

# AURA NEWS

## Arkansas Ultra Running Association

### ABF Marathon

ABF was our first event back after the onset of the Covid. The 22nd annual event brought back some much needed joy to the running community  
See page 2

### Switchbacks

Another successful year with 10 runners receiving the Arklahoma Endurance award for completing both the ABF Full & Switchback 50K  
See page 3

### DTER -David's Trail

The race was a great success with tons of fun, good times, and a great community of trail runners  
See page 4

### White Rock 50k

RD Cancelled due to Road Closure and Pandemic Concerns

### Upcoming Races

See page 5



## From the Editor

### *Help Keep Races Rolling Forward*

How nice it is to have races on the horizon again. We had some safe and successful races in Arkansas this month thanks to thoughtful race directors, diligent volunteers, and respectful runners. We can't let our guard down though. If we want to continue racing in our state then we must continue to follow the rules when we toe the line for an event. We currently have the respect and trust of local land managers and permitting agencies. One runner not following the rules can change that. So, let's go forward in 2021 with a mindset of keeping everyone safe and races rolling throughout the year.





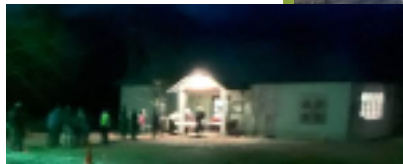
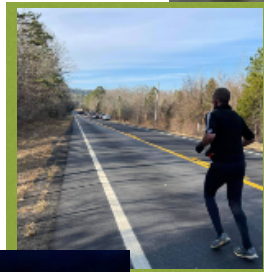
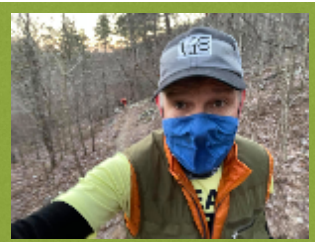
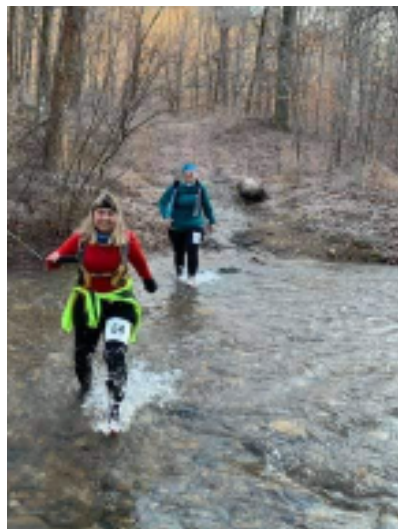
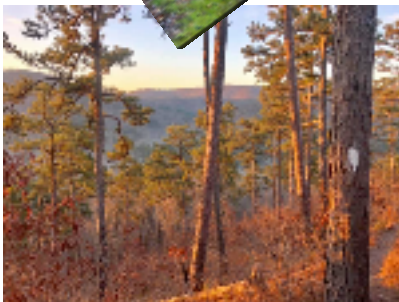
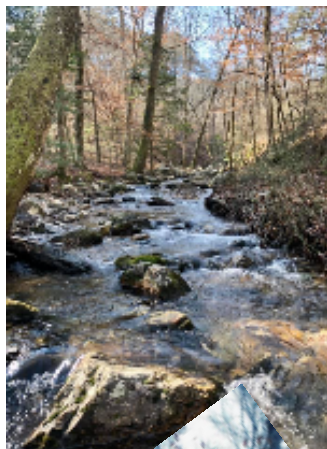
## Athens Big Fork Trail Marathon

We had a great first race back. The Athens Big Fork Trail Marathon and fun run brought joy to a lot of people in a time where joy is hard to come by. I was happy to be a small part of that!

More was asked of us all this year. More from our volunteers and more from our runners but ALL rose to the occasion! It took everyone to make this race the safe and successful event that it was during this trying time.

We had a strong field of competitors with 9 finishing in under 5 hours! Both the men's and women's course records were broken! First, Shane Poland set a new men's record with a 4:14 finish. His new course record lasted for a whole 40 minutes, when TJ David finished with his 4:07. Zoë Rom broke Alison Jumper's 2012 record of 5:23 last year with a 5:32 and bested it again this year with a 4:58! The previous men's record of 4:22 had been held by Tommy Brennan since 2011!!!! For safety we had wave starts over a two hour span. Nobody knows how the tight race between TJ and Shane might have played out in a normal year with runners side-by-side from the start. I am certain that it would have been pretty awesome to witness!!

Read more in the Polk County Pulse at this link: <https://mypulsenews.com/january-20-2021-issue/>  
By Stacey Shaver



# Ouachita Switchbacks



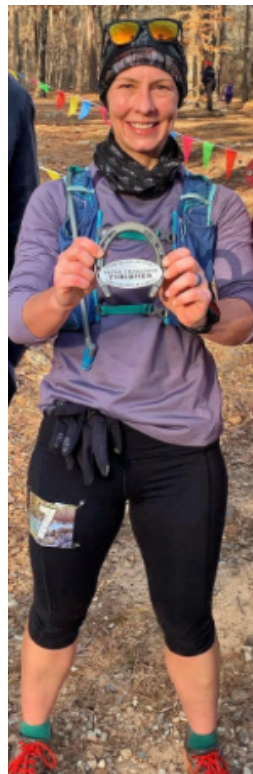
Just like Athens Big Fork, we had a very fast new course record. Preston Cates, a University of Arkansas runner beat the old course record set by Victor Brown by running a 4:35. 17 minutes faster than the old record. It is a very fast time on a very technical course with a lot of elevation. By the way, Preston had never even run a marathon!



Melissa Linan came in at 6:10 to win the women's race. Not a course record but almost an hour better than her previous best. Just like ABF, this course takes a few times to know the ins and outs and when to push and when to back off.



The course is called the switchbacks because there is a huge climb with over 30 consecutive switchbacks but then you're rewarded with a great view.



I love the award for those who can complete the toughest races in their respective states without much recovery time. But the races have more than that in common. They both embody a real spirit of the sport. Both are very remote low key events in the middle of no where but with some of the most stunning scenery. Both races draw many of the same runners year after year and it becomes almost like a family reunion.



Usually at the switchbacks we have a couple of dozen that camp out at a dispersed primitive camping area at the trailhead. We get a nice campfire going and share stories. We also have a lot of runners from the upper Midwest who I suspect are desperately looking for a reprieve from the snow.

Hope to see fellow AURA members on the switchbacks!  
By Tommy Brennan

# David's Trail Endurance Race

The 6th annual DTER went off without a hitch! Solid planning revolving around logistical changes thanks to COVID lead the way for a once again memorable and safe event!

DTER utilized a walk-up window for packet pickup and post-race grub, reminiscent of a movie ticketing window, which allowed runners to keep their distance outdoors while efficiently moving through line with their goodies. Ample space at Rocking Chair Resort where the race start/finish is located, meant athletes had plenty of room to enjoy their day.

Perfect (for most) running weather helped push a new course record for the DTER 25K course! The previous record of 1:55:59 was taken away by the top three finishers. Mike Lawrence from Arcadia, Oklahoma is the new record holder with an impressive 1:48:48, while second and third were separated by only a few tenths of a second coming in at the 1:54:19 + mark.

2022 could see the addition of a 50 miler! Trail expansion and tying the pieces together for the Ozark Keystone Trail could mean the addition of the longer distance or even a second DTER event added to the calendar.

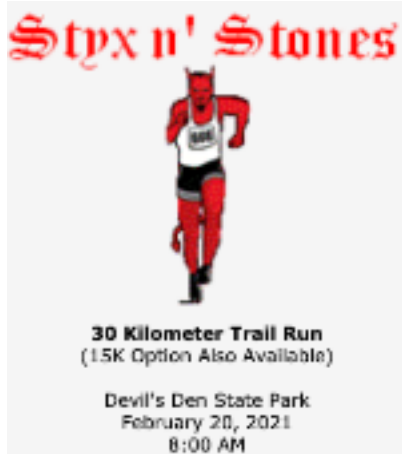
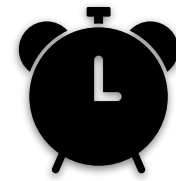
DTER Race Directors would like to thank all the athletes for coming out and being cool with all the COVID related changes. Of course, the event couldn't happen without the small army of volunteers and our hats are off to all of those who pitched in!

See you all in 2022!  
By Paul & Jake





# Time To Register Events to Check Out



**30 Kilometer Trail Run**  
(15K Option Also Available)  
Devil's Den State Park  
February 20, 2021  
8:00 AM

[Click Here to Go to Registration](#)



LOViT  
100M & 100K  
Royal, AR  
Feb 26, 2021

Register by Feb 18th

[Click Here to Go to Registration](#)



Ozark Highlands  
Endurance Run 50K, 21M  
Norfolk, AR  
March 6, 2021

[Click Here to Go to Registration](#)



Iron Mtn. Legend  
10K, 28K, 42K  
Arkadelphia  
March 13, 2021

[Click Here For More Info](#)



Three Days of Syllamo  
50K, 50 Mile, 20K Stage  
Fifty-Six, AR  
March 19-21, 2021

[Click Here For More Info](#)



Ouachita Trail 50  
50 Mile & 50K  
Little Rock, AR  
April 17, 2021

[Click Here For More Info](#)



Hoof It For Heifer 20K  
Petit Jean State Park, AR  
April 25, 2020

[Click Here For More Info](#)



Race Date 5-22-21

[Click Here For More Info](#)



Race Date 8-14-21

[Click Here to Go to Registration](#)

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