

AURA NEWS

Arkansas Ultra Running Association

Upcoming AURA Events

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HOTT (Heart of The Traveller)

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Charity races to consider

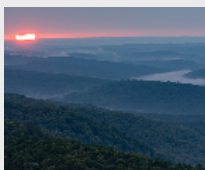
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From the Club President & Editor



Scorchin Squirrel was a hot one but our runners persevered. I heard great reports for this event. Everyone seemed to really love the post race gathering around the pool.

Congratulations to all who ran and survived "The Hill"!! Big thanks to Noelle and Joel for hosting a fun event and post race celebration. We are happy to have this event in the Lite Series again this year. HUGE THANKS also to those who came out to volunteer. We appreciate you!

Volunteers certainly can make or break a race, but our community is fortunate to have so many kind and giving souls. That was very evident at Mt Nebo. The love, the cheers, the encouragement was touching. Tom and his crew put on another super fun event at Mt Nebo. The course is one that all of our series runners, both full and lite, can feel confident running with a mixture of dirt and pavement. The post race cookout and visits with friends under the pavilion was the real treat. Thanks to Chrissy Ferguson for helping gather supplies for that. WoW! Did we ever get lucky on the weather for this event. That was a bonus for sure.

The Arkansas Traveller 100 is filling up fast and we are still in need of more volunteers. We always wind up with enough but this is the time when I feel the most stressed. I watch the volunteer sign ups DAILY. It is a way for me to see at a quick glance where our holes are. Right now there are still a few holes. So, if you are not running the race, please consider signing up to help us make this race the best it possibly can be. I promise you will be rewarded with gratitude from the runners and from the community. I often hear volunteers tell me how the experience changed them. Come see for yourself what it's all about. (Details on pg 2)

I look forward to the next time we gather as a community! Until then, Happy Trails.

~ Stacey Shaver-Matson~

**Upcoming AURA Events
And
Volunteer Opportunities**




32nd Annual
Arkansas Traveller 100
Ouachita National Forest - Arkansas
October 7-8, 2023

Good Time Running!

RUN

The Race Is Filling Up Fast!! Don't wait much longer to get registered. The runner deadline to guarantee your preferred shirt size in this year's design is just days away.

This event is a Western States Qualifying Event & an RRCA Championship Event !

[Click To Register](#)

VOLUNTEER

One month away and we still have volunteer spots to fill.

Want to join the fun of volunteering, helping runners accomplish their goal, and witness something epic? Many volunteers say the experience leaves them in awe and changes them. It is truly a rewarding experience! Click below to see the volunteer options, times, and duty descriptions.

[Click To Volunteer](#)

PICNIC

All who volunteer for the Arkansas Traveller are invited to our Volunteer Appreciation Picnic at 4PM on Sunday, October 22nd. It is held at pavilion #03 at Maumelle Park and we feed you BBQ, lavish you with high praise, and give away a lot of fun door prizes.

SHIRT ORDER IS DUE SEPT 10TH

SIGN UP TO RUN OR VOLUNTEER SOON TO GUARANTEE YOUR SHIRT SIZE



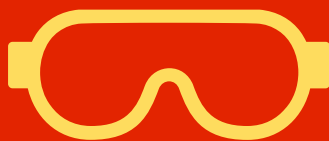
**TRAIL WORK DAY
ON THE
ARKANSAS TRAVELLER 100 COURSE
FRIDAY, SEPTEMBER 15TH**

**If you are available to help, please
email PoDog**

We will be divided into groups to tackle different sections of the course. We will be lopping, weed eating and mowing. If you don't have equipment we will bring what you need.

***Lunch will be provided**

***Earn Points towards the Ultra Trail Series High Mileage**



Hot Springs Nat. Pk. Trail Run



17-Mile Trail Run in Hot Springs National Park
October 28, 2023

**October 28th
In Beautiful Hot Springs**

Starts and Finishes at Fat Jacks

[Click Here To Register and for More Information](#)

Can't run but wish to be a part of the community?
Volunteering is a great way to do that.

[Click Here to Email George](#)

12th Annual Sunset 6/12/24 Hr Endurance Challenge

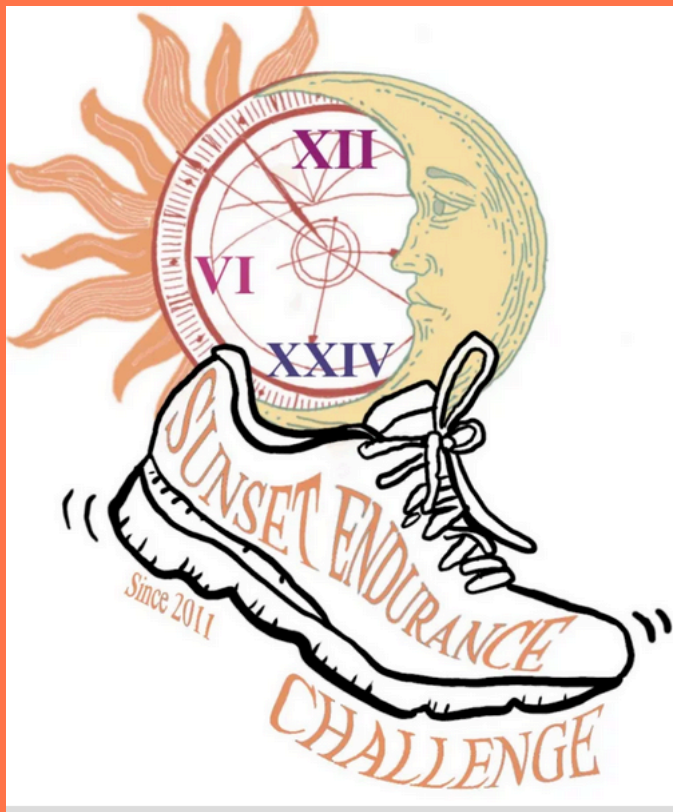
Friday & Saturday, Nov 24th-25th

Please Register in Advance. Deadline to register is
November 22nd!

Run, Walk, Skip, Jump or Crawl as long as you want
within the time limit. Stop whenever you feel like you've
had enough fun.

See fellow runners the entire time you are out there. This
is the part that draws people in - COMMUNITY!!

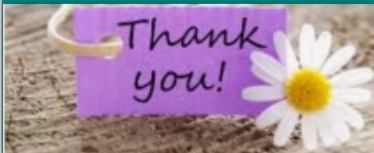
[Click here for more information](#)





WELCOME TO OUR NEW & RETURNING AURA MEMBERS!

WE LOOK FORWARD TO THE OPPORTUNITY TO GET TO KNOW OUR NEW MEMBERS BETTER. If you don't mind being highlighted in the next newsletter, please send me an email and tell us a little about yourself. Help us put a face to the name.



WOW!! WOW!! WOW!! BIG THANKS TO THOSE WHO DONATED WHEN YOU RENEWED YOUR MEMBERSHIP! AS A NON-PROFIT, EVERY LITTLE BIT HELPS!

[Click Here to See IF You Need to Renew](#)

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

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

[Click Here to Register for the UTS or UTS Lite](#)



Do we have your mug shot for the AURA membership page?

- * CHECK TO SEE IF THERE IS A PHOTO OF YOU ON THE MEMBERSHIP PAGE
- * IF THERE ISN'T A PHOTO OF YOU, PLEASE EMAIL A PHOTO TO GEORGE AT [**advdesinc@sbcglobal.net**](mailto:advdesinc@sbcglobal.net)

VOLUNTEER OPPORTUNITIES

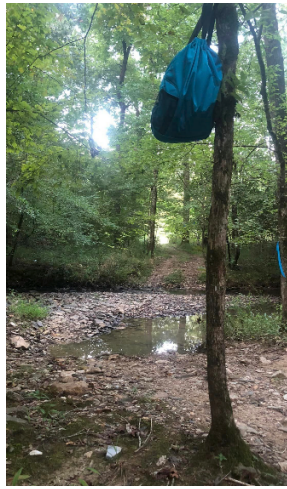
Our fantastic volunteers are what make our events top notch. Volunteering at trail running events is a fun and rewarding way to get involved. For experienced trail runners, it's a great way to give back to the sport and help your fellow runners succeed. For those new to trail running, it's a great way to get involved and learn more about what makes the sport so fun. And for many, it's just a fun way to spend the day outdoors.

Let's all do our part to contribute to this amazing running community of ours!!



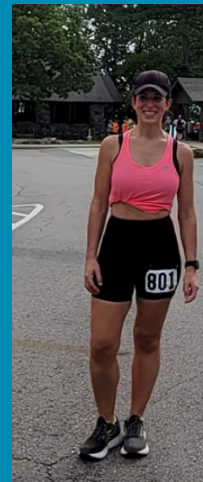
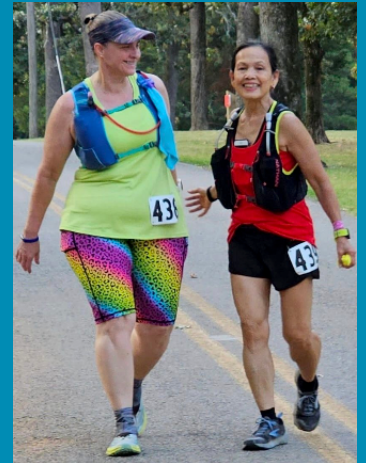
Scorchin' Squirrel

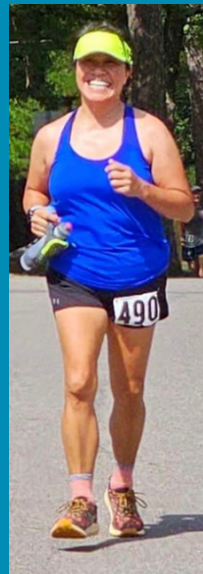
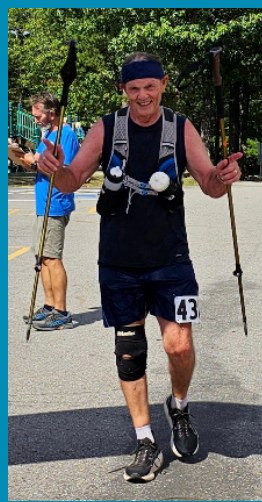






Mt Nebo Trail Run



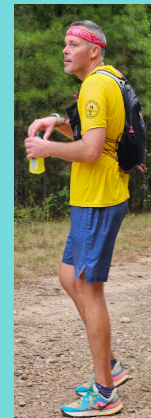




HOTT RUNS

Heart of The Traveller Training Runs

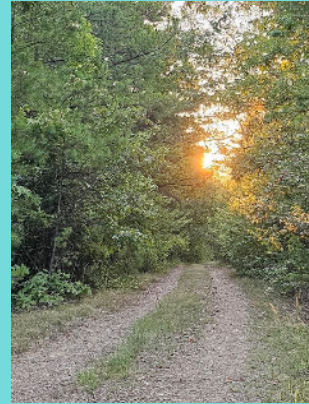
Hosted over Labor Day by Missy Harken and Stacey Shaver. The weather was perfect for 30+ runners as they got to experience the backside of the Arkansas Traveller 100 race course. Big Thanks to Podog, Tom and Thomas Chapin for bush hogging the course! This run was made possible because of them.





Thanks to PoDog and PT (pictured above) , who drove the entire course, all of the down trees were removed before training day!! Thanks to Tom and Thomas (pictured right) for bush hogging the course so we can have fun!

Every year, these guys put in a ton of work before, during and after the AT100. We are extremely lucky to have them in our community!



Although these events are not run by AURA, they are run by AURA Members and worth mentioning.

Grits & Guts

Saturday, September 16th

[Click Here For Info](#)



Race The Base

Saturday, November 4th, 2023

[Click Here For Info/Registration](#)



Beast of Burden

Saturday, November 4th at Noon

Bike or Run either Solo or as a team

[Click Here For Info](#)



RETREADS

Hello **All**, the first Wednesday of every month is RETREADS Day. What is a RETREAD? Could be a retired runner. Maybe not. Could be a runner who wants to eat out in the company of other runners.

We are currently meeting at Homer's Restaurant, 9700 West Rodney Parham Road. We have the private room reserved for 11:30 a.m. If you plan on coming, it is important that you contact me the day before as our location is subject to change. At some time soon Homer's is scheduled to move to the old Franke location also on Rodney Parham. Or, we could decide to spend the summer at 2 Rivers Park. Right now as I write this, Homers is the location. So email me at CHRLYPYTN@GMAIL.COM if you've not been to RETREADS before and not on my notification list.

Thanks, Charley and Lou Peyton



Don't Miss The Fun!



Runner License Plates For Sale

Fellow club member, Dale Powell made these cool license plates for our club members. Reach out to him on social media or email him to snag one for yourself. He is happy to ship one to you or meet you at the next AURA event. Hurry before they are all gone!!

[Click Here For Dale's Email](#)



AURA BOARD



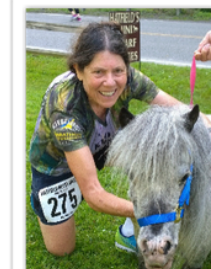
Stacey Shaver-Matson
President
Newsletter Editor
RD - ABF/OT50/AR Traveller 100



Shawn Sellers
Vice President
UTS & UTS LITE Coordinator



Katie Helms
Treasurer
RD - Catsmacker



Vickie McDonald
Secretary
UROY Coordinator



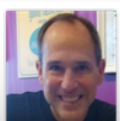
Rober Vogler (PoDog)
Trail Manager



Stan Ferguson
Website, IT, and
Equipment Manager



George Peterka
Website & IT



Jerry White
RRCA Arkansas State Rep



Arkansas Ultra Running Association
[Website](#)
[UTS Calendar](#)

Contact Information Can be found [Here](#)