

# AURA NEWS

## Arkansas Ultra Running Association

### Upcoming AURA Events

See page 2

### Race Registrations that are OPEN

See page 3

### Sunset Endurance Run

See page 4-6

### LOViT Trail Maraton

See page 7

### ABF Race History By Dale Powell

See page 8

### Aura Swag???, Lovit Hats & Shelves Needed

See page 9

### AURA Membership Information

See Page 10

## From the Editor

HAPPY HOLIDAYS!

As 2021 unfolded the world began to feel more and more normal. Hopefully we will all be back to complete normal times in the coming year. I think mentally we all need a good dose of normal.

I am so happy we were able to hold most of our club events this year. Much appreciation to all of our amazing AURA UTS Series race directors: Sharon Bennett, Chris Baldwin, Joel Gil, Noelle Coughlan, Tom Aspel, Thomas Chapin, George Peterka, Pete Ireland, Phil Carr, Tommy Brennan, Lisa Gunnoe, Robert (Podog) Vogler, Dustin & Rachel Speer, + the LOViT Committee, Jacob Anderson, Chrissy Ferguson, Mark Den Herder, and Paul Turner. You may not all realize that we all RD for free. I think I speak for all of us when I say that what we do takes a lot of time and energy but it is truly a labor of love and we enjoy serving our community.

I would like to also give a huge shout out to those of you who stepped up to also serve. Whether you served as an aid station captain, a race day volunteer, or by tending to trail maintenance, from the bottom of our hearts, we thank you. To us you are Trail Angels!

IF you didn't volunteer this year then I highly encourage you to give it a try and give back to the community that gives you so much.

I look forward to seeing you all out on the trails and at upcoming AURA events in the new year!!! Until then, Be Well!

-Peace, Love, and Happy Trails-  
Stacey Shaver-Matson



## Upcoming AURA Events

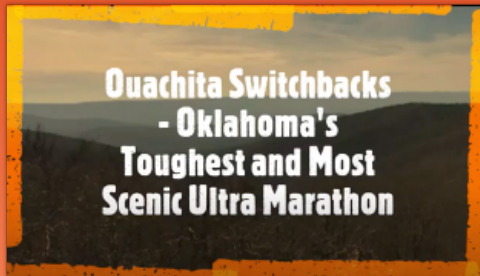


### Ouachita Switchbacks

50k & 25k

Saturday, January 15th

[Click Here To Register](#)



Those strong enough to finish Both ABF Marathon and the OT Switchbacks will receive a special award!  
ARE YOU TOUGH ENOUGH?



### Athens Big Fork Trail Marathon

Saturday, January 8th

The race is full but you can still come join the fun and camaraderie if you are interested in sweeping the course.

Email me if you are available to help:  
[mverrunnergirl@gmail.com](mailto:mverrunnergirl@gmail.com).

### White Rock Classic 50k

Saturday, February 5th



Due to a landslide the race will utilize an altered course. As always, the course will be well marked and we will have a good time while getting in some hill work!

Anyone remember when the race started at the church? Sometimes a little change can be fun! Good Times!!

[Click Here to Register and for More Race Info](#)

Please bring **cash** for parking and for the donation can. The event is free but it is not free to host so please help cover Lisa & Podogs out of pocket cost for this free/donation based event. Thank you in advance.

#### Important Notes:

\*We have a new start/finish area, [Shores Lake Recreation Area](#) at the Pavilion

\*\$3 required to park and for day use - EXACT CHANGE PLEASE so this process can move quickly and smoothly

\*Avoid the recreation area, campground area, parking area, at the top of White Rock Mountain, this is not part of the course! This is important as we could lose access to this course. We will enjoy the amazing view at the Sunset Point while running the Rim Trail

\*We can no longer have alternative starts - as in running to the top, riding bike back, starting at the top and running to the start/finish area. We have to start at the starting line and finish by crossing the finish line for both distances.

*Brought to you by Arkansas Ultra Running Association and Race Directors PoDog Vogler and Lisa Gunnoe*

REGISTRATION OPEN	FOR THESE UTS EVENTS
	<a href="#">Run Lovit - February 25 - 27, 2022</a>
	<a href="#">Three Days of Syllamo - March 18 - 20, 2022</a>
	<a href="#">Ouachita Trail 50 - April 9, 2022</a>

Wanda Eason has directed Hoof it for Heifer from its inception in 2012 through 2021. Her core group of volunteers poured their lives into making this a truly meaningful event, and she decided to pass the torch this year. Your new co race directors for 2022 are Carrie Satterfield and Shane Poland.

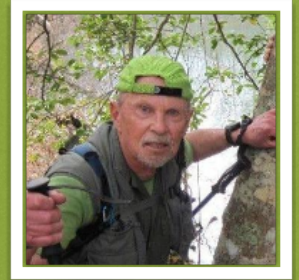


Hoof it For Heifer is a 20k trail run on the Boy Scouts of America Trail in Petit Jean State Park near Morrilton, AR. On this trail, you will pass through many of the diverse plant and animal habitats on Petit Jean Mountain - from the lush vegetation of Cedar Creek Canyon to the desert-like conditions of Seven Hollows. All are represented on this trail. The trail is technical and beautiful.

This is the 10th edition of Hoof it for Heifer, and this race has raised more than \$50,000 for Heifer to date. The net proceeds from the 2022 Hoof it for Heifer run will be given to "Heifer USA" which is Heifer International's program in Arkansas. Heifer International's mission is to end world hunger while saving the earth. Heifer has worked in 125 different countries. For more information about Heifer International and "Heifer USA" go to: [www.heifer.org](http://www.heifer.org).

## Sunset Challenge 6/12/24

By Pete Ireland, RD and leader of Saline County Striders



The 10th annual Sunset 6/12/24 Hour Endurance Race, race number six in the 2021-2022 Ultra Trail Series, was held November 25 and 26 at Sunset Lake in Benton. The race is held on a 1.015 mile certified, paved course that circles Sunset Lake. We had 65 participants, down slightly from the 2019 total of 67. We had 80 pre-registered going into the race. Despite a request included in the confirmation notice a week prior to the race, as well as on both the race information and registration web sites, more than a dozen registrants failed to let us know ahead of time they were not coming. Those folk are going on Santa's naughty list. AURA is keeping up with the no-shows, no-notice registrants.

We normally have people from five or six states other than Arkansas, but this year we only had three, one each from Illinois, Texas, and New Mexico.

For those not familiar with the history, this is an informal, no fee, no frills, low key race. We started it in 2011 as a favor to one of our Saline County Strider members who wanted to run 100 miles in 24 hours. For religious reason, he does not run on Sundays. That limits the options. Most 100 mile races start on Saturday morning and even a 24 hour finish ends up on Sunday morning. He and a friend of his achieved that goal. Only other person had reached 100 miles prior to this year's race. Although this was initially going to be a one and done event, We decided to do it again in 2012. Not long after the second year, it was added to the AURA Ultra-Trail Series. Since then it has become an annual event.

The weather was dry, but overnight Friday the low was near 30. Saturday was cooler than forecast with a high around 55. For the runners, the temperature was manageable. For the volunteers, it was chilly. Cold is better than rain, and we have had rain a couple of times over the years. In one case we had an all day steady rain that left the lake flooding onto the adjacent road. By early afternoon, all but one person had had enough fun and called it a day!

We planned to chip time this race as we had done in 2019. Other than the pavilion lights not working, things went well for almost 6 hours. At that point, we realized the battery in the timing unit was not charging from the auxiliary marine battery. We tried everything, but nothing helped. We finally shut it down and plugged it directly into an electrical outlet to try to charge it. No luck. Meanwhile, we resorted to manually tracking the runners. The rest of the race had to be tracked by hand.

Fortunately we had sufficient race bibs and pins for the 6 and 12 hour runners Saturday morning. Still, tracking was harder during the day with many more runners out there. Considering we had far fewer volunteers than usual because we planned on chip timing, keeping an accurate lap count was a challenge

Congratulations to Strider member Daniel Arnold from Benton who became only the fourth person to reach the 100 mile mark in this race, finishing with 101.5. Previously, only Caleb Manis (2011), Tim Norwood (2011 & 2012), and Tammy Walther (2013, 2014, and 2016) had reached 100 miles. Tammy holds the overall record with 116.73 miles in 2013. The men's record of 105.56 miles is held by Caleb Manus. Second place went to Gabriel Harris from Pottsville, with 81.2 miles. Zach Russenberger from Sherwood was third with 78.16.

Honorable mention goes to Gene Bruckert from Illinois, our oldest participant, who completed 50 miles at age 86. Honorable mention also goes to Strider member Kenny Garner from Bryant who completed 76.13 miles, along with Strider Maurice Robinson from Benton, age 80, who completed 71.05. Maurice usually runs his age plus one in this race, but having run more than double his then age of 79 at A Race for the Ages back in September, 71 miles was enough. Congratulations to all of them.

Ashley Gramza from North Little Rock finished first in the female 24 hour with 64.96 miles. In a tie for second were Kim Fischer from Little Rock and Lisa Gunnoe from Judsonia, both of whom had 50.75 miles.

In the women's 12 hour, former Strider Missy Harken from Little Rock led the way with 51.77 miles followed by Laura Kearns, also from Little Rock, with 50.75. Missy's distance was third on the all-time female 12 hour list behind only Laura Kearns 70.04 in 2018 and Rachael Speer with 60.9 in 2013.

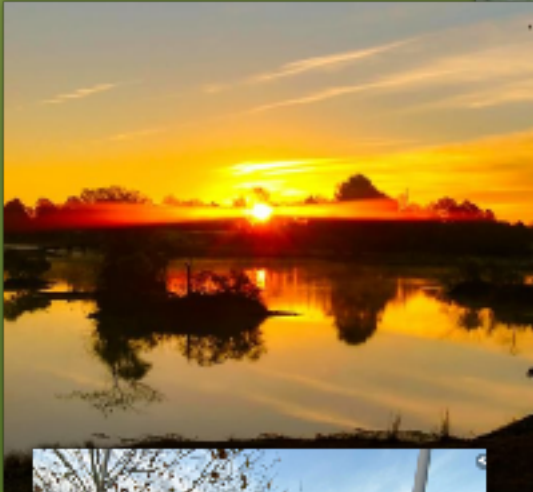
Matthew Jackson of Hot Springs led the way in the men's 12 hour, with 57.86 miles followed by Jon Klaus of Greenville, Texas, with 50.75.

In the 6-hour, Erika Ashley of Conway took first place with 34.51 miles. Chrissy Ferguson from Maumelle was second with 33.51, and Strider member Laura Babbitt from Benton was third with 31.47. In the men's 6-hour, first place went to Zac Morgan from Elkins with 35.53 miles. Brett Nguyen from Fort Smith and Mather Chaney from Little Rock tied for second with 31.47.

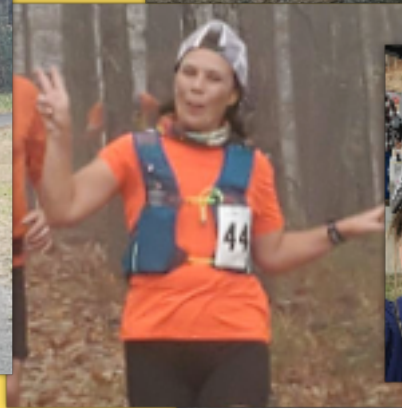
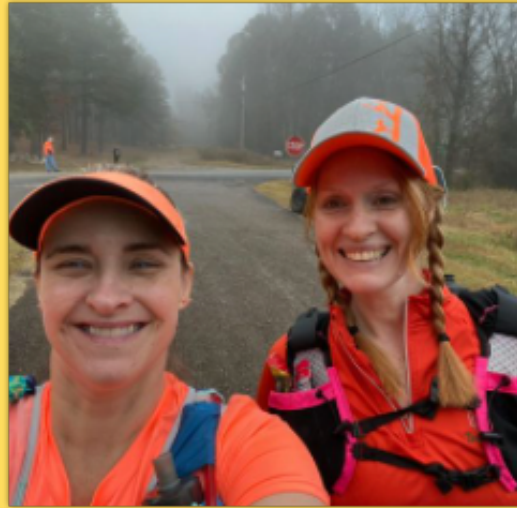
Many thanks to the Strider members who helped with set up and take down. Special thanks to the two Strider members who covered the overnight shift and the three Strider members who, along with AURA president George Peterka and another friend of mine, spent a very long day on Saturday tracking the laps. When tracking by hand, we normally had four trackers working at a time during the 6 hour race, and rotated trackers every two or three hours. But that was not an option this time.

As I had told some people, this 10th year was my last as RD for this race. I had planned for 2020 to be my last year, but the 2020 race never happened because of COVID. We can all try to forget 2020. Strider member Laura Babbitt indicated she would like to take over as RD. I will certainly help, and encourage others to step up as well to keep this race going. Without good volunteer help this race (or any other) would not happen.

Finally, thanks to everyone who has assisted with or participated in this race over the last ten years.



# LOViT Trail Marathon



# A LITTLE HISTORY OF THE ATHENS BIG FORK TRAIL MARATHON

**-BY DALE POWELL**



There were 9 of us at the first run of the Athens to Big Fork Trail Run. 4 doing the marathon and 4 doing the 17 mile section and David Samuel doing a short section. Actually, it was more like a group of runners just getting together to do this "fun run". All of us thinking, "hey, it can't be that hard!" I remember it was really cold and it started to snow as we started up the first hill. Crossing some of the smaller creeks, we got our shoes wet and they iced up. When we got to Blaylock Creek, we thought we were going to turn around without having to cross it as it was waist deep. But, there was Charlie Payton on the "other" side of the creek with this big fire going and hot soup! He said the only way we get any soup and warmth of the fire was to cross it. After re-crossing the creek we worked our way back and after finishing, decided this run will never make it...too hard and too far from civilization. Nobody would come. Boy, were we wrong!

## Marathon

Place	Name▼	City▼	Sex▼	Age▼	Time
1	John Jones	Conway	M	27	5:35:58
2	Michael DuPriest	Little Rock	M	42	7:43:00
3	Kimberly Pavelko	Conway	F	37	7:45:00
4	Lou Peyton	Little Rock	F	54	8:17:50

## 17-Mile Blaylock Creek Fun Run

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Dale Powell	Mena	M	48	4:26
	Pat Riley		M	49	4:26
3	Steve Chaney	DeQueen	M	55	5:50
	Don Higgins	DeQueen	M	52	5:50

## Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	David Samuel	Pearcy	M	55	4:00	9.2 Miles





LOViT race hats are still available if you are interested. Contact Phil Carr. See the Facebook post on the Lovit Marathon page here [Click here to go to FB page](#)

## Happy Holidays From The AURA BOARD



We Love to Serve our Community



You ask and we listen. We are working with a printer on getting some AURA shirts and swag for you to purchase. Details coming soon.



Stan Ferguson is looking for a few shelving units for our club's storage unit. If you happen to have one you don't need please contact him at [stanchrissy100@att.net](mailto:stanchrissy100@att.net)

Stan has taken on the task of supply manager for our club. Since we have a lot of races we also have a lot of equipment. He is very humble and will play it down but let me tell you, it is a big undertaking. Please tell him thanks next time you see him.

## AURA MEMBERS

Welcome new members to the AURA Family! We look forward to seeing you at future events!

### As Always Feel Free To:

- \*Send me your race/volunteer **photos** for the newsletter
- \*Send me your race or training **stories** I am also happy to edit if needed
- \***Share** the AURA love by sending the membership link below to anyone interested in trail running
- \*Email me or any board member if you have any questions or concerns

### HIGH MILEAGE POINTS

If you have volunteered at any AURA event in this years Ultra Trail Series and you want credit toward the High Mileage Award then please email the race you volunteered at and your hours to me at

[mverunnergirl@gmail.com](mailto:mverunnergirl@gmail.com)

[Click Here To Register or Renew Your Membership](#)

[Click Here To See If You Need To Renew](#)

[Click Here To See Events In The Ultra Trail Series](#)

