gayle Hoffman, Dawn Horn, Christopher Hoyt,
Jamie Huneycutt, Jay Huneycutt, Alan Hunnicutt, Herb Jarrell, Alston Jennings,
Deb Johnson, Kim Johnson, Stuart Johnson, Hellen Jones, Alison Jumper,
Kevin King, Steve Kirk, Bernita Lovelace, Ben Mansur, Donna Marston,
Benjamin Martin, Brad Martin, Chas. Martin, Luke Martin, Melissa Martin,
Greg Massanelli, Todd Matthews, Paul Mattocks, Tom Mayfield, Shannon McDowell,
Bob McKinney, Jay Miller, Joe Milligan, Ann Moore, Lloyd Moore,
James Moy, Jean Noble, Stephen O'Neal, Rafal Olan, Marvin Orellano-Fisher,
Sharon Osburn, Kristin Parker, Pete Perkins, Lou Peyton, William Plante,
Dottie Rea, David Reagler, Lance Reaves, Lisa Reilly, Jesse Riley,
Kimmy Riley, Kelley Robbins, Kevin Robbins, Maurice Robinson,
John Russell, Christine Rutlen, Mike Samuelson, Connie Scherz, Cindy Schoenlaub,
Paul Schoenlaub, Stacy Shaver, Hobbit Singleton, Tom Singleton, Nate Smith,
Gary Speas, Rita Speas, Dustin Speer, Angela Stewart, Chase Stuart,
Justin Stuart, Lisa Stuart, Ty Stuart, Susy Sturgeon, Leah Thorvilson,
Glorimar Toro, David Trower, Jeff Underwood, Scott Vacca, Ashton Veazey,
Dennis Veazey, Katie Veazey, Leslie Veazey, Lisa Walter, Robert Walter,
Tammy Walther, Stacy Warren, Greg Weidenhoffer, Britney Wilcox, Jenny Wilkes

If your name is on this list would you please email me a photo to
advdesinc@sbcglobal.net

Next weekend (12/06/14) is the Lake Ouachita Vista Trail Marathon. I hope to see everyone there. Let's hope it will not rain as much as last year. And I want to wish everyone a Merry Christmas!

George Peterka

Bona Dea 50k Race Report by Arland Blanton

This was my first Bona Dea 50k and in all honesty, the thoughts of running 50k on a paved 3.4 mile loop course was not too appealing. As we planned Annette's schedule to complete 100 marathons at the Little Rock Marathon in 2015, this race looked very good. It was less than a couple hours drive & it was hard to beat the price (free). Basically no time limit so all we had to do was show up and run. Best of all I've never ran an AURA event that wasn't well run with amazing aid stations.

The week prior to the race weather reports were sketchy with what sounded like a good chance for winter weather. As race day approached the winter weather turned more to rain so it looked like we might get lucky. Race day morning saw temps in the mid to upper 20's. Very cold for a cloudy day running through the woods.

One of the nice things about loop courses is that you can set up your own aid station with a chair or drop bag so you can grab what you need as you pass by on each loop. We sat our chair up with a couple bags to include extra warm clothes, food, etc. I elected to take a small 10 ounce water bottle with me since there was only one aid station at the start/finish line. The start saw 41 runners toe the line, not all planning on doing the full 50k but some using this as a training run.

Annette and I started out with fellow Marathon Maniacs Steve Hughes and Shelly Mack. Steve was running his 333rd lifetime marathon distance or longer, which would qualify him for the Marathon Maniacs Hall of Fame. Only about 17 runners have ever qualified for this so it was a big accomplishment for Steve. Shelly had also just completed a big milestone by finishing her first 50 miler a few weeks back, which combined with other races gave her Titanium 10 Star status in the Marathon Maniacs which is the highest ranking you can get.

We ran the first loop steady and somewhat fast. I could tell I had overdressed as I was already sweating so when we reached the end of the first loop I ditched my jacket and wool hat. This was one of the nice things about having our little personal aid station set up. Second loop I tried to stay with Steve & Shelly. We elected to pick points and run to then take a short walk to slow things down a little. I had already decided to try and stay with Steve since it was a special day & I really didn't care about my time. Think we lost Annette at the port a pottie but kept on doing our thing. With three of us running together it helped pass the time & the loops didn't seem too bad. Third loop I decided I better hit the port a pottie. Took me almost 2 miles to catch back up but getting to stretch out my legs did help. The one aid station was amazing, PB&J, chips, cookies, cokes, and more. This could be one race where I actually gained weight running!

After a while you lose count of the loops. Your mind goes numb & all you want to do is get to the aid station to start another loop and eat. We tried to count the bridges we crossed, but couldn't remember how many till we made a point to count them on the next loop. After that we knew that after the 4th bridge it was only a short distance to go to

finish the loop. The course was covered with a lot of pine needles and leaves which became a problem for some. At some point around the 4th or 5th loop just after I had passed the start/finish line, I had a pine needle sticking me in the bottom of my foot. This required me to stop and take my shoe off. No where to sit at that point so I leaned against one of the many small workout stations along the trail. Trying to hurry so as not to fall behind I must have tied my shoe too tight so I knew I was going to have to stop again. Annette had caught back up with me and we ran together for a while. I found some steps on a water pump building where I could sit down and get my shoe retied properly so I stopped again. Annette had also been having trouble with the pine needles. With my shoes feeling good again I tried to catch Steve and Shelly. Think I finally caught them at the end of the loop. Annette had fallen back with a bathroom break so I went on with Steve & Shelly. It may have been on the next loop that my phone started ringing & it was Annette's ring. Not a good sign. But it wasn't bad, she didn't have her car key and asked me to leave the key in the drop bag on our next loop. She was having bad problems with the pine needles and leaves getting in the back of her shoe so she was going to change shoes.

By this time our legs were all tightening up & Steve was starting to struggle a little. He told Shelly & I to go on if we wanted but we both said no. We were going to ride it out with him to the finish. How often do you get to run with a true running hall of fame member? Don't remember the exact mileage but somewhere around mile 20ish Steve started cramping bad. We walked it in to the aid station and got some electrolytes in him which helped with the cramps but running was pretty much done. We ran a few short times but mostly power walked to keep his cramps at bay. We tried to keep talking to pass the time and keep things fun so the loops almost seemed like they were going faster. Annette caught us as we completed the 8th loop and we wouldn't see her again till the finish. As we approached the end of the 9th loop Steve was feeling pretty good so we started running a little. 333 was about to happen for him! We did the short out and back to finish with cheers and several taking photos of Steve's big accomplishment. It was a good day running and I especially enjoyed being able to be part of Steve's 333rd finish. There was hot chili waiting at the finish which really hit the spot on a cold winter day. Most everyone had left by the time we were done so Annette and I decided to stick around till the last runners finished. Glad we did as it completed a special day for us. Special thanks to AURA, PoDog Vogler & Tom Aspel for putting on such a great little event and being out there all day supporting the runners!

Bona Dea 50K

November 15, 2014

Russellville, AR

50K Run (2014-2015 UTS race #4)

Place	Name	Sex	Time
1	Harrison French	M	4:20:33
2	Tommy Griffin	M	4:46:51
3	Brett Nguyen	M	4:56:04
4	Kurt Hauser	M	5:10:15
5	Lionel Burnett	M	5:13:57
6	Kristin Parker	F	5:29:38
7	Alan Hunnicutt	M	5:33:10
8	Darron Tytler	M	5:45:01
9	George Peterka	M	5:47:40
10	Justin Cloar	M	5:51:39
11	Alex Wan	M	5:53:27
12	Kevin Robbins	M	5:55:31
13	George McDonald	M	6:01:21
14	Bill Elmore	M	6:02:44
15	Andi Stracner	F	6:39:12
16	Yoneko Johnson	F	6:39:12
17	Ben Walters	M	6:41:03
18	Sherrie Stanley	F	6:52:36
19	Annette Blanton	F	7:24:04
20	Steve Hughes	M	7:29:50
21	Shelly Mack	F	7:29:50
22	Arland Blanton	M	7:29:50
23	Johnny Eagles	M	7:47:55
24	Sara Gerner	F	8:20:33
25	Lisa Seidel	F	8:20:33

Other Distances

Name	Sex	Time	Miles
Elizabeth Kimbel	F	4:06:25	20.4
Cindy Looney	F	4:16:13	20.4
Angie Stewart	F	4:16:25	20.4
Larry Freilino	M	4:46:59	20.4
Jen Freilino	F	4:46:59	20.4
Nick Wesolowski	M	2:25:06	17
Deidre Luker	F	3:27:18	17
Bill Dobbins	M	3:53:00	17
Christina Carr	F	5:08:41	17
Scott Kailey	M	2:35:15	13.6
Kevin Griffin	M	2:35:15	13.6
Tim Morgan	F	2:41:07	13.6
David Edwards	M	2:41:07	13.6
Eric Washausen	M	1:26:30	10.2
Michael Johnson	M	2:14:36	10.2
Sharon Freilino	F	2:33:20	6.8

41 Starters

Photo on following page is of Annette Blanton at the Bona Dea 50K



Sadly the running community recently lost another close friend. Arkansas runners will no longer be blessed with the wonderful person, friend and runner that was Jacob Wells. Jacob ran over 100 marathons, the Full Moon 50K and Sunset 6/12/24 several times. During the Midsouth Marathon, Saturday Nov 1st, he went into cardiac arrest at mile 19. Jacob was known for many things...shirtless runs, headbands, and his awesome HIGH FIVES.

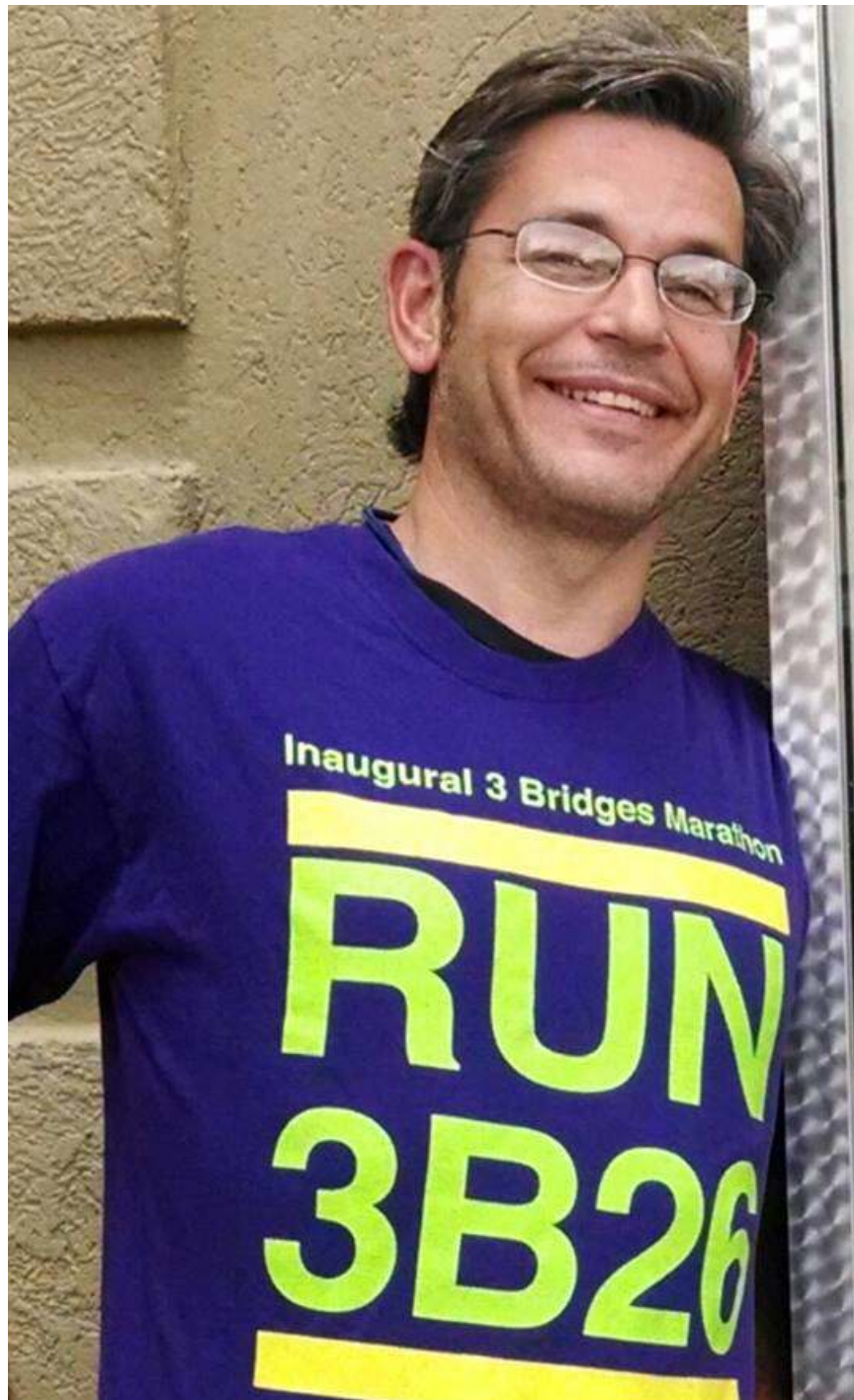
Jacob's favorite Bible verse was: ... Let us run with perseverance the race marked out for us. Hebrews 12:1

"Running is an individual sport. After hundreds of races and thousands of miles, I began to question my own invincibility and the imbalance of what I had taken from running to what I had given back to it. Like any physical activity, running can be taken away from you at any moment. Encouraging, inspiring, and introducing others to the blessings and benefits of running became my passion. I have found that running is a gift you can give away and still keep.' Jacob Wells - ARCCA Al Becken Volunteer of the Year 2014

Jacob was an organ donor his dad Ron Wells reported that the transplants were successful. A gentleman in his late 60's received Jacob's right kidney and is doing well. His left kidney was received by a lady in her early 60's and she also is doing well. Jacob's liver saved the life of a gentleman in his late 40's. So Jacob continued giving even after he had physically left us.

Jacob was also elected as the Arkansas RRCA Race Director of the year for his efforts in bringing to life and directing the Three Bridges Marathon.





Arkansas Traveller follow up

I have a correction from last month. This year marked the 4th Traveller finish for Cliff Ferren. Sorry about that Cliff.

Another Traveller runner email that came in after the last newsletter.

Stan and Chrissy,

Good afternoon. Sorry that it has taken me so long but I want to thank both of you for putting on such an amazing race! I have tried to imagine how much work you have put into making the Traveller the best race there is; all of the behind the scenes logistics that are needed and how much time that it must take, it's incredible.

Although I am still pretty new to these races, I know that the volunteers that you have are the best out there. The aid stations at the Traveller are by far the best that I have seen so far, they really are. I was talking to many of the runners after the race and they all said that the Traveller is by far the best organized race around. I was very impressed and happy to see that as I was getting close to an A/S with drop bags that there were volunteers a few hundred yards out asking me for my bib# and if I wanted my drop bag. When I got to the A/S sure enough my bag was waiting on me and I didn't have to search for it. That not only saved me time but it made it less stressful. Every A/S called me by my name and not my #. I know that this may sound minor but the fact that they took the time to get everyone's name showed that they really enjoyed what they were doing and that I wasn't just another # to them. Every single A/S was well stocked and had a great variety of food and drinks even late into the race. The medical personnel at the finish were awesome as were those who cooked breakfast and dinner the night before.

I know that I may have left a few out but please let everyone know that I really do appreciate what they did that weekend. The Traveller will always be special to me and I can't wait to do it again next year!

Take care

John Goble

Remember the trivia question from last month from Charley Peyton. Carrie DuPriest won the prize for being the first to correctly answer.

At Razorback Stadium at the Alabama Game an AURA member walk out on the field with Jerry Jones, Jimmy Johnson, etc.

Who was it? The answer is on the next page!

1964 Razorback tribute weekend nothing short of amazing

By Neal Moore

I suspected it would be an amazing weekend and I was not disappointed.

As I drove into Fayetteville on Friday and tuned in a local radio station, I just happened to hear a recap of the 1964 season written by Razorback PR chief, Kevin Trainor. It was an eerie precursor to a magical time on The Hill.

When I walked into my hotel in Springdale, there was Bobby Burnett wearing No. 33, Coach Johnny Majors, and Coach Ken Hatfield. And that was in the first minute!

My brother, **Lloyd (AURA's very own Lloyd Moore)**, invited me to join him for the 50th reunion of the 1964 National Champion Razorback football team. He was a redshirt sophomore on the 1964 team and was part of this special group of guys and practiced with them during the week, helping them get ready to win every game they played that year.

The big event of the weekend was the banquet. When I entered the lobby of the venue, the legend sightings began. I saw Loyd Philips, Glen Ray Hines, Harry Jones, Jim Lindsey, Freddie Marshall, Jerry Lamb, Bobby Crockett and several others. Interestingly, there were three sets of brothers on this team: Ken and Dick Hatfield, twins Alvin and Calvin Jones and Bobby and Tommy Burnett. But there were two who went on to bigger-than-life careers: Jerry Jones and Jimmy Johnson. I saw Jimmy first, distinguished by his perfect hair, and you couldn't miss Jerry, who entered with an entourage, sporting a white-diamond Dallas Cowboys star on his lapel. Wow.

I was about 11 years old when these guys were laying down a perfect season. Those were the days when you listened to the radio with the voice of the Razorbacks, Bob Cheyne, and very occasionally, you would see a game on black-and-white television. It's nothing like today's lineup of literally 20-30 games broadcast in high definition on any given Saturday. TV was also free back then.

Back to the banquet. The pre-dinner entertainment was a highlight reel of the season narrated by Bob Cheyne. They displayed the throwback uniforms the present-day Razorbacks would wear the next day along with a unveiling of the "maquette" or scale model of a huge wild hog statue dedicated to the '64 team which will stand 20 feet high and 30 feet wide. It will be on display outside Reynolds Razorback stadium after the money is raised to pay for it.

The highlight of the evening was the presentation of the rings to each player and/or their family representative. The ring featured a decent-sized stone, maybe a diamond, with each player's name and "Perfect Season" with a symbolic cotton boll, as a tribute to their win over Nebraska in the Cotton Bowl to complete the perfect season.

As each player received his ring, he posed with Coach Broyles and Athletic Director Jeff Long. The master of ceremonies was the voice of the Razorbacks, Chuck Barrett.

One of the most memorable times of the weekend was hanging out in the lounge of the hotel listening to the legends as they swapped stories primarily talking about off-the-field activities. These guys are the only ones who knew what happened behind the scenes when they were all housed in the same dormitory, Wilson Sharp. The NCAA no longer allows group housing.

Game day. The tailgate party was moved indoors to the Razorback indoor practice facility due to rain. After enjoying barbeque, the players and families were treated to a mini-concert by the Marching Razorback Band. Hearing them play indoors was a treat. They blew the roof off the place with the fight song and alma mater. After the players took their places for the pre-game introductions, our group was led to our seats by more legends, trainer Dean Weber and former Diamond Hog coach Norm DeBriyn.

Before the game, players were introduced with their image and name flashed on the giant video screen. The crowd gave them a rousing salute and everyone was ready to watch the Hogs beat Alabama. That wasn't meant to be. Ugh.

It was a magical weekend, a magical season and a fitting tribute to a bunch of under-sized fighting Razorbacks. WPS.



Lloyd Moore and Jimmy Johnson
Just to think I thought Lloyd could only sing and run.

DNF at the Ozark 100
By Jimmy Sweatt

DNF, Did Not Finish. That was the result of my attempt at the 2014 Ozark 100. Everything started out so well. After getting up at 3AM and checking in and making a relaxing bus ride to the 6AM start, I began the race along with about eighty other optimistic runners. An early pit stop put me in last place, but what the heck, I had 29 1/2 hours to make up time.

I gradually got into the rhythm of the run and enjoyed the rolling hills as the sun rose into the sky. The course is very much like our trails in the Ouachita and Ozarks, leaves and rocks with an occasional hole.

Aid stations seemed to be pretty far apart, but when you're as slow as I am, even a few miles can seem like a great distance. When I finally did get to the aid stations, the volunteers provided for my every need. Soups, sandwiches, fruit, chips, potatoes, pickles, and soda pop, everything that a fat boy like me loves. I always try to get my money's worth dining at the aid stations.

Several runners were trying to figure out how to cross the first major water crossing without getting wet feet and I just splashed through. I hoped that the feeling would eventually return to my frozen toes. Eat, drink, run, walk, and repeat. How hard could it be to do a 100 miler? My favorite cool weather may have caused me to run the down hills too fast, but I was already committed and pressed on.

One of the race directors, Stuart Johnson, kept meeting me at the aid stations, either out of concern for me or maybe to make sure that search and rescue wouldn't be needed later. My day progressed without any major problems. I did notice a slight ache in my quads shortly before mile 50. Not to worry. Right? I also started doing my uncoiled tin man impersonation every time I left an aid station.

Did I mention that my quads were hurting? Hoping that they wouldn't get any worse, I pressed on. As night fell, my running became a painful hobble through the dark, dark woods. I think that I kicked every rock on the trail between miles 60 and 65.

At the mile 65 aid station, Arkies Po Dog and PT did everything short of a full body massage to get me moving. I was very busy doing a total inventory of my drop bags and enjoying the comfort of a metal folding chair. All I needed to do was to change into some dry, warm clothes, eat and get going and everything would be alright. All wrong!

As I staggered out of the warm, bright aid station into the cold, dark woods I had the feeling that I had left something back at the aid station. My quads. Each downhill became a barely controlled fall. Each uphill became a never ending climb. I kept waiting for that damn runner behind me to pass only to realize it was the moon and a headlight.

Not being able to run and hardly able to walk, getting to the next aid station seemed to take forever. Finally, there it was, the 70 Mike aid station. The campfire drew me in and I settled into a wonderful chair. As I sat there, I took stock of my situation. I only had 30 miles to go with plenty of time before the cutoff. All that I had to do was to get up and continue on to the finish. Right? In a perfect world that is what I would have done. To the best of my recollection, this is what happened.

A runner who had left earlier suddenly came back into the aid station asking if she could get a ride to the finish. A sag wagon driver happened to be and was ready to go. The next thing that I knew, I was in a nice warm car headed to the finish. Not what I had planned, but many things can happen during a 100 miler, giving up in a moment of weakness, the difference between a finish and another DNF.



A recent power lunch with ultra running legends Chrissy Ferguson, Suzi Cope, & Lou Peyton.

The Arkansas RRCA awards for 2014 were presented in Hot Springs on Saturday, November 22.

Female Ultra Runner of the Year
Tammy Walther

Male Ultra Runner of the Year
Thomas Chapin

Female Masters Ultra Runner of the Year
Stacey Shaver-Matson

Male Masters Ultra Runner of the Year
George Peterka

Female Runner of the Year
Leah Thorvilson

If you did not know it Leah runs for AURA



Stacey, Tammy, & George with their Arkansas RRCA awards.



Leah with her Arkansas RRCA award presented by Carl Carter.

Just a reminder that the Memorial Service for Larry Mabry is scheduled for Fri. at 4 p.m., Second Presbyterian Church on P.V. Drive. Also that there will be a Memorial Run/Walk at 8:00 am. Sat.Dec.6 at Two Rivers Bridge.



Arkansas Ultra Running legends Max Hooper, Lou Peyton, and Larry Mabry at the 2008 Arkansas Traveller.



Thanksgiving 2007 run with Larry and friends.

Sunset 6/12/24 Hour Run By Pete Ireland

The 4th Annual Sunset 6/12/24 Hour run is history. We had 70 registered participants this year. The results are in process but we saw some fine performances, highlighted by Tammy Walther's 100+ miles and Maurice Robinson's 75+ miles (at age 73) in the 24 hour; Loren Kaylor's almost 59 miles in the 12 hour; Stan Ferguson's 40+ miles and Stacey Shaver's 35+ miles in the 6 hour. Eugene Bruckert from Illinois completed 50+ miles in the 24 hour at age 79.

Thanks to all who came out to run or help. Most of our volunteers were from the Striders, along with some personal friends, but special thanks to Christine Meroney who stayed and helped with the last few hours of the race and with packing up the supplies and equipment afterward.

The weather was pretty good for late November, with no rain and moderate temperatures, although the wind caused some problems on Saturday, especially with the aid station setup, blowing over the canopy and periodically blowing supplies and food off the tables.

Unofficial results:

6 Hour

Stan Ferguson (Maumelle) 40.60 miles 40 laps

Stacey Shaver (N. Little Rock) 34.51 miles (34 laps)

12 Hour

Loren Kaylor (Maumelle) 58.87 miles (58 laps) Yes- male

Lisa Mullins (Little Rock) 20.3 miles (20 laps)

24 Hour

Tammy Walther (Little Rock) - 100.485 miles (99 laps)

Maurice Robinson (Benton) - 75.11 miles 74 laps - once again running his age in laps plus one

Tammy and Maurice both also won last year.

Notable performance other than Maurice's - Eugene Bruckert from Illinois 50.75 miles at age 79.

Miscellaneous:

We had 70 participants (not including a few club members who just ran for an hour or so) representing 5 states outside of Arkansas, including California and Illinois, plus one from Denmark (though he is currently in the US on a temporary work assignment.).

Look for full results and write up in next newsletter.

Upcoming AURA events

LoVit Trail Marathon (Lake Ouachita Vista Trail) Saturday, December 6th, 2014 - 8:00am

Miscellaneous Information

Distance: 26.2 miles (approximate)

Location: Shangri La Drive on Lake Ouachita, near Mount Ida

Directions:

Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida off of Hwy 270. You will turn onto Shangri-La Drive and make the first left which is OLD HWY 270. Look for signs posted for the run. Registration will be set up 500 ft down OLD HWY 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.

Aid: There will be a total of 6 aid stations set up along the trail; all will have water and Gatorade, along with various goodies. Drop bag service will be available.

There is no application or entry fee. There will be a waiver to sign and a can for donations to cover run expenses.

Please keep your own time and check in at the finish.

Race contact Phil at bpcarr13@gmail.com

Check out more information on the Lake Ouachita Vista Trail:
<http://lakeouachitavistatrail.com/WP/>



2015 Athens Big Fork Trail Marathon and 17 Mile Blaylock Creek Fun Run.

January 3, 2015

8:00am Start Time For Both Runs.

Please Note:

Also **17-mile Blaylock Creek “fun” run**; both events are out-and-back courses utilizing the Athens-Big Fork trail.

No entry fee, however, a donation of \$5 per runner is encouraged to support the Big Fork Community Center, which is opened for the event.

NOTE: This event is NOT for trail-newbies.

If you are not an experienced trail- or ultra-runner (or adventure racer), we happily invite you to one of the other UTS runs, **BUT NOT THIS ONE.**

This is a difficult event on a difficult trail that presents many opportunities for one to get lost, injured, exhausted, or incapacitated--with sparse access for rescue.

MORE Notes:

Please do not be enticed into trying this run because of the difficulty warning--it is merely an honest attempt at preventing the run organizers from having to find and rescue someone ill-equipped for the event.

A cut-off time of 10:30am (2.5 hours) will be enforced at the turn-around (half-way) point for the 17-mile run. Runners reaching that point after 10:30 must turn around (--NOT proceed on the marathon course).

If you cannot find the Big Fork Community Center without further instructions--please disregard this race.

Course Information

The Athens-Big Fork Trail Marathon and Blaylock Creek 17 Mile Fun Run take place on the Athens-Big Fork Trail. This is actually > 100 year old horse postal trail. After running this, you will wish you had a horse!

The course is an out and back course. You first run almost 3 miles on roads - paved and gravel up to the start of the trail. Then you enter the Athens-Big Fork Trail - White Blazes. Follow the trail over 8 mountains.

The 8 mountain crossings on the trail are:

Missouri
Hurricane Knob
McKinley
Brier Creek
Leader
Brushheap
Brushy
Big Tom

You pop out of the trail and need to go about a half mile down the gravel road to get your full 13.1. Then you turn around and go back. It's that easy!

The 17 Mile Blaylock Creek Fun Run only gets to run half of the hills. You will turn around at the Aid Station just across Blaylock Creek.

What this means to you the runner. Here are some statistics for you to consider - this is the "out" of the out and back:

Max Elevation: 2028
Min Elevation: 1023
Climbing Elevation Gain: 4600 feet
Climbing Distance: 7.10 miles
Average Grade: 12%

The host of the Athens Big Fork Trail Marathon and Blaylock Creek 17 mile Fun Run is the Big Fork Community Center. There is no fee to this run, we only ask for a donation to the Community Center. This run is actually one of their biggest fund raisers of the year. We usually donate about \$200. Mr. Hayward opens up and makes sure everything is ready for the runners. He has a hot wood stove, and hot coffee for everyone. The Ouachita Amateur Radio Association provides communications for us because cell phones and other radios will not work. So please, please show the community your appreciation and donate what you can to their community center.

For more information contact George at advdesinc@sbcglobal.net

Swampstomper

The tenth running of the SwampStomper is planned for
Sunday January 18, 2015.

50K start - 7:30AM 25K start - 8:30AM

The race registration link is <http://ultrasignup.com/register.aspx?did=29400>

Please visit the Swampstomper 25/50k Facebook page
([facebook.com/groups/152633049467](https://www.facebook.com/groups/152633049467)) for any updates to race registration.

Recent AURA times out of state:

Paul Schoenlaub 28:57:31 at the Leadville 100

This edition of the AURA newsletter is my last. I have enjoyed my time as editor of the newsletter, but it is time to pass the torch. Thank you for allowing me the opportunity to serve the club which has grown and promoted ultra running so much over the years. Stacey Shaver is taking over as the new newsletter editor. I know she will do a great job and look forward to reading her newsletters. Run long and prosper my friends.
Harold



RETREADS
(Retired Runners Eating Out)

We meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd.

The food lineup begins sharply at 11:30 a.m.

Come early to the lobby for a time of "Touching and Feeling"

Wear something to identify you as an old runner. T-shirt, medallion, etc.

Call Charley or Lou Peyton 680-0309 if you have questions.