

# THE ARKANSAS ULTRA RUNNER

April 2015

THE NEWSLETTER FOR MEMBERS OF THE  
ARKANSAS ULTRA RUNNING ASSOCIATION  
AURA WEBSITE:runarkansas.com

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## Message From President George Peterka

This month's message is brief but important.

### **IT'S TIME TO RENEW YOUR AURA MEMBERSHIP!**

AURA memberships expire at the end of June. Please visit  
<http://www.runarkansas.com/AURAmembers.htm>  
to see if your membership expires now or one year from now.

George Peterka, Stan Ferguson, Paul Schoenlaub, James Holland and Billy Simpson will be running the Hardrock 100. Wish them luck - at least one of them will need it!

Congratulations to David Newman and Melissa Martin on their Western States Run!

Enjoy the summer. Be careful running in the heat.

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## Message From Vice President Deb Baker

Hi everybody! With the completion of our trail series, I wanted to thank all of the Race Directors and volunteers who made our races possible. Congratulations to all who made it into our High Mileage Club and to our new King and Queens of the trail. We had some record numbers of participants at some of the runs this year!! Thanks for coming out and running with us! I hope you all got to enjoy some beautiful trails and fun times with friends. What a great way to experience some new places in Arkansas that you have never seen, push yourself to a new distance, and meet some new people.

Our new series of races will kick off on July 25<sup>th</sup> with the Full Moon 50K. The other races will be posted soon, as well as the registration page for the trail series.

Run Happy!!  
Deb

## UPCOMING EVENTS

### You Don't Want To Miss Out on the Fun

Come Run The

# Full Moon 25k & 50k

July 25, 2015

50k Begins at 7:00pm & 25k Begins at 8:00pm

## Camp Ouachita Girl Scout Camp

**2015 - 2016 AURA Ultra Trail Series Event**



Full mOOn 50K is the Ultra Trail Series 2015-2016 season kickoff race and a celebration event honoring birthdays of favorite AURA Queens.

The 50K starts @ 7:00 p.m. with trail briefing and AURA announcements @ 6:45 p.m.

The 25K starts @ 8:00 p.m. with trial briefing at 7:45 p.m.

Packet pickup starts at 6 p.m. If you arrive earlier than 6 p.m., be cool and wait for us to get set up before asking for your packet. AKA, come back at 6 p.m. It seriously doesn't take 45 minutes to pin on a number and chip timing tag.

The course is marked with flour & glow sticks with extra of both at the three turns. If you make more than 3 turns, you might be running a different race. Yes, the 25K is a bit long (half a mile), but the 50K is the correct distance.

We have two staffed and stocked aid stations at approx. miles 7.5 & 15.5. There are also two unmanned water-on-the-side-of-the-road aid stations at approx. miles 3 & 11. You'll need to bring a water bottle; there are no cups at the water-only aid stations, just 5 gallon water canisters. Please do not pour this on your body - it goes IN the body Only!

Expect heat, humidity & darkness. Bring a headlamp, salt and a 20 oz + water bottle. Bug Spray -- Good idea!

Proceeds benefit Williams Junction Fire Dept and Faulkner Co Amateur Radio Club

**See Website For Registrations & For More Details:**

<http://www.fullmoon50k.com/index.html>

~printable registration form at the end of newsletter~



## King of the Mountain, 2015

The third annual King of the Mountain challenge was held on Memorial Day at Mt. Nebo. The format of this invitational event is simple: every hour, on the hour, competitors start up the mountain from the parking area at the base—running on the road. You have sixty minutes \* to make it to the top, around the Yield sign/traffic island, and back down to the starting point. Failure to complete this “lap” in the allotted time means you’re out of the competition. The last person standing wins. (\* Women, if present, are allowed 70 minutes per repeat, thus their starting time shifts accordingly.) This year seven guys lined up at 7AM for the punishment. There would be no 2015 Queen of the Mountain.

For the most part, clouds kept the conditions better than expected for late May. And for the early laps, a nice cool breeze even offered a pleasant welcome to the top. No one timed-out on a lap this year, so all losers exited solely by the lack of will to continue. PoDog and Stan were the last to fold, appointing PT to his third King of the Mountain title. But as in the inaugural contest, PT would not merely accept the win by default—he would make it right by deed. At 3PM he launched into an unprecedented ninth ascent, under what became the steamiest conditions of the day. It would take him longer than any of the other repeats, but was easily under the hour cut-off, at 58:14. The winning totals of the first three challenges have been seven, eight, and now nine repeats, respectively. PT’s thoughts: **“I sure hope it doesn’t come down to a 10<sup>th</sup> lap... EVER.”**

<u>Combatants:</u>	<u>Laps:</u>	<u>Mileage:</u>	<u>Total climb:</u>
Jason Auer	2	10.32	2,560.84ft
Ben Mansur	3	15.48	3,841.26ft
Billy Simpson	4	20.64	5,121.68ft
Jeffrey Grove	4	20.64	5,121.68ft
Stan Ferguson	8	41.28	10,243.36ft
PoDog	8	41.28	10,243.36ft
PT	9	46.44	11,523.78ft

Paul Turner, 3-time King of the Mountain after repeat number nine



## CATSMACKER 23+ Trail Run

~Steve Griffin~

I'm a marathon coach and Ultra training director with the Dallas Running Club. I'm also a member of the North Texas Trail Runners along with a few smaller loosely organized local running groups. I joined the AURA last year after running the Traveler, my first hunnerd.



I took Friday afternoon off to make the 5 hour plus drive from Dallas, drove through thunderstorms most all the way, seeing a car that had spun off the interstate about 30 miles into Arkansas. The weekend had already started out as another epic Arkansas adventure. I made it to Hot Springs for dinner and a few supplies, then on to a camping spot just off the course a few miles from Lake Winona. Later hearing horror stories of the deep mudded out boat ramp area, I was glad I had chosen high dry ground. I joined the club so I could run more mountain races training for the 2015 Traveler. I know it sounds crazy driving 5 hours, but I just love the Arkansas mountains and running little hill trail repeats ad nauseum is not my preferred method of training and all the trails within a 80 miles of Dallas were flooded out. After my normal 3-4 hrs of poor quality sleep race eve, I got up in the dark and headed to the start/finish. I'm still feeling like the new kid at school when I get to club races, I've met and run with many of you, but I suck at remembering names and sometimes can't place faces, thus the dumbfounded look you may get from me when we meet. I'm always impressed with the friendly and helpful spirit as well as the work that goes into these club events. I pull in and park, the pre-race set up is going full tilt, I lend a hand here and there, but as usual everyone has their act together and things are moving along well. I registered, left my tithe in the box and joined runners gathering into small groups and then the last minute instructions are given and we're off.



I appreciated the course map and as usual, didn't need it because the course was well marked. I heard that a few runners may have missed a turn or two.

Nice thing is bonus miles don't cost any extra. I was familiar with the Traveler sections of the course and enjoyed seeing new stuff. My plan was to push slightly harder than normal to test out an injured heel. I was with a group for about 4-5 miles and I hated missing out on Alex's and Stacey's and other's adventures, but I decided to stick to my original race plan, which was just a little faster than the group was holding. I saw someone ahead and for 2-3 miles felt like I was closing at a very slow rate. I thought it looked like Ronnie D, who I had run with last year on a training run. I was hoping to run w/ him and catch up, but he wheeled off



course for pit stop, I ran on by without verifying his identity and didn't see him until the turn around. I guess I'm not as social as I'd like to be, just blowing on past a running buddy. I justify it as giving a guy some privacy and not interrupting his business. The aid station at the bottom of the mountain took me by surprise, as did a wild ass looking, obviously fit dude who I would later meet formally.

Now it's time for the fun stuff. The mountain climb was short and sweet and the vista was fantastic.



Snapped some pics and down the hill I go, verifying Ronnie's identity and soaking in the best stretch of the race for me, the long and winding single track through mud, rocks, questionable footing, poor surfaces, switchbacks and more, this is the type of trail I live for, and come to find out, it's long haired wild man dude's favorite too. I hear footsteps as I'm flying down the mountain and taking photos, I know better than to push beyond my limits of safety, so after I get to the edge of my limits I ask? "You wanna go around?" Wild Man replies: "You got pretty nice pace going, I'm ok." I think to myself the only thing better than flying down the mountain, is doing it with another runner, seldom does that occur, mainly because I'm a lot slower than the fast folks, they're usually way ahead of me in races and my peeps are much more cautious (rightfully so) on the down hills. I pull out my phone and record a little piece of this amazing stretch, and I formally meet Caleb from Little Rock. <https://youtu.be/Budxvy4WWtw>

A few minutes later, he passes and drops me like a hot potato and I'm back to my game, climbing over the downed trees and enjoying the greatness of the remaining single track.



Back to running by effort (HR) and trying to stay at the edge of aerobic, I caught up with a guy and a gal on the down hills and then they would pass me on the flats. Jay (I think) and Karine, I would pass on the steep downs, they would pass me on the flats. We hit the aid station about the same time, he told me this was her longest run ever. They separated a few miles up, she was going strong, I managed to keep up and decided to make it a hard effort and finish strong as well.

It was a good start to the weekend, the hot dogs were tasty and it was neat to see folks getting recognized for their year long efforts. I take photos and videos when I think about it during races. Most are fuzzy- hardly any are crisp and clean. I always like when I get a photo I can keep from a run, so I take them so others might have something to keep to remember their experience. If I ever post something you don't want seen, let me know, I'll pull it down.

The Race by the numbers:

4:31:10 - I reported 4:33:10 (my bad-cost myself about 3 places)

23.21 Miles

Ave Pace: 11:41

Fastest Pace: 7:40 (Garmin showed 5:42 at mile 8.86 but I'm not believing that)

Elevation: 3080

**Arkansas mountains drew me here, The AURA is what keeps me coming back!**

# Catsmacker Results

## The Catsmacker - 23 miles (+/-)

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Marc Gill	N. Little Rock	M	38	3:41:12
2	Chris Ho	N. Little Rock	M	40	3:41:15
3	Tanner Freeman	Fayetteville	M	26	4:02
4	Loren Kaylor	Maumelle	M	28	4:04:06
5	Rachel Furman	Little Rock	F	32	4:04:19
6	Sam Sanders	Little Rock	M	55	4:04:58
7	Karine Nicolas	Little Rock	F	41	4:28
8	Lance Biggers	Little Rock	M	33	4:33
	Jay Jennings	Little Rock	M	57	4:33
10	Jason Abernathy	Dorado, PR	M	41	4:33:21
11	Steve Griffin	Addison, TX	M	57	4:36:10
12	Alex Wan	Little Rock	M	39	4:37:18
13	Rich Brown	Searcy	M	53	4:41
14	Ronnie Daniel	Little Rock	M	45	4:44
	Stan Ferguson	Maumelle	M	51	4:44
	Podog Vogler	Russellville	M	49	4:44
17	Deb Baker	Little Rock	F	52	4:48
	Stacey Shaver-Matson	N. Little Rock	F	43	4:48
19	Chris Baldwin	Roland	M	42	4:52
20	Cliff Ferren	N. Little Rock	M	59	4:54:28
21	Tina Ho	N. Little Rock	F	50	5:05
22	Jimmy Wade	Cabot	M	62	5:06
23	Phil Brown		M		5:15
24	Randy Windle	Hot Springs	M	36	5:18
25	Jason Armitage	Hot Springs	M	42	5:21:50
	Andy Halfhill	Little Rock	M	35	5:21:50
	Eric Yarberry	Little Rock	M	21	5:21:50
28	Todd Blanchard	Shreveport, LA	M	43	5:25
	Jon Davis		M		5:25
30	Lisa Luyet	Little Rock	F	43	5:25:11
31	Brian Cockrell	Shreveport, LA	M	38	5:25:17
32	Lacey Kelley	Little Rock	F	38	5:39:29
	Leisa Wamsley	Little Rock	F	51	5:39:29
34	Karen Hayes	N. Little Rock	F	61	5:43
35	Lori Dather	Conway			5:48:30
	Jessica Rohlman	Morrilton	F	36	5:48:30
37	Kim Johnson	Harrison	F	46	5:49
38	Missy Ezel	Bauxite	F	42	5:54
	Shauna Veazey	Benton	F	45	5:54
40	David Edwards	Morrilton	M	37	6:26
	Dave Whittenberg	Conway	M	54	6:26
42	Kathleen Grubbs		F		6:27
43	Lisa Gunnoe	Judsonia	F	49	6:32:04
44	Skip Smith	Little Rock	M	57	6:37
	Deb Baldrige	Mabelvale	F	50	6:37
	Melissa Henshaw	Little Rock	F	49	6:37
47	Caleb Ault		M		4:??

## Kitty Run - 12 miles (+/-)

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Kurt Hauser	Hot Springs	M	50	2:05
2	Tim Harrington	Conway	M	45	2:15
3	Jeff Thostenson	Little Rock	M	38	2:19
4	Dustin Brown	Morrilton	M	35	2:19:43
5	Bill Elmore	Little Rock	M	55	2:19:44
6	Kevin Walsh	Little Rock	M	26	2:20
7	Laura Beth Brown	Searcy	F	50	2:21
8	Beth Walters	Fort Smith	F	48	2:24
9	Adiel Looney	Little Rock	F	39	2:30
	Ashley O'Neill	Little Rock	F	43	2:30
	Kelly Farrell		F		2:30
12	Tina Mitchell	N. Little Rock	F	42	2:30:02
13	Erin O'Toole	N. Little Rock	F	26	2:30:20
14	Zac Henson	Little Rock	M	34	2:32
15	Louis Chalfant	Hot Springs	M	40	2:34
16	Brittany Hudson	Little Rock	F	25	2:36
	Katie Liermann	Little Rock	F	45	2:36
18	Ben Walters	Little Rock	M	33	2:39
19	Dawn Horn	Vilonia	F	38	2:40:11
20	Rhonda Ferguson	Little Rock	F	59	2:42:11
21	Brenda Rans		F		2:45
22	Bee Wilkerson		F		2:47
23	Charity Shaw	Hot Springs	F	36	2:48:19
24	Melanie Baden	Dorado, PR	F	46	2:50
	Amy Hill	Lonoke	F	40	2:50
	Sarah Brown	Cabot	F	37	2:50
	Elizabeth Kimble		F		2:50
28	Johnny L Eagles	Little Rock	M	63	2:55
29	Christine Meroney	Little Rock	F	45	2:59:00
30	Pete Ireland	Benton	M	74	2:59:58
31	Jewell Rapier	Benton	F	53	3:00
	Jim Sweatt	N. Little Rock	M	59	3:00
33	Trina Crumpton	Austin	F	37	3:02:14
	Christine Bennett	Cabot	F	38	3:02:14
	Shelly Clopper	Cabot	F	31	3:02:14
36	Dan Belanger	Little Rock	M	71	3:05
37	Susan Russell		F		3:10
38	Lisa Stuart	Benton	F	43	3:11
39	Mindy Simonson	Little Rock	F	33	3:12:07
40	Yoni Johnson	Benton	F	38	3:12:41
41	Rebecca McGraw	Conway	F	46	3:12:44
42	Bill Brass	N. Little Rock	M	75	3:15:10
43	Christy Grimes	Maumelle	F	45	3:19:40
44	Dottie Rea	Vilonia	F	62	3:23
45	Monica Ritchie	Sherwood	F	45	3:43
46	Valerie Brown	Little Rock	F	65	3:45
	Ann Moore	Little Rock	F	74	3:45
	Heidi Strock	Jacksonville	F	71	3:45
49	Brad Schmitt	Maumelle	M	43	3:50
50	Kristen Sterba	Little Rock	F	39	??
	Denise Thrower	Little Rock	F	50	??

## Other Participants/Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Grayson Greer		M		2:17	14.5 Miles
2	Tyler Wilkerson		M		2:22	14.5 Miles
3	Hunatcatt		M		2:27	??
4	John Krillenberger		M		3:17:38	20 Miles
5	John Conn	Little Rock	M	48	3:48	20 Miles
	Ben Mansur	Little Rock	M	43	3:48	20 Miles
7	Kristin Parker	Maumelle	F	29	4:21	20 Miles
	Matthew Pearson	Little Rock	M	32	4:21	20 Miles
9	Chrissy Ferguson	Maumelle	F	54	4:25:20	20 Miles
10	Kimmy Riley	Mabelvale	F	54	4:27	20 Miles
	Misty Brown		F		4:27	20 Miles
12	Cassandra Ticer	Little Rock	F	35	??	11 Miles

Congratulations To All and Big Thanks to All Volunteers!!!



# 2014-2015 Ultra Trail Series Final Standings



## Final Standings

### Kings and Queens of the Trail

Overall/Open: **Stan Ferguson** and **Stacey Shaver**

Master: **PoDog Vogler** and **Deb Baker**

Grand Master: **George Peterka** and **Chrissy Ferguson**

Senior: **Johnny Eagles** - (no queen)

## Final Points

Stan Ferguson - 473.73

Stacey Shaver - 498.3

Podog Vogler - 410

Deb Baker - 484.3

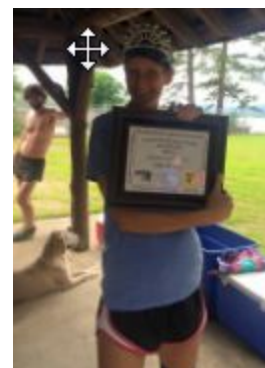
George Peterka - 256

Chrissy Ferguson - 266.5

Johnny Eagles - 199.52

(for all final points see the site below)

<http://www.runarkansas.com/UTSStandings15.htm>



# 2014-2015 High Mileage Club

CONGRATULATIONS ON YOUR ACHIEVEMENT

UTS Miles (275 miles required for High Mileage Club)

Name	FM	NEB	AT	BD	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	50k OT	50m OT	MAG	Total
George Peterka	31.5	15.2	100	31.5				26.2	51.2	31.5	31.5	60	15		50	18	461.6
Johnny Eagles		15.2	100	31.5			50.75	26.2	26.2	31.5	31.5	60	15	31.5		18	437.35
Stan Ferguson		15.2	100		40.6			26.2	51.2		31.5	60	15		50	18	407.7
Podog Vogler		15.2	100	31.5				26.2	25		63	60	15	31.5			367.4
Stacey Shaver	31.5		100		34.51			26.2			31.5	60	15		50	18	366.71
Chrissy Ferguson	31.5	15.2	100		30.45			26.2	26.2		31.5		15		50	18	344.05
Deb Baker	31.5	15.2			34.51			26.2	41.2		31.5	60	15		50	18	323.11
Melissa Martin		15.2	100		29.44			26.2	25	31.5	31.5				50		308.84
Kurt Hauser	31.5	15.2		31.5				26.2	41.2		31.5	60	15	31.5		18	301.6
Lisa Gunnoe	31.5	15.2	100				26.39		15		31.5				50	18	287.59
Cliff Ferren	31.5		100					26.2	15			60			50		282.7

I hope you enjoyed this edition of the AURA Newsletter. If you are interested in submitting a race report, whether it be an AURA event or an out of state race, please email me at [mverunnergirl@gmail.com](mailto:mverunnergirl@gmail.com). Let's hear from some fresh faces/voices! We want to hear your story! As always, feedback is most welcomed. I love receiving your emails!!!

Also, please let me encourage you to sign up for the 2015-2016 Ultra Trail Series! Most of the races are donation based and are always fun. You could be the next King or Queen!!! Regardless of coronation you will most certainly have fun and likely make new friends. To me that is the biggest WIN!!!!

~Stacey Shaver-Matson~

## RETREADS

(Retired Runners Eating Out)

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

The food lineup begins sharply at 11:30am.

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 at 680-0309 if you have questions.



# 2015 Full mOOn 50k & 25K REGISTRATION

Saturday, July 25<sup>th</sup> @ 7 p.m.  
Camp Ouachita Girl Scout Camp, Perryville, Arkansas

Presented by the Arkansas Ultra Running Association  
AURA Ultra Trail Series Kick Off



Event: 50K  25K

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (cell preferred) \_\_\_\_\_

Tech Shirt size(circle): Women's / Men's ( S, M, L, XL, XXL ): \_\_\_\_\_ Gender \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 7/25/14 (Min. age 18) \_\_\_\_\_ e-mail \_\_\_\_\_

If applicable, describe what kind of camping you will be doing at Lake Sylvania (RV, tent, etc.): \_\_\_\_\_

List any medical conditions we should know of \_\_\_\_\_

Please provide an emergency contact (name and phone #) \_\_\_\_\_

After party breakfast included for the runner. Please add \$5.00 for each additional guest.

Entry Fee \$ \_\_\_\_\_ (\$40 until June 1. \$60 until July 12)

\_\_\_\_ X \$5.00 \$ \_\_\_\_\_ for additional after parties

=  
Total \$ \_\_\_\_\_

Send completed registration and entry fee (check payable to Full Moon 50K) to:

Susy Sturgeon  
85 Raleigh Road  
Asheville, NC 28803

For additional information, visit <http://www.fullmoon50k.com> or e-mail: [susy@fullmoon50k.com](mailto:susy@fullmoon50k.com)

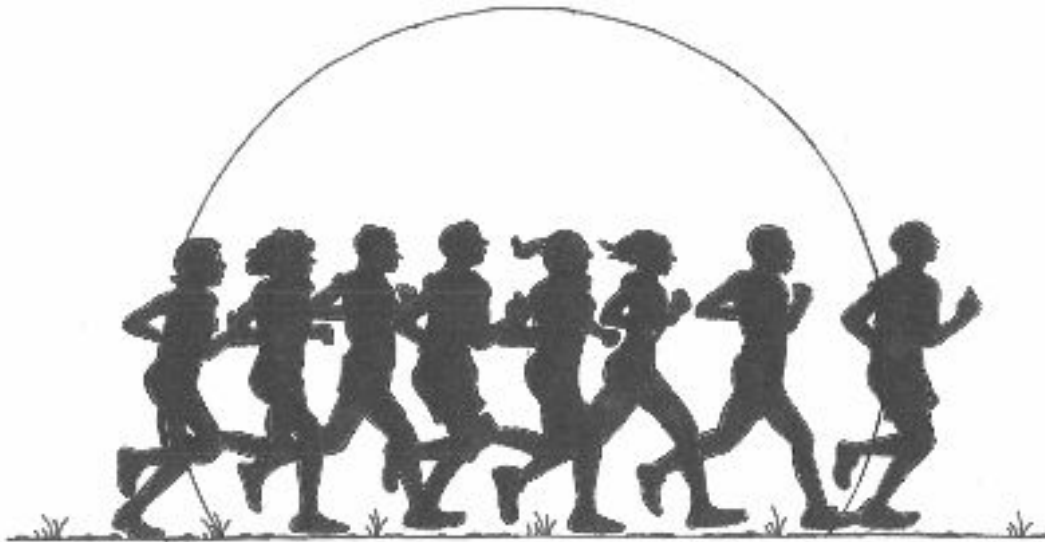
## Race Waiver - PLEASE READ

I know that running for an ultra marathon race is a potentially hazardous activity that could cause injury or death. I should not enter or 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 volunteering for 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 directors and workers, Arkansas Ultra Running Association, U.S. Forest Service, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration is not refundable.

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

# Once in a blue moon...

**Double the fun at the Full mOOOn 50k & 25k Party Runs!**



## ***Full mOOOn 50K & 25K***

**Date:** 7.25.2015 **Time:** 7 p.m. 50K; 8 p.m. 25K

**Place:** Camp Ouachita Girl Scout Camp in Perry, Arkansas (3.5 miles west of Highway 10/9 along Highway 324)

**After Party:** All night long! Food, fellowship & fun!

**Registration:** \$60 (until July 12)

**NO RACE DAY REGISTRATION**

**Course:** Night run on well-groomed, rolling forest service roads. Great run for first-time ultra and trail runners...and for PRs!

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For more information:

VISIT THE FULL MOON WEBSITE – [www.fullmoon50k.com](http://www.fullmoon50k.com)

EMAIL: [susy@fullmoon50k.com](mailto:susy@fullmoon50k.com)

CALL: (501) 837-3104

REGISTER ONLINE AT: [www.fullmoon50K.com/registration.html](http://www.fullmoon50K.com/registration.html)

OR SEE REVERSE FOR MAIL-IN REGISTRATION