



THE ARKANSAS ULTRA RUNNER

April 2017

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: runarkansas.com

Message From President George Peterka



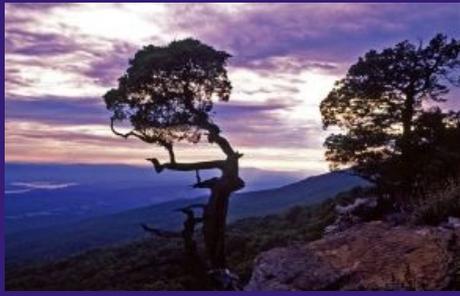
A lot of races have happened since the last newsletter. Spring is always a busy time running wise. Styx 'n Stones in March. Followed by Athens Big Fork Trail Marathon, Hot Springs N.P. Trail Run and the Ouachita Trail 50K/50M in April. As always, I wish to thank all the folks that helped put these races on.

The UTS series has one more race for points, the Mt. Magazine Trail Run. There a few awards that will be decided there. The awards will then be presented at the Catsmacker.

The Arkansas Traveller 100 has sold out - sooner than ever before.

Our Vice-President Deb Baker is relocating to Utah. We thank her for her service and wish her well but are sorry to see her go. So we are looking for a new VP. If you are willing to serve, we would appreciate it. There will be a club meeting and a VP election at the Catsmacker. The VP duties are not that demanding so we combined the VP position with UTS coordinator. This involves communicating with all the race directors to set up the UTS race schedule, assigning UTS miles for volunteers based on how much they worked, and buying and presenting the UTS awards as the awards ceremony. I handle the race results and do the UTS points calculation using a computer program. If you have any questions feel free to call me at [501-282-8090](tel:501-282-8090).

That's about all I got. Looking forward to seeing everyone at Mt. Magazine and at the Catsmacker. Oh, and thanks to Chris Baldwin for taking over the Catsmacker race director and to all the people that worked on Mt. magazine trail work.



Mount Magazine Trail Run

18 miles +/-

8:00am - Saturday, May 13, 2017
Mount Magazine State Park, Paris AR

Race Directors: Paul Turner & Deb Baker

UTS Race #15 - Fun Run

Come join us for the 5th Mount Magazine Fun Run. We'll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top.

Parking is limited. PLEASE carpool where possible!

This is a fun run and there are no entry fees but please register so we know how many to prepare for. Food will be provided after the run. There will be a donation can to help cover expenses.

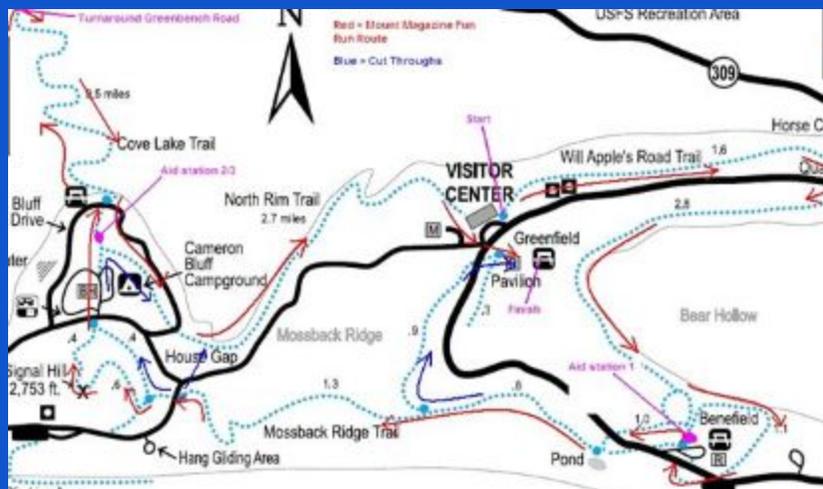
Directions:

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion - across the highway from the visitor center.

Answers to posted questions...

- Adult Beverages - If you want to bring your own adult beverages, that is ok; however, please be discrete!
- There are 2 aid-stations, the first is approx 5.5 miles in and will be water only, the second is approx 10.5 miles in, it will have water/gatorade/snacks.
- There is no time limit, and if you decide to drop down to 12 versus 18 miles, you can do that at the 2nd aid-station.
- If you bring food to share, that would be awesome. I will have a couple ice chests there, but limited room in them. If you have an ice chest you are more than welcome to leave it over with the others. There will be plenty of room in the pavilion.

Race Link: <http://www.runarkansas.com/MtMagazine.htm>



For lodging and camping information at Magazine go to
<http://www.mountmagazinestatepark.com/>
For more information on the race please contact PT



Catsmacker and Kitty Tickler Fun Run

Lake Sylvia Park

Saturday, May 20, 2017

6:45 Trail briefing, 7:00 am Start

22 mile/12 mile

UTS: Fun Run and King and Queen of the Trail Awards

New Race Director: Chris Baldwin

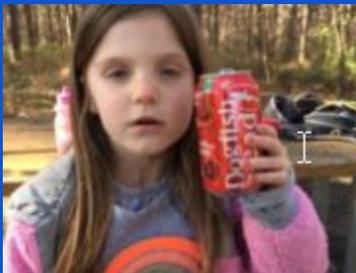
Catsmacker is just a few weeks away, please consider this your personal invitation to come join us in the Ouachita National Forest. The registration fee is \$0. With the glorious views (ask Deb Baker to show you the view of Pinnacle Mountain), perfect weather and miles and miles of grins and giggles you would be hard pressed to find a better deal anywhere.

If it's quite alright I would like to take this opportunity to go over a few of the organized activities

1) First come first serve T-shirt claim. We have made 100 T-shirts for the first 100 people to arrive that Saturday. Last year there were around 120 people at the event so make sure to get there early. FYI.. don't get there too early, gates aren't going to open until 6am.

2) Kurt Stein vacant beer pose. The Kurt Stein Beer Stein will be at Stacey and Tina's Aid Station (Brown's Creek). If you're interested in winning the Stein and being part of Catsmacker history have them take your pic for the contest. If you have no idea what I am talking about... where have you been?

Remember the look should be vacant like this:



Not a "come hither" look like this:



*winner will be chosen by Kurt Stein himself

3) The scavenger hunt. We have 5 ceramic Catsmacker plates to give away. Since Catsmacker is a fun run with no points, the awards will not go to the fastest runners but to those that are willing to do that little extra. Designated items will be hidden around the course and those that are willing to carry them back will be awarded the plates.. the items will mostly likely not very conducive to hold while running.



Rules!!!

While ensuring that the runners have a good time during Catsmacker is our top priority, keeping the forest service people happy runs a close second. Here is how you can help.

1) **No dogs** in the Lake Sylvia area. Nowhere at all past the gate. Not in your car. Not for just a second. No No No!!!! Any violations of this will most likely result in us not getting a permit to do this next year.

2) **Limit your trash**. Please bring your own drinking vessel and if possible pack out your own trash. (don't throw an empty 64oz bottle of Gatorade in the trash cans out there).

3) **Bring \$3 for parking** (...and a little extra to purchase a limited edition race koozie)

4) **Be nice** to the park service people

Race Link: <http://www.runarkansas.com/Catsmacker.htm>



FULL MOON NEWS

~from R.D. Susy Sturgeon



Race Info:

Get ready to get ready for the 25th Anniversary Full mOOn 50K & 25K!

This year's race is a celebration of the epic birthday bash started by Charlie Peyton to honor his amazing Trail Queen wife, Lou, back in 1992! The all night party and breakfast fest commences on Saturday, July 22. Big \$hot & Mama Lou are officially retiring, but their aid station will be

hosted by the crazy musings of Stacey Shaver and Chris Baldwin.

We're celebrating with bigger awards, better shirts, aid stations overstocked with your favorite tricks and treats and more!

Early Registration ends June 1. Be sure to sign up before then to take advantage of the \$40 fee for 25K and \$50 fee for 50K. This year, the price jumps to \$75 on June 1 for both races (no registration/transfers after July 2), so sign up early and often!

Be sure to tell everyone you know who might sorta kinda maybe be interested in running it to sign up! We sold out last year and more people contact me after the July registration deadline to sign up every year. Don't wait! Sign up today. If you get injured, decide to move, find something better to do, or otherwise change your mind, I'll be happy to transfer your entry to someone else or to the next year. Just don't get shut out by the deadline!

For details, photos, visit our website: www.fullmoon50k.com. To sign up, visit [Full mOOn 50k/25k](http://Full_mOOn_50k/25k) (at Runsignup.com), or complete and mail a registration form with your check.

We need volunteers! If you need ultra miles, are injured and can't run but don't want to miss the party, have a family member or friend running, or whatever, we can use you to help out on race day. You get a free shirt and full access to the fun! Visit our volunteers page and send in your volunteer registration today! www.fullmoon50k.com/volunteers



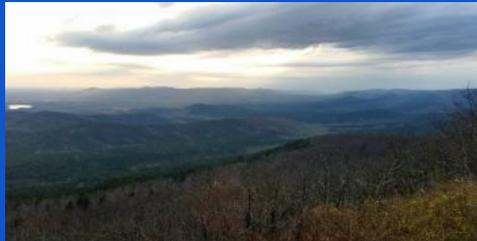
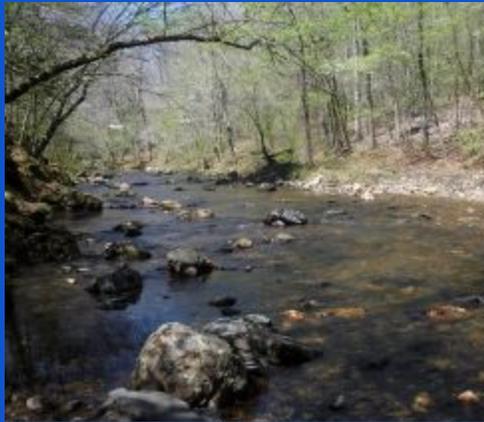
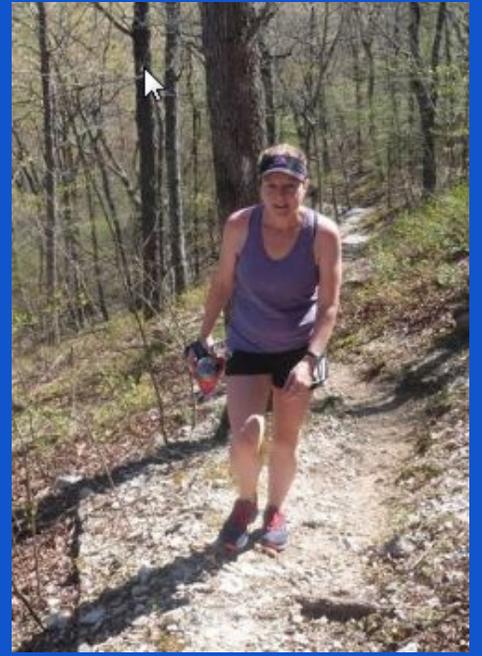
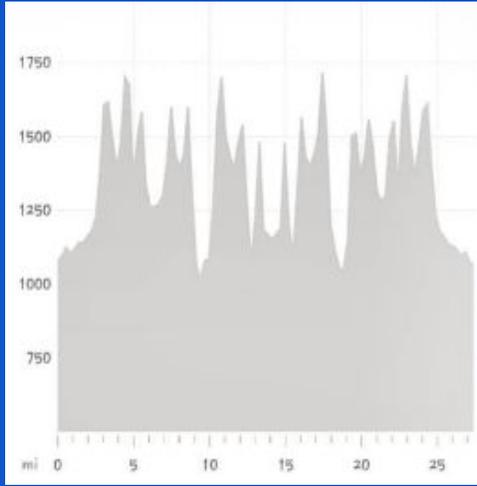
Athens Big Fork Marathon

UTS #11



Athens Big Fork Marathon

UTS #11



Athens Big Fork Marathon



Hot Springs National Park Race Report

~By Rob Wilson



It was a beautiful morning in Hot Springs, on a fine spring day in April. A great day to be outside and an especially great day for a run. Being new to trail running, and from the northeast part of the state, I don't know any of the regular faces that attend the AURA races. So that gives me a chance to observe more than most I think. There is a noticeable buzz in the air. Almost palpable if you will. Lots of chatter, lots of conversation from races past. Lots of laughter. I think this is part of the allure to trail running. The people that participate, in my experience, are more down to earth, more genuine I think. If you think about it, we are all more vulnerable in a way. We are leaving ourselves open for failure on a grander scale than someone who never commits themselves to this type of challenge. It takes such courage to sign up for some of these races. I think that sometimes people forget that these are real miles. Not just a number on a registration form. So, the potential for failure is there, it is real even for the most seasoned of runners. Most every trail runner knows that, and by knowing that they have more respect for the course, the distance, and the other runners involved. The running culture in general is great, but when you pare it down to trail runners, you have a special group indeed. So, I really enjoy observing everyone before the race.

However, as I said, it was a great day for a run. I think it was in the high 40's when George gave us the pre-race pep talk. There was less chatter as we all walked down the street to the Mountain Valley Spring building. I think everyone was getting set for the task at hand.

I started out a little more conservative than last year. A little slower in the beginning, especially on the first climb. It's easy to get caught up in all of the excitement and come out too strong. Hopefully I'm not the only one who does that. I had a plan going in and I felt like I stuck to that plan well enough. I ran with a couple of guys for the first 4 miles or so but I failed to catch their names once I had finished the race. The last time I saw them was around mile 8. Up to this point in the race, I felt pretty strong. I breezed through the first aid station with plenty of energy. I was mindful to remember my gels at each half hour mark while sipping my Tailwind slurry along the way.

I walked some of the more aggressive up hills, ran some of the less aggressive. I tried to make the most of the down hills. I rolled my ankle somewhere before the first aid station. This was of particular concern because it's been a little tender since running a marathon in December. I was hoping that rolling it didn't seriously injure it. It was a little weak for a mile or so, but I forgot about it after a while.

Last year, right before mile 9, a handful of us got mixed up on where to go. It was obvious once it was pointed out to us where the trail was, but difficult if you didn't know. It looks like they maybe had a few of us in mind, because it was well marked this year.

I still felt good leaving the second aid station around mile 11. As everyone who ran on Saturday can testify to, we had to run uphill for a while after the last aid station. Being from the rice fields of Northeast Arkansas, I have a hard time training for the kind of hills most of you see every day. Miles 12 through 15 were my worst of the whole race. I lost a minute per mile, two minutes on mile 15. That stretch of trail was by far the lowest point of the race for me. Some of the up hills had me to a slow walk in some instances. Somewhere in that stretch I came to the campground that George referred to in his pep talk. I was glad to see it because I was almost out of water. Once I refilled, I was back at it. Pushing as hard as I could. It was along the next mile or so, I got passed by a few fellow runners. If any of you, are as competitive as I am, then you will know good and well how this makes you feel. I was already beating myself up for slowing down so much on the up hills, but once I started getting passed, I had to figure something out. Luckily, things got a little easier. The trail decided to have a little mercy on me. It flattened out somewhat and I found my second wind. My legs felt good, despite the previous climb and I finally started to make up a little time.

Once the race was over and I got a chance to look at the data, I found that the last two miles were my fastest of the race. When I came out on Fountain Street, I pushed as hard as I could.

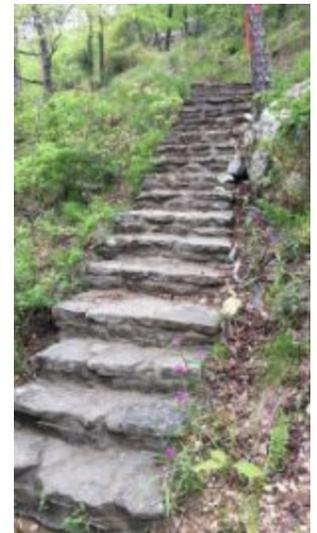
Hot Springs National Park Race Report

~By Rob Wilson

When I rounded The Arlington, I glanced at my watch and I was running a 7:30 pace. I was back on flat ground again, and I still had little bit of that second wind.

It felt good to finish within my goal this year. Last year I was one minute over my goal time at 3:31. I was completely exhausted. I didn't have enough energy to eat lunch after last year's race. Not for a while anyway. This year I improved by 20 minutes with a time of 3:11. I still had lots of energy once my run had concluded so my wife and I stayed at Fat Jacks for lunch and a little conversation.

It feels good to see all the hard work payoff. I always tell people that you absolutely get out of it, what you put into it. Maybe next year I'll be able to get in under 3 hours. Just maybe.



Styx n' Stones -

~by Tina Mitchell

I've always had intentions of participating in the Styx n' Stones Trail run, but every year some conflict/injury would arise, preventing me from running. This year I had nothing planned (woohoo!) and was excited to run this one. I had only mountain biked Devil's Den before, so I was really looking forward to experiencing it with my 2 feet.

My friend and running partner, Katie, decided she would join me, and we were going to try and campout the night before. Being Spring Break weekend, there were no open campsites at the park, or anywhere remotely close (omen #1). We decided to take our chances at White Rock and drive to the race start early. During our trek up the NW corner, we were conversing with Shelley Sparks (our favorite little hellcat from Louisiana) and learned that she had reserved the last spot at Devil's Den. Score! We would crash her site, and help her set up when she rolled in later that night.



On our way up to the northwest corner, we drove through some really rough thunderstorms. Luckily, the rains abated and we were able to set up our tents without getting completely soaked. Just a bit later, we noticed that more and more run-off water from the rain was creeping into our campsite (omen#2). We ended up searching for some higher ground to relocate our tents. Worst case scenario, we would sleep in the truck. Thankfully by the time Shelley arrived, the water had already started to recede.

Race morning arrives and our trio is fed, caffeinated and ready to go! We head to the race start, grab our numbers, donate some money, and say hi to a few other running friends. The race starts at the



day-use pavilion which is right By the spillway. You could easily see from the volume of water moving through the spillway that we were going to be in for a super wet slog. Race Director Mark DenHerder briefs our group of both 30k and 15k runners, and with little fanfare, sends us on our way.



We all started out running along Lee Creek, and then turned to head up the Yellow Rock Trail. We were immediately welcomed by massive rock walls and overhangs, flowering redbud trees and, oh yeah, some steep climbs. We made our way up the switchbacks as the sun started to come out from behind the clouds, and it looked as if we would catch a break and finally see some good weather for the rest of the race. We continued to run and take in the beautiful landscape through the cedar trees, rock hopping through the creek beds, trying not to get our feet wet too early.



It wasn't that far into the run when we popped out on the overlook at Yellow Rock. What an amazing view of Lee Creek and the valley! I asked some fellow runners to pose for an awesome photo op, to which they happily obliged. Little did we know what treats were awaiting us further down the trail.

After taking in the views and some pictures, we got back on the trail. It wasn't too long when the front of our pack ran into Mark - informing them that we were NOT on the proper trail (omen #3). Some directions were given, but they were bit confusing (horseshoe as a sign VS. horseshoe as a geographical formation). We spent the next hour trying to get back on true trail, during which it started raining again (omen #4). After some



Styx n' Stones -

~by Tina Mitchell

attempts at getting a phone signal and pulling up a map (thanks Cassie!), Katie and I tried to put our rusty navigation skills to work. We headed back to the spur where we saw the horseshoe, and started up what we thought was the trail. It was difficult to tell since the boys in charge of sweeping the trail had already come through to remove the trail markers (omen #5). We depended on footprints in the muddy trail to guide us to the aid station at mile 4. The aid station workers seemed relieved to see us, and stated they stopped the flag removal there, and we'd have markers through the rest of the course.

In hindsight, I'm glad those boys were efficient in removing the markers. Sometimes we get caught up in running against the clock, but that morning, about a dozen of us hung in a pack, learned names, swapped stories and laughed at being lost.

I barely made it to the 9-mile checkpoint in time (10:50a was the cutoff), but I was happy I would get to finish the 30k. The 2nd loop wasn't anything like the 1st. At this point on the trail, I was on my own and didn't see another soul,

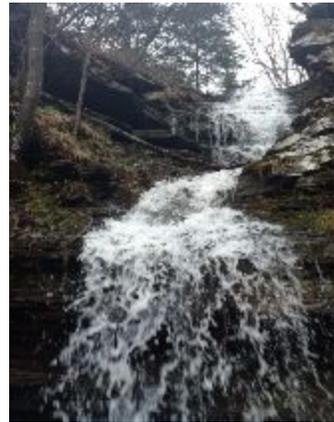


except for the chilled aid station workers. I spent the next 2 hours running by myself, through the ethereal mist, the waterfalls and the mud, a hoopin' and a hollerin' like a little kid, embracing the Deb Baker mantra of "enjoy it".

I was glad to finally see the pavilion again, running in and meeting my friends with mud and a big smile plastered on my face. We hung out by the fire, eating chili cheese fries and drinking our favorite recovery beverages. I believe we all got a chance to exercise our demons.



Big thanks to Devil's Den SP and the DenHerder Family for hosting us!



Message From The Editor - Stacey Shaver

Wow, what a busy month AURA had! Styx n' Stones, Athens Big Fork, Hot Springs N.P. Trail Run, AND the OT 50!!!! Congratulations to all who ran our events this past month and a big thank you to all who came out to volunteer or support!

The big culminating AURA Ultra Trail Series event is always the fun and festive Catsmacker. This is an opportunity for us all to share our stories, catch up with one another, and to celebrate the success of those who participated in the UTS. I hope you will join us!



The majority of our events are free but they still cost money to put on so I encourage you to always bring cash to put in the donation can so the Race Directors aren't out the expense. I also want to emphasize the importance of following the rules. Getting permits are NOT easy and any misconduct by any runner during one of our events can result in the death of a race via our inability to get a permit. The permit powers that be can make it very tough so please follow the rules given by the race directors. Thank You!

Finally, let me say HUGE THANK YOU to Rob Wilson and Tina Mitchell for your contributions this month!

Link to UTS Calendar- <http://www.runarkansas.com/UTSraces.htm>

~Stacey Shaver-Matson~
mverunnergirl@gmail.com

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.

Styx N' Stones 30k Results

30K (2016-2017 UTS Race #10)

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jake Anderson	Mountain Home	M	35	2:23:35
2	Aaron Dickens	Van Buren	M	35	2:31
3	Jedd Kirby	Poteau, OK	M	33	2:36:20
4	Daniel Arnold	Benton	M	31	2:36:27
5	Charles Konzelman	Fort Smith	M	55	2:37:12
6	Tommy Griffin	Mountainburg	M	33	2:39
7	John Haddock	Springdale	M	50	2:39:51
8	Matthew Pickard	Conway	M	36	2:43:30
9	Justin Bland	Fayetteville	M	35	2:59
10	Randy Soeung	Springdale	M	36	3:02
11	Whitney Kirby	Poteau, OK	F	32	3:05
	Joshua Scherrey	Fort Smith	M	44	3:05
13	Bruce Wood	Sherwood	M	54	3:07
14	Jon Bitler	Fayetteville	M	45	3:08:23
15	Lindsey Beng	Greenwood	F	33	3:10
16	Henry Turner	Fayetteville	M	50	3:11:25
17	David Stafford	N. Little Rock	M	33	3:17
18	Brett Nguyen	Fort Smith	M	48	3:17:15
19	Deb Baker	Little Rock	F	54	3:18
20	Todd Guin	Springdale	M	52	3:25:02
21	Jake Van Lear	Springdale	M	40	3:31
22	Michael Fannell	Fort Smith	M	54	3:38
	Bennard Tougas	Fort Smith	M	44	3:38
24	Erwin Van Vroenhoven	Thorpe Ashbourne, UK	M	49	3:39
25	Christian Bortis	Broken Arrow, OK	M	30	3:40
26	Jim Tadel	Monticello	M	60	3:47:15
27	Mario Duran	Springdale	M	34	3:49
	Kevin Robbins	Mountainburg	M	40	3:49
29	Alan Hunnicutt	Berryville	M	63	3:54
30	Max Washausen		M		3:55:41
31	Brian Davis	Westville, OK	M	34	3:56:28
32	Cliff Fennen	N. Little Rock	M	61	3:56:57
33	Megan Gaarder	Fayetteville	F	33	3:57:19
34	George Peterka	Hot Springs	M	57	3:57:20
35	Shelley Sparks	Farmerville, LA	F	44	4:02
36	Shane Capps	Springdale	M	41	4:06
37	Michael Parker	Carlisle	M	60	4:09
38	Cassie Brown	Fayetteville	F	34	4:24
	Bobby Le	Fayetteville	M	39	4:24
40	Emily Gabbard	Conway	F	44	4:28
41	Tina Mitchell	N. Little Rock	F	43	4:57
42	Wesley Leach	Oppelo	M	61	5:52:48

15K

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Tommy Brennan	Poteau, OK	M	45	1:31
2	Megan Brockman	Springfield, MO	F	29	1:32
3	Brad Cothran	West Fork	M	33	1:43
4	Jeff McCollough	Van Buren	M	54	1:52
5	Andy Jennings	Springdale	M	31	1:58
	Shaun Penny	Springdale	M	38	1:58
7	Curtis Ralston	Fort Smith	M	45	1:58:32
8	Joshua McPadden	Fayetteville	M	38	2:07
9	Casey Dixon	Bentonville	F	42	2:08
10	Andy Williams	Fort Smith	M	35	2:11
11	David Hatley	Texarkana	M	25	2:17
12	Andrew Morris	Pryor, OK	M	32	2:24
	Morgan Morris	Pryor, OK	F	23	2:24
14	Isaac Barnoskie	Vian, OK	F	34	2:25
	Joan Barnoskie	Vian, OK	F	58	2:25
16	Jon Licon	Conway	M	28	2:32
17	John Sheridan	Haskell, OK	M	61	2:34
18	Jessalyn Halsted	Rogers	F	30	2:37
	Allison Horis	Ridgedale, MO	F	31	2:37
20	Braylin Richardson	Van Buren	M	22	2:39
21	Tracey Heath	Goodman, MO	F	49	2:40:27
22	Shelby Headrick	Siloam Springs	F	42	2:41
	Jeff Jones	Siloam Springs	M	46	2:41
24	Jono Becker	Tulsa, OK	M	42	2:46
	Justin Becker	Owasso, OK	M	25	2:46
	Nikki Tuck	Tulsa, OK	F	42	2:46
27	Che' Kinnard	Fort Smith	M	46	2:47
	Tammy Railey		F		2:47
29	Katie Liermann	Little Rock	F	47	3:13
	Sarah Losh	Siloam Springs	F	43	3:13
31	Angie Stewart	Fayetteville	F	36	3:19
32	Lauren Harrington	Conway	F	48	3:20
	Tim Harrington	Conway	M	47	3:20
	Thaveep Leach	Oppelo	F	62	3:20
	Ethan Dudley	Springdale	M	27	3:20
	Augustus Reed	Conway	M	25	3:20
	Deborah Baldrige	Habelvale	F	52	3:20
38	David Taylor	Condova, TN	M	34	3:52

Other

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Lionel Burnett	Fort Smith	M	56	2:47	15K DQ
2	Lisa Gunnoe	Judsonia	F	50	2:53	9.42 miles
	Eddy Light	Judsonia	M	54	2:53	9.42 miles
4	Brian Darnell	Conway	M	35	3:05	15K off course

Athens Big Fork Marathon Results

Marathon (2016-2017 UTS Race #11)

Place	Name	City	Sex	Age	Time
1	Justin Walker	Tulsa, OK	M	37	4:50:50
2	Marc Gill	N. Little Rock	M	40	5:07:38
3	Chris Ho	N. Little Rock	M	42	5:12:31
4	Aaron Dickens	Van Buren	M	35	5:21:56
5	John Haddock	Springdale	M	50	5:25:50
6	Kyle Grady	Memphis, TN	M	43	5:34
7	Rachel Furman	Little Rock	F	33	5:42:44
8	Ian Rogers	Little Rock	M	22	5:50:06
9	Bruce Wood	Sherwood	M	54	5:51:15
10	Josh Snyder	Poteau, OK	M	34	6:00:44
	Paul Turner	Conway	M	53	6:00:44
12	Chad Wooderson	Blue Springs, MO	M	42	6:02:23
13	Will Landreth	Fayetteville	M	31	6:03:25
14	Aaron Baka	Benton	M	25	6:08
15	Tony Baily	Heber Springs	M	43	6:14
16	Kevin Golden	Maumelle	M	50	6:17
	Donja Reel	Little Rock	F	28	6:17
18	Cale Rogers	Stillwater, OK	M	26	6:21
19	James Martin		M		6:22
20	Bill Coffelt	Bentonville	M	57	6:23
21	Chris Wear	Fort Smith	M	39	6:29
22	Nate Smith	Alexander	M	52	6:31
23	Brock Wooderson	Blue Springs, MO	M	14	6:38
24	Chris Oles	Keller, TX	M	43	6:40
25	Rusty Harvey	Gassville	M	31	6:44
26	Deb Baker	Little Rock	F	54	6:55
27	Brett Nguyen	Fort Smith	M	48	6:55:10
28	George Peterka	Hot Springs	M	57	7:04
	Maceo Davis	Paragould	M	23	7:04
30	Cliff Fennen	N. Little Rock	M	61	7:10:07
31	Brandy Risner	Hot Springs	F	34	7:11:40
32	Jason Annitage	Hot Springs	M	44	7:11:42
33	Kendell Snyder	Jacksonville	M	55	7:18:33
34	Shelley Sparks	Farmerville, LA	F	44	7:21
35	Steve Griffin	Dallas, TX	M	59	7:26
36	Charles Redditt	Conway	M	48	7:27
37	Tina Mitchell	N. Little Rock	F	44	7:38:42
38	Erin Miller	Hot Springs	F	40	7:48:36
	Corbett Sanders	Hot Springs	M	45	7:48:36
40	Randy Windle	Hot Springs	M	37	7:48:59
41	Ronnie Joiner	Paragould	M	50	7:59
42	Curtis Ralston	Fort Smith	M	45	7:59:59
	Sean Coughlan		M	44	7:59:59
44	Jim Sweatt	N. Little Rock	M	61	8:10
45	Stephen Rush	Jonesboro	M	36	8:23
46	Alan Hunnicutt	Berryville	M	63	8:42
47	Angie Stewart	Fayetteville	F	36	8:44
	Chris Davis	Hot Springs	M	44	8:44
49	Joel Gill	Little Rock	M	38	8:48
50	Kim Johnson	Harrison	F	48	8:49
51	John Sheridan	Haskell, OK	M	61	9:00
52	Elizabeth Kimble	Little Rock	F	31	9:01
	Jeri Chapin	Sheridan	F	38	9:01
54	Tasha Deen	Little Rock	F	34	9:37
	Patrick Barker	Little Rock	M	53	9:37
56	Lisa Gunnoe	Judsonia	F	50	10:57:42

17-Mile Blaylock Creek Fun Run

Place	Name	City	Sex	Age	Time
1	Daniel Arnold	Benton	M	32	3:41:30
2	Kyle Martin	Hot Springs	M	35	3:55
3	Chelsea Dickens	Van Buren	F	31	3:56
4	Kevin Robbins	Mountainburg	M	40	4:41
5	Jim Tadel	Montice	M	60	4:41:15
6	Alan Martin	Dallas, TX	M	56	4:41:21
7	Scott Vacca	Mena	M	41	5:00:39
8	Kathy Gray	Conway	F	40	5:12:20
9	Andy Williams	Fort Smith	M	35	5:13:11
10	Missy Ezel	Little Rock	F	44	5:51:16
11	Louis Chalfant	Hot Springs	M	42	6:02:05
12	Lionel Burnett	Fort Smith	M	56	6:20
13	Joshua Drake	Hot Springs	M	48	6:29:52
14	Christi Lawhon	Jacksonville	F	40	6:29:56
15	George Harris	Greenwood	M	55	6:35
16	Andi Stracner	N. Little Rock	F	43	6:35:24
17	Eddy Light	Judsonia	M	54	7:02

Other Distances

Place	Name	City	Sex	Age	Time	Distance
1	David Samuel	Mount Ida	M	73	2:41:29	7.2 Miles
2	Katie Liermann	Little Rock	F	47	3:43	12 Miles
	Patre Williams	Maumelle	F	44	3:43	12 Miles
4	Hobby Chapin	Sheridan	M	37	9:24	22 Miles
5	Josh Hinojosa	Rogers	M	34		22 Miles
	Summer Hinojosa	Rogers	F	32		22 Miles

Hot Springs National Park Trail Run

18 Miles (2016-2017 UTS Race #12)

Place	Name	City	Sex	Age	Time
1	Adam Bradbury	Bryant	M	31	2:18
2	Nathan Smith	Alexander	M	32	2:22
3	Chris Ho	N. Little Rock	M	42	2:27:12
4	Ian Rogers	Little Rock	M	23	2:29:40
5	Dustin Wiltcher	West Monroe, LA	M	33	2:29:49
6	Robert Mooney	Sherwood	M	42	2:32
7	John Haddock	Springdale	M	50	2:33:39
8	Jonny Digby	Little Rock	M	34	2:54:15
9	Bruce Wood	Sherwood	M	54	2:54:45
10	Caroline Sutherland	Texarkana, TX	F	46	3:00
11	Lance Biggers	Little Rock	M	35	3:00:52
12	Alan Krenzelo	Hot Springs	M	60	3:00:53
13	James Fountain	Jessieville	M	43	3:01
14	Malcolm Smith	Texarkana, TX	M	54	3:07
15	Mark Sutherland	Texarkana, TX	M	54	3:09:30
16	Erin Brunner	N. Little Rock	F	27	3:09:56
	Bee Wilkerson	Russellville	F	26	3:09:56
18	Deb Baker	Little Rock	F	54	3:10:25
19	Robin Wilson	Jonesboro	M	37	3:11:39
20	Bill James	Hot Springs	M	47	3:21:44
21	Jason Arnitage	Hot Springs	M	44	3:21:45
22	Randy Windle	Hot Springs	M	37	3:24:24
23	Bethany Mooney	Sherwood	F	33	3:25:45
24	Tabatha Park	Royal	F	48	3:28:14
25	Corbett Sanders	Hot Springs	M	45	3:33:10
26	Chris Davis	Hot Springs	M	43	3:33:21
27	Nicole Bradbury	Bryant	F	30	3:34:46
28	Jen Freilino	Little Rock	F	32	3:35:07
29	Josh Stewart	Sheridan	M	40	3:39:01
30	Kurt Hauser	Hot Springs	M	52	3:39:50
31	Justin Cloar	Little Rock	M	45	3:48
32	Hobby Chapin	Sheridan	M	37	3:56
	Brady Paddock	Texarkana	M	50	3:56
	Jim Sweatt	N. Little Rock	M	61	3:56
35	Christina Payne	Texarkana, TX	F	46	3:59
	Jennifer Thompson	Texarkana, TX	F	47	3:59
37	Stephen Rush	Jonesboro	M	36	4:01:58
38	Tina Ho	N. Little Rock	F	52	4:02
	Keith Francis	Hot Springs	M	56	4:02
	Jonathan Young	Benton	M	35	4:02
41	Cliff Fennen	N. Little Rock	M	61	4:13
42	Erin Miller	Hot Springs	F	40	4:14
	Kevin Scott	Hot Springs	M	39	4:14
44	Bill Elmore	Little Rock	M	57	4:15
45	Patrick Barker	Little Rock	M	53	4:18
	Liz Francis	Hot Springs	F	56	4:18
47	Pamela Messenger	Hot Springs	F	51	4:19
48	Bryant Highfield	Fort Smith	M	24	4:25
49	Braylin Richardson	Van Buren	M	22	4:26
50	Christopher Payne	Texarkana, TX	M	47	4:44
51	Johnny Eagles	Little Rock	M	65	4:45
52	Lauren Caldwell	Kansas City, MO	F	31	4:50
53	Thaveep Leach	Oppelo	F	62	5:26:40
	Eddy Light	Judsonia	M	54	5:26:40
	Wesley Leach	Oppelo	M	61	5:26:40