

ARKANSAS ULTRA RUNNER
ASSOCIATION

WWW.RUNARKANSAS.COM



UPCOMING
RACES & EVENTS



Three Days Of
Syllamo



UTS
Standings

AURA NEWS



Letter From the President

First I wish to thank Lisa Gunnoe, PoDog and their volunteers for putting on the White Rock Classic 50K. It was a great race with 114 participants.

Next I wish to thank Dustin and Rachel Speer and all their volunteers for the LOVIT 100. Unfortunately bad weather forced the race to be cancelled. That was a real shame because a lot of work went into preparation for it.

Next I wish to thank Mark Denherder, his family, and volunteers for putting on the Styx n' Stones race. We had nice weather, maybe a little on the warm side for some folks, but we were able to run the full course because the creeks were low. I think the last 2 years they had to shorten the course due to high water in the creeks. We had 66 finishers.

A big thanks goes out to all the folks that recently cleared the OT50 course. Lisa Mullis organized it and brought food. In spite of the weather we had a good turnout from both the AURA and CATA folks. I really appreciate all the help we get from people volunteering in putting these races on. We couldn't do it without you.

That's about all I have. Looking forward to seeing everyone at the OT50.

Ouachita Trail 50

Race #14 of AUARA UTS

Saturday, April 21

6am at Maumelle Park, Pavilion #8

Packets:

Race packets may be picked up at Pavilion 8 from 4-7pm Friday or 5-5:45am on Race Morning

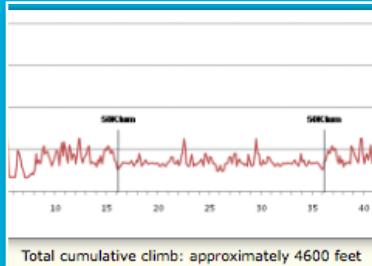
Course: Beginning with a two mile section of road connecting Maumelle Park to Pinnacle Mountain State Park and the Ouachita Trail trailhead, the course features a picturesque climb over and around Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle on the Ouachita National Recreation Trail. Most of the Ouachita Trail is a scenic, rocky, single-track foot path. The trail is permanently marked with blue blazes. Turns are marked with two blue blazes. Additional markers (blue and white striped ribbon) will also mark the course. The Pinnacle Mountain trails and loop are utilized on the "out" portion only. 50K participants will be diverted off of the OT around the 16 mile point and will follow a different approach to the Northshore Aid Station. The course involves several highway crossings, and there will likely be no traffic control. Please be responsible and be careful! NOTE: If conditions are wet, the course may be rerouted to avoid the top of Pinnacle Mountain. This is due to safety concerns and is mandated by the state park.

Aid: Eleven staffed aid stations for 50 mi; seven for 50k. (see mileage/aid chart online) Carrying at least one fluid bottle is HIGHLY advised.

Cut-off Times: There is a 13 hour time limit for both races. Runners registered for the 50 Mile have the option to change to the 50k during the race. To continue the 50 Mile race, a runner must exit the Northshore aid station by 10:15am (outbound) and 3:30pm (returning) and the Turnaround by 12:50pm.

Race Website: http://www.runarkansas.com/OT50/OT50Gen_Info.htm

OT 50 Trail Race



Race Director:

Chrissy Ferguson

Email:

OT50@RunArkansas.com

Phone:

501-803-9411

Mount Magazine Trail Run

Race #15 of AUARA UTS

Saturday, May 12th

8am @Mount Magazine State Park, Paris, AR

Come join us for the Mount Magazine Fun Run. We'll start just north of the visitor center (see map online), 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. Contact PT if you have any questions. Food will be provided after the run. **There will be a donation can to help cover expenses.**

Directions:

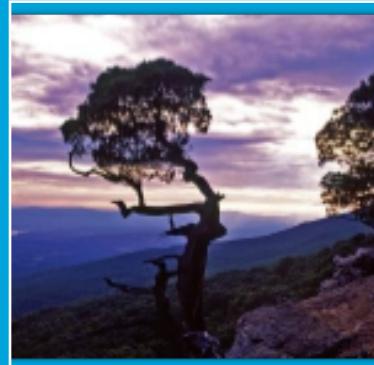
Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion - across the highway from the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

Many thanks to Mt Magazine State Park, and the Forest Service (Mt Magazine RD) for helping to make this possible.

For lodging and camping information at Magazine go to
<http://www.mountmagazinestatepark.com/>

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

Mount Magazine Trail Run 18+/-



Race Director
Paul Turner

Email
runninpt@gmail.com

Cat Smacker

*Race #1 of AUARA UTS
Saturday, May 19th
7am at Camp Ouachita*

Features:

Distance- 22 miles

Terrain- plenty of hills

Surface- forest roads/single track/double track

Also there will be a 12 mile Kitty Tickler option

Course Description

The roads/trails used, in order, for The Catsmacker course:

- FSR 152 (from Start at Camp Ouachita) turning Right on FSR 132
- FSR 132 staying straight on FSR 94
- FSR 94 turning right on FSR 805
- FSR 805 turning right on HWY 324
- HWY 324 to finish at Camp Ouachita
- The Kitty Run course is the same as above with one deviation that is seen on the map.
Approximately 3.5 miles into the course the Kitty run incorporates the Ouachita Trail for 1.5 miles and then turns back right onto FR 805.

Course marking will consist of signs, flagging with colored ribbon, and flour to mark directional information. In general, the focus is on marking turns and intersections. "Confidence" markings will be relatively rare. We recommend that participants print off maps if they are unsure of the course.

Queens and Kings of the Trail!

The 2017-2018 Ultra Trail Series awards ceremony will be held after the run. This is a NO-POINTS UTS run. It is the season-closer and basically a celebration of the end of another amazing year in Arkansas ultrarunning. A chance to close out the year with your closest friends.

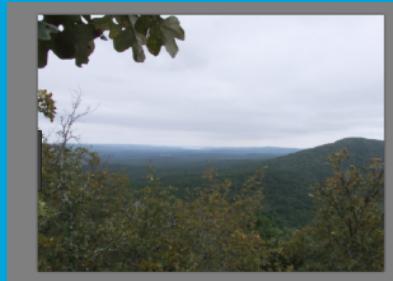
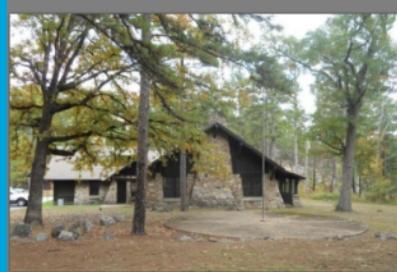
Race Website:<http://www.runarkansas.com/>

[Catsmacker.htm](#)

Registration:<https://www.runrace.net/findarace.php?>

Cat Smacker & Kitty

Tickler Fun Run



Race Director

Chris Baldwin

Email

ccbaldwin73@hotmail.com

Three Days of Syllamo

by Ashley O'Neill

March 16-18 2018, Blanchard Campground

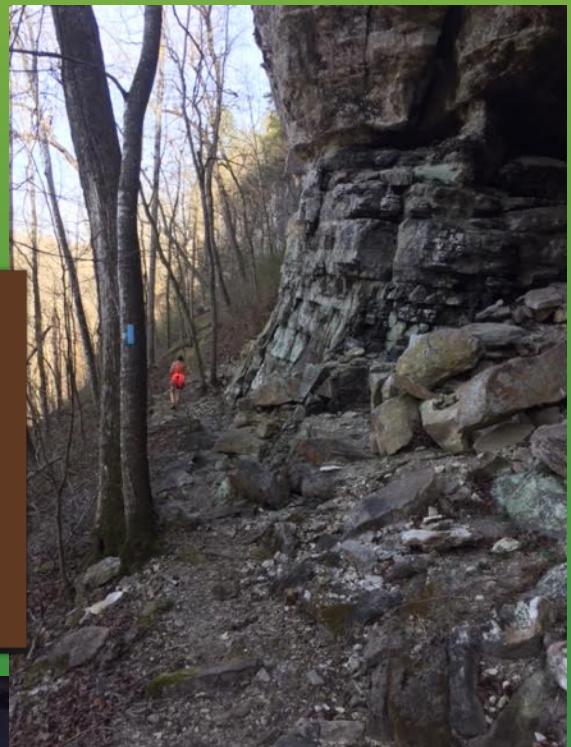
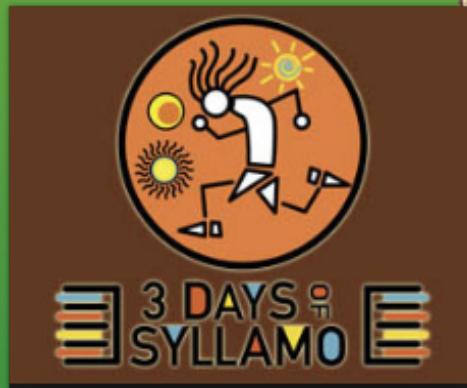
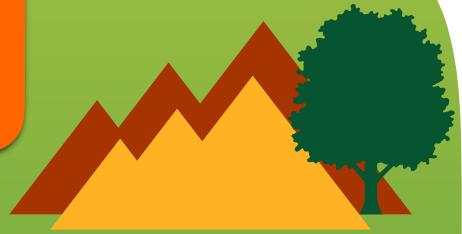
Signing up for 3 Days of Syllamo had been on my mind for a while, but the idea of it was daunting. I had no idea how to train for a stage race. Would back-to-back long runs be enough? How much training would be too much? Too little? Could I hike a fair amount of it and still make the cutoffs? While I was familiar with parts of the Sylamore and Ozark Highland trails, there would be big sections of trail I had never been on before, which excited me. I had my good friend Chris Bettis with me Friday a.m. for the 50k. We started out surrounded by smoke from the controlled burn happening that week. Luckily, after a few miles, we were out of that and had clean air to breathe. I kept to the back-of-the-pack because I knew we had lots of miles to cover over the next 3 days. Plus, I am slow! The trail was marked well, though this didn't stop me from missing a turn on the way back. Luckily I didn't have to backtrack but a few minutes to get back on the trail. All-in-all, Friday was fun and "totally manageable" in terms of elevation, etc.



Saturday a.m. came fast and early; it was also heating up quickly. Chris and I were anxious about this day because of the 14-hour cutoff and the impending elevation gain, since the 50k had been not so bad. The first part of the trail was familiar to me from Sylamore 50k runs. However, if anyone has ever thought, "I wonder what the trail is like after Barkshed AS?" I can fill you in. Hills. Rocks. Hills. Also, hills. This day was filled with *chasing cutoffs* at pretty much every aid station. It was also hotter than I expected so that made it hard to keep eating and drinking. Thanks to Faye McConnell for helping me just barely make the last aid station cutoff after the turnaround (by the way, NO ONE asked me about what the secret word was, which I would have been glad to YELL, with expletives, after coming up that hill)! And to Billy Simpson and others who encouraged us to keep going and not stop! All of the AS volunteers were wonderful. The camber of the trail was not great and did no favors for my feet and IT bands, but I really wanted to try to finish under cutoff, and I just barely made it in 13:54 and change. I nearly cried coming in to that finish line.

Sunday a.m. came and I wavered on whether or not to start; my right foot was feeling it from the slanted trail the day before. I opted to go on and do those last 14. I'm glad I did because I think the views were some of the best of the 3 days. This was definitely my hardest race to date! DFL for the stage, but I finished! During the 50 miler, I thought, "one and done, don't need to do another stage race," and Sunday afternoon, I thought, "well, maybe I'd do it again."

Three Days Of Syllamo



Day One 50k
Day Two 50 Mile
Day Three 20k

MAR/APRIL 2018

ARKANSAS ULTRA RUNNER ASSOCIATION

UTS STANDINGS

WOMEN

Rank	Name	FM	NEB	AT	HSNP	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	RCM	50k OT	50m OT	MAG	Total
1	Elizabeth Kimble	38		106	37				41.11	48	59		27		55	54				465.11
2	Kimmy Riley	32	52		31		43.5			37	31	51	36		44					357.5
3	Tina Mitchell		63		48			36.71		31	16		27			43				264.71
4	Chrissy Ferguson		41	52	22		43.5						18		33	32				241.5
5	Missy Ezel	14	29	43			47.37		13	6		10		24	26					212.37

MEN

Rank	Name	FM	NEB	AT	HSNP	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	RCM	50k OT	50m OT	MAG	Total
1	Daniel Arnold	70	17	111	67	51	40.87			52	57	55	53		58	34				665.87
2	Shane Poland	36	76			62		60.28		63	68	44	36			62				507.28
3	Stan Ferguson	42	36	95	33	28	50.09			35	46		42		47	40				494.09
4	Justin Cloar	8	10	48	8	12		53.83		7	9	27	8		24	16				230.83
5	John Haddock	24	26	81	39	34					20									224

MASTER FEMALE

Rank	Name	FM	NEB	AT	HSNP	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	RCM	50k OT	50m OT	MAG	Total
1	Kimmy Riley	34	50		34		45.68			46	35	51	35		53					383.68
2	Tina Mitchell		61		45			38.55		35	26		29		53					287.55
3	Chrissy Ferguson		39	62	28		45.68						23		42	42				281.68
4	Missy Ezel	28	27	51				49.73		17	11		14		31	31				259.73
5	Shelley Sparks	45		89						57	26									217

MASTER MALE

Rank	Name	FM	NEB	AT	HSNP	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	RCM	50k OT	50m OT	MAG	Total
1	Stan Ferguson	61	48	108	40	47	52.6			48	64		50		56	58				632.6
2	Justin Cloar	11	9	54	16	24		56.52		19	14	42	11		34	30				320.52
3	John Haddock	50	36	92	51	58					33									320
4	Podog Vogler		30			36	47.06				21		33		45	36				248.06
5	Jim Tadel	15	7	45	6		27.68				33	53	15		22	24				247.68

GRAND MASTER FEMALE

Rank	Name	FM	NEB	AT	HSNP	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	RCM	50k OT	50m OT	MAG	Total
1	Kimmy Riley	43	57		54		50.02			51	41	51	43		52					442.02
2	Chrissy Ferguson		46	101	43		50.02						32		41	51				364.02
3	Lisa Gunnoe	26	29		26	41		53.58												175.58
4	C. McAdam Marx	54									52		54							160
5	Melissa Martin	32	35				43.35					26								136.35

GRANDMASTER MALE

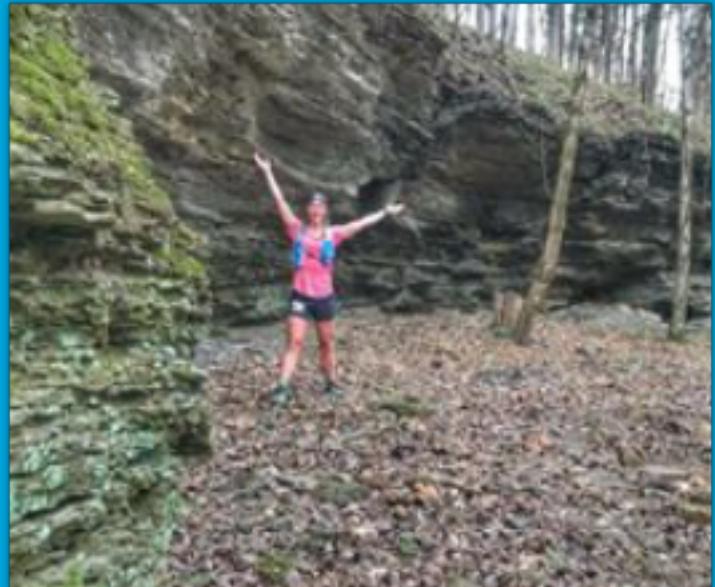
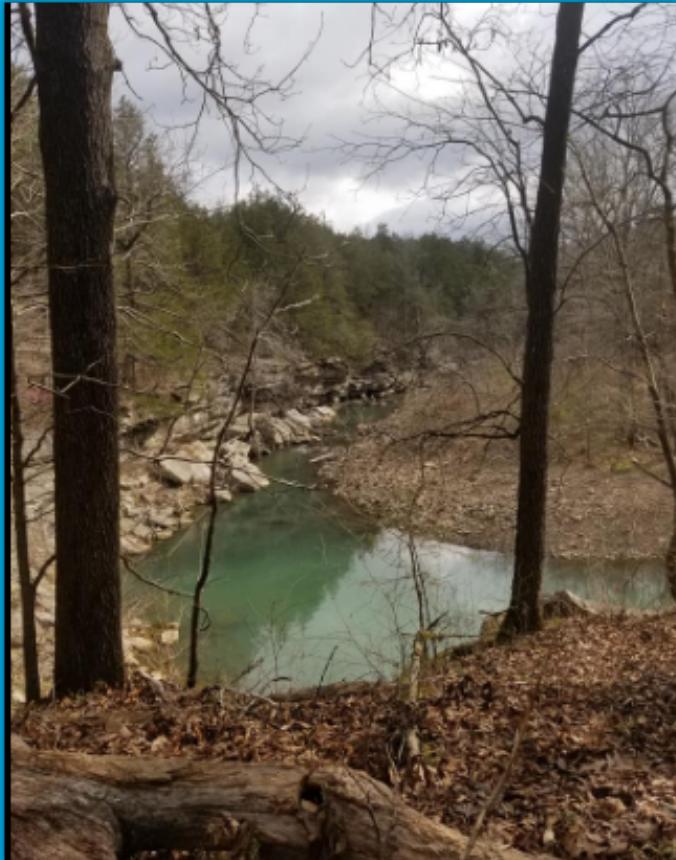
Rank	Name	FM	NEB	AT	HSNP	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	RCM	50k OT	50m OT	MAG	Total
1	Stan Ferguson	57	52	106	47	43	57.6			55	60		46		55	56				634.6
2	John Haddock	46	41	90	58	54					29									318
3	Jim Tadel	23	10	63	18		30.32				29	52	23		27	34				309.32
4	Alan Hunnicutt	29	23		30	26	47				4	41	17		33	22				272
5	Podog Vogler		35			32	51.54				17		35		44	45				259.54

SENIOR WOMEN: Thaveep Leach 90 points & Dottie Rea 41 points

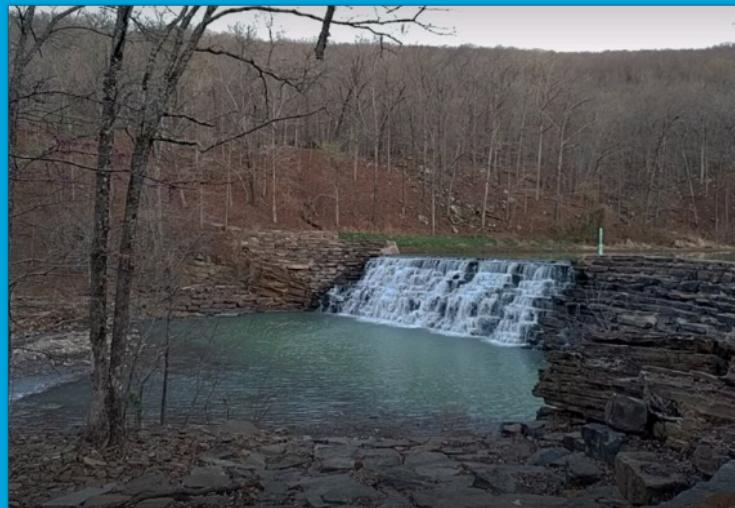
SENIOR MEN: Jim Tadel 514.27 pts, Alan Hunnicutt 460.13pts, Cliff Ferren 269.28pts

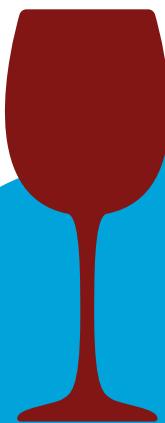
Styx N Stones

2018



ENTERING
OZARK NATIONAL FOREST
65,000 ACRES OF
MARKED & UNMARKED
MULTIUSE TRAILS
•HIKERS AND BIKEERS ARE REQUIRED
TO REGISTER AT VISITOR CENTER
•HUNTING IS ALLOWED
•DO NOT PROCEED WITHOUT A MAP
OR YOU WILL GET LOST





Come join us at Pinot's Palette for
the Paint Run, Walk, Hike Event
on Saturday, April 28th from
3pm-5pm at 11610 Pleasant Ridge
Rd, Suite 101, Little Rock, AR

[Click Here to Register for the Event](#)

*Space Is Limited



White Rock 50k

Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jeremy Provence	Clarksville	M	27	3:46:20
2	Kevin Golden	Maumelle	M	51	4:29:11
3	Daniel Arnold	Benton	M	32	4:27:19
4	Stan Ferguson	Maumelle	M	54	4:28:47
5	Shane Poland	Vilonia	M	33	4:39
6	Jedd Kirby	Poteau, OK	M	34	4:46
7	Samuel Young	Poteau, OK	M	26	4:52
8	Will Landreth	Fayetteville	M	32	4:53:39
9	Matt Clay	Fayetteville	M	39	4:56:17
10	Rob Green	Norman, OK	M	38	5:09:03
11	Ben Creehan	Springfield, MO	M	42	5:19
12	Jason Armitage	Hot Springs	M	45	5:24
13	James Fountain	Jessieville	M	44	5:26
	Katie Helms	Little Rock	F	40	5:26
15	Podog Vogler	Russellville	M	51	5:27
16	Daniel Moses	Tulsa, OK	M	22	5:30
17	Tanner Freeman	Fayetteville	M	28	5:33
18	Nicole Fleming	Springfield, MO	F	44	5:38
19	Carrie McAdam-Marx	Little Rock	F	52	5:39
20	Bill Coffelt	Bentonville	M	58	5:42
21	Lindsey Berg	Greenwood	F	34	5:47
22	Tonya Weaver	Fayetteville	F	50	5:48
23	Andre Youngblood	Wichita	M	22	5:48:45
24	Brett Nguyen	Fort Smith	M	49	5:51
25	Prae Combs	Bryant	F	47	5:52:06
26	George Haney	Poteau, OK	M	48	5:54
27	Kristin Snyder	Poteau, OK	F	34	5:57:59
28	Stacey Shaver Matson	N. Little Rock	F	45	5:58
29	Kelsey Walker	Russellville	F	32	5:58:30
	Blu Cloud	Vian, OK	M	37	5:58:30
31	Tabatha Park	Royal	F	49	6:00:20
32	Gabi Stewart	Fayetteville	F	38	6:05:28
33	Jacob Stanoscheck	The Woodlands, TX	M	22	6:06
34	Eric Hostetler	Clarksville	M	16	6:09
	Scott Irwin	Memphis, TN	M	53	6:09
36	Steve Adkison	Arkadelphia	M	55	6:09:04
37	Kurt Hauser	Hot Springs	M	53	6:10
	Jim Tadel	Monticello	M	61	6:10
39	Justin Cloar	Little Rock	M	46	6:18
	P T	Conway	M	54	6:18
41	George Peterka	Hot Springs	M	58	6:19
42	Mike McMillan	N. Little Rock	M	60	6:22:10
43	Amanda Perron	Baton Rouge, LA	F	44	6:24
44	Michael Straley	Shell Knob, MO	M	39	6:29:29
45	Isaac Barnoskie	Vian, OK	M	35	6:30
46	Don Edge	Ozark	M	47	6:32:30
47	Brian Cochran	Farmington	M	47	6:39
48	Alan Hunnicutt	Berryville	M	63	6:39:10
49	Mark Zaremba	Killen, AL	M	56	6:41
50	Kimmy Riley	Mabelvale	F	56	6:44
51	Tina Mitchell	N. Little Rock	F	44	6:46
	Elizabeth Kimble	Little Rock	F	32	6:46
53	David Castranova	Bentonville	M	54	6:50
	Sally Scott Young	Memphis, TN	F	45	6:50
55	Joshua Scherrey	Fort Smith	M	44	6:50:13
56	Gary Shaw	Half Way, MO	M	33	6:52
57	Jeff Williams	Nixa, MO	M	51	6:53:31
58	Caleb Chesnut	Fayetteville	M	20	6:55
	Alissa Andi	Fayetteville	F	22	6:55
	Chrissy Ferguson	Maumelle	F	57	6:55
61	Corbett Sanders	Hot Springs	M	46	6:56
	Jordan Ziegler	Springdale	F	39	6:56
63	Robert Misenner	Benton	M	47	6:57
64	Robert Jones	Tyler, TX	M	33	7:00
65	Diane Diebold	Branson, MO	F	54	7:04
	Heather Diebold	Fayetteville	F	31	7:04
67	Chris Baldwin	Roland	M	44	7:12
	Ronnie Daniel	Little Rock	M	47	7:12
69	Ensup Kim	Dallas, TX	M	64	7:14
70	Lionel Burnett	Fort Smith	M	57	7:15

White Rock

50k Continued

71	Stephen Rush	Jonesboro	M	36	7:21
72	Ben Walters	Rock City	M	38	7:27
73	Melissa Martin	N. Little Rock	F	53	7:40:09
	Missy Harken	Little Rock	F	45	7:40:09
75	Mary Mote	Hot Springs	F	21	7:54
76	Mary McDonald	Conway	F	65	8:43
77	Corey Key	Little Rock	M	26	

25k Results

25K Run (out & back)

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Michael Farrell	Fort Smith	M	55	2:10:54
2	John Hughes	Fayetteville	M	50	2:12:15
3	Charles Konzelman	Fort Smith	M	56	2:13:39
4	Jenny Chitwood	Wister, OK	F	39	2:16
5	Mark Roth	N. Little Rock	M	55	3:35
6	Gracyln Young	OK	F	17	3:47
	Kandace Young	Poteau, OK	F	20	3:47
8	Debbie Rigsby	Lonsdale	F	62	3:48:07
9	Shari Misener	Benton	F	47	3:48:12
10	Brianne Norton	Pearcy	F	37	3:48:39
11	Sherry Hall	Conway	F	53	3:53:28
12	Jackie Stone	Conway	F	46	3:53:33
13	Thaveep Leach	Oppelo	F	63	4:20

Other Distances

Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Tiffany Hoover	Fayetteville	F	33	2:26	25K finish on top
2	Mavie Hogue	Fayetteville	F	52	2:53	25K finish on top
	Chase Skelton	Fayetteville	M	25	2:53	25K finish on top
4	Mary Stone	Springdale	F	54	3:41:51	25K finish on top
5	Megan James	Fayetteville	F	32	3:45	25K finish on top
6	Deanna Duplanti	Springdale	F	58	4:25:35	25K finish on top
7	Dan Belanger	Little Rock	M	74	5:05	25K finish on top
8	Brad Beetch	Farmington	M	46	9:59	25K finish on top
9	Gregory Hogue	Fayetteville	M	55		25K finish on top
	Carlos Mendez	Fayetteville	M	24		25K finish on top
	Annemarie Prestipino	Dallas, TX	F	25		25K finish on top
	Jessica Ramirez	Fayetteville	F	30		25K finish on top
	Brian Rickard	Springdale	M	35		25K finish on top
	Lauren Ross	Fayetteville	F	26		25K finish on top
	Meredith Thomas	Fayetteville	F	35		25K finish on top
	Daniel Waits	Fayetteville	M	26		25K finish on top
	Matt Meyers		M			25K finish on top
	John Dylan Morton		M			25K finish on top
	Mandy Bradstreet		F			25K finish on top
	Jake Van Lear	Springdale	M	40		21.3 Miles
21	Canby Frazier	Memphis, TN	F	44	5:55	21 Miles
22	Jimmy Sweatt	N. Little Rock	M	62	4:30	20 Miles
23	Jeanna White	Marshall, TX	F	49	3:21:19	14 Miles

Styx N Stones Results

30k Finishers

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Daniel Arnold	Benton	M	32	2:54
2	Stan Ferguson	Maumelle	M	54	3:10
3	Jon Bitler	Fayetteville	M	46	3:12
4	Aaron Dickens	Van Buren	M	36	3:15
5	Will Landreth	Fayetteville	M	32	3:19
6	Charles Konzelman	Fort Smith	M	56	3:24
	Erich Washausen	Fayetteville	M	28	3:24
8	Shawn Sellers	Benton	M	32	3:32
9	Douglass Johnson	Fayetteville	M	44	3:32
10	Michael Farrell	Fort Smith	M	55	3:35
11	Podog Vogler	Russellville	M	51	3:39
12	Derrick Hendrix	Little Rock	M	44	3:45
13	Blake Miley	Brinkley	M	30	3:53
14	Billy Simpson	Roland	M	63	3:55
15	Alison Jumper	Fayetteville	F	42	3:58
16	Davis Bortis	Tulsa, OK	M	31	4:03
17	Natalie McBee	Fayetteville	F	44	4:05
18	Jeff McCollough	Van Buren	M	54	4:09
	Chris Wear	Fort Smith	M	40	4:09
21	Daniel Sweeney	Lowell	M	37	4:10
22	Joshua Gibbs	Fayetteville	M	39	4:11
23	Jason Howard	Liberty, OK	M	33	4:12
24	Amanda Lynch	Tulsa, OK	F	37	4:13
25	Robert Misener	Benton	M	47	4:17
26	Cassie Brown	Fayetteville	F	34	4:22
	Lauren Sewell	Siloam Springs	F	25	4:22
28	Max Washausen	Prairie Grove	M	33	4:24
29	Elizabeth Kimble	Little Rock	F	32	4:25
30	Justin Cloar	Little Rock	M	46	4:33
31	Alan Hunnicutt	Berryville	M	64	4:36
32	Jim Tadel	Monticello	M	61	4:36
33	Kimmy Riley	Mabelvale	F	57	4:46
34	Lionel Burnett	Fort Smith	M	57	4:57
35	Chrissy Ferguson	Maumelle	F	57	5:14
36	Missy Harken	Little Rock	F	45	5:17
	Angie Stewart	Fayetteville	F	37	5:17
38	Shari Misener	Benton	F	47	5:39
39	Debbie Rigsby	Lonsdale	F	61	5:40
40	William Horn	Meridian, MS	M	25	5:42
41	Joshua Scherrey	Fort Smith	M	45	

15k Finishers

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Randy Soeung	Springdale	M	37	1:33
2	Tiffany Hoover	Fayetteville	F	33	1:34
3	Brett Nguyen	Fort Smith	M	49	1:49
4	Mario Duran	Springdale	M	35	1:53
5	Noel Sagullo	Mulberry	M	51	1:55
6	Brett Howard	Muldrow, OK	M	22	1:56
7	Robert Williamson	Jonesboro	M	51	2:00
8	Erin Truitt	Bella Vista	F	35	2:02
9	Jeff Wiemer	Springdale	M	32	2:04
10	Curtis Ralston	Fort Smith	M	46	2:06
11	George Peterka	Hot Springs	M	58	2:10
12	Charlie Sellers	Malvern	M	59	2:12
13	David Hatey	Bright Star	M	26	2:13
14	William Miley	Doddridge	M	27	2:14
15	Jennifer Barnes	Russellville	F	36	2:22
16	Tracey Heath	Goodman, MO	F	50	2:39
17	David Caillouet	Little Rock	M	59	2:46
18	Clinton Green	Tulsa, OK	M	42	2:48
19	David Herrera		M		2:49
20	Brianne Norton	Pearcy	F	38	2:50
21	Dan Belanger	Little Rock	M	74	3:20
22	Dana Duboise	Hackett	F	44	5:20
	Holley Crouse		F		

Other Distances

Other						
Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Lisa Gunnoe	Judsonia	F	51	6:54:41	21.53 Miles

From The Editor

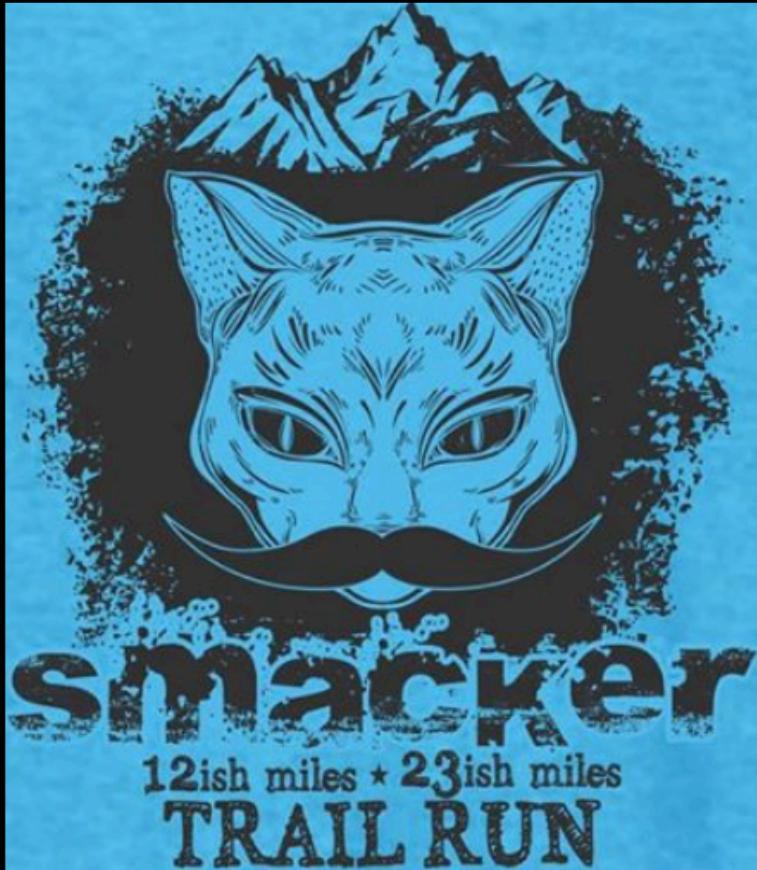
As the AURA Ultra Trail Series comes to a close I encourage you to register for the 2018-2019 series. Also, take the time to encourage other friends or budding trail runners to become an AURA member and a UTS runner. Nothing official to post as of yet, but there will likely be some changes to the list of races. Feel free to voice your opinion while the list is being discussed. Feel free to email me or any of the AURA Club officers.



Thanks to Ashley O'Neill for sharing her experience at Three Days of Syllamo. Congratulations to all who participated and especially to those who completed the stage.

As always I thank you for participating in AURA events and sharing your race stories whether they are part of our series or not. It is always nice to see where our members are running and racing. Keep the stories and pictures coming.

Contact Me at
mverunnergirl@gmail.com



CAT SMACKER SHIRTS

REGISTER BY MAY 1ST
TO ENSURE YOU GET
ONE OF THESE COOL
T-SHIRTS



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 and celebrate your latest adventure. Everyone welcome, retired or not. If you are late look for the table with the old runners in their t-shirts from the past, medallions, trophies, etc.

Questions? Call Lou or Charlie Ellis Peyton
680-0309