

AURA NEWS

Arkansas Ultra Running Association

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From the President & Editor



We have just seen February fly by, our eighth month of the AURA Ultra Trail Series. Can you believe that there are only five races left in the series? Four of those will count for points. In case you aren't aware, the Catsmacker, which is the final event on the UTS calendar, also doubles as our end of season party, awards ceremony, and club meeting. Katie works hard to make the party a fun and memorable event and I know you will have a ton of fun! Add it to your calendar now!

I would like to say thank you to our AURA RDs for another fantastic White Rock 50k. I know it was a lot of work to get the permits this year due to the rock slide/washout. You pulled it off in style and made a lot of people very happy.

Thanks to Rachel, Dustin, and the LOViT Committee for all that they did to prepare for and host the Lovit 100K/M. Several of our members participated or volunteered and I am so proud! Mother Nature doesn't always give us clear skies and sunshine, especially this time of year, but our members are made of tough stuff!! Congratulations to everyone who persevered through it! If you didn't meet your goal, don't fret, because it isn't a reflection of your abilities. Sometimes it just isn't our day. When that happens, dust yourself off, evaluate what didn't go right, as well as what did, and sign up for another event to keep you motivated and moving forward!

Please check out the opportunities to give back on page 2. Races do not happen without volunteers (aka Trail Heroes!) There you will also find upcoming training runs and races. I look forward to the next time we gather as a community!

Until the next race Happy Trails

~ Stacey Shaver-Matson~

Upcoming AURA Events And Volunteer Opportunities



YOU ARE INVITED TO JOIN US FOR:

TRAINING RUN ON 3 - 11 - 23

Aid will be set up at both North Shore and the Spillway by 7am.

This allows you to choose your own starting location and start time. Please let me know if you will be attending so I know how many to provide for.

Regardless of where you start, I hope you will come join us at North Shore after for a post run story swap. If there is enough interest I might try to have some food of you.

Work Day(s) On 3-10 & 3-12

Beginning at 7am to lop and weed eat. Let Missy Harken or Me know if you can help and we will send you details of each day's start locations and what to bring.

[Click To Email Stacey](#)
[Link To Race Map/Aid Locations](#)
[OT 50 Facebook](#)



March 17 - 19

[Click To Register](#)

[Click To View Website](#)

UTS = 50 Mile

Saturday at 6am

UTS Lite = 20K

Sunday at 9am

All Races Start at Blanchard Springs

COME JOIN THE FUN



Styx & Stones Trail Races

26M & 13M Trail Races

Devil's Den State Park

Sunday April 2, 2023

UTS = 26 Miles

UTS Lite = 13 Miles

[Link To Website/Registration](#)

This event is under new leadership and the course markings will be better this year. You are in good hands!

Come run this AURA classic and Stay for the Community Fellowship after!!



REGISTER BEFORE THE PRICE INCREASE ON MARCH 11TH

Race Date - 4-15-23 - 6am - at Maumelle Park

[Registration Link](#)

[Race Website](#)

[Volunteer Link](#)

Whether running or volunteering, you can bet it's going to be a rewarding experience in a beautiful location!

50K runners have the same amount of time as the 50M runners to complete the course!

Sign Up, Lace Up & Become an Official Ultra Runner!

**We are a 501(c)(3)nonprofit and the proceeds from this race benefits the Pinnacle Mountain State Park*



Mount Magazine Trail Run

18 Miles

8am May 6th Paris, AR

[Link to Website/Registrtrion](#)

[Email PT to Volunteer](#)



The Catsmacker Trail Run

7am May20th Lake Sylvia

[Link to Register](#)

[Link to Website](#)

[Email Katie to Volunteer](#)

End of the UTS/UTS Lite Season PaRtY !!!!

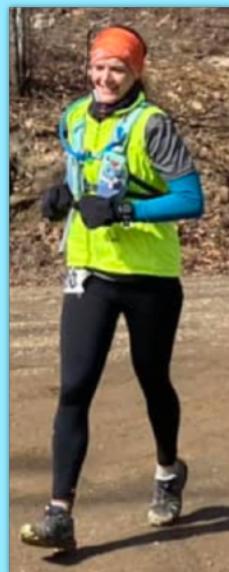
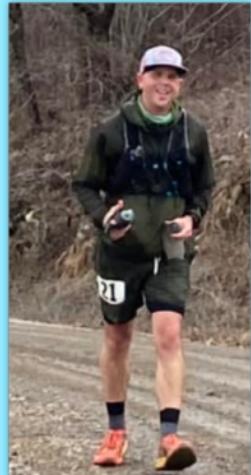
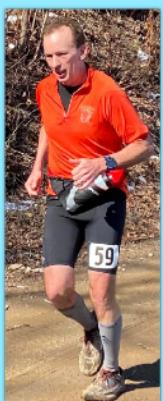
Join us for the run, the party and the annual club meeting.

2023 - 2024 UTS Calendar

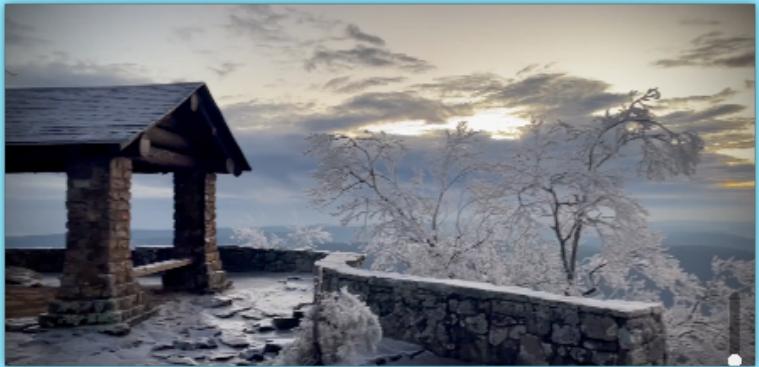
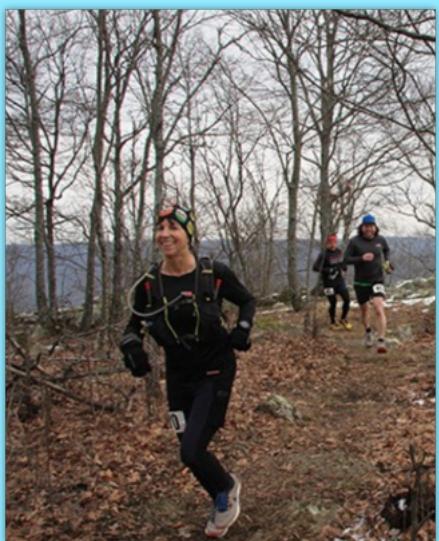
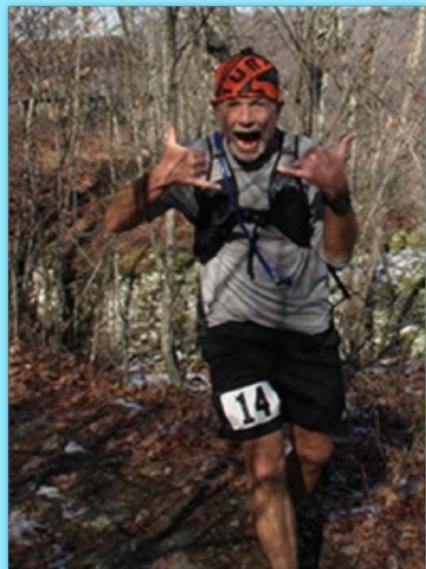
***Registration Opens in May**

Date	Event	Location	Regular UTS	UTS-Lite
06/10/23	AR Backyard Ultra	Cotter	UTS race #1 6 loops minimum	UTS-Lite race #1 any distance
07/22/23	Full mOOon 50K/25K (AURA)	Perryville map	UTS race #2 50K	UTS-Lite race #2 25K
08/27/23	Mt. Nebo Trail Run (AURA)	Dardanelle map	UTS race #3	UTS-Lite race #3
10/07/23	Arkansas Traveller 100 (AURA)	Perryville map	UTS race #4	
10/28/23 ???	??? Hot Springs N.P. Trail Run (AURA)	Hot Springs N. P. map	UTS race #5	UTS-Lite race #4
11/24-25/23	Sunset 6/12/24 Hr Endurance Run	Benton map	UTS race #6 any distance 26M & over	UTS-Lite race #5 any distance
12/02/23	Lake Ouachita Vista Trail 26.2M (AURA)	Mt. Ida map	UTS race #7 26M	UTS-Lite race #6 14M
01/06/24	Athens Big Fork Trail Marathon (AURA)	Big Fork map Warning	UTS race #8 26M	UTS-Lite race #7 17M
02/??/24	??? White Rock 50K/25K (AURA)	Cass	UTS race #9 50K	UTS-Lite race #8 25K
02/23/24	??? LOViT 100K	Hot Springs map	UTS race #10 See note if running 100M	
03/15-17/24	3-Days of Syllamo	Mtn. View	UTS race #11 50M	UTS-Lite race #9 20K
04/06/24 ???	Styx & Stones Trail Races (AURA)	Devil's Den S. P.	UTS race #12 26M	UTS-Lite race #10 13M
4/15/2023 - 4/15/2024	Runner's Choice Marathon		UTS race #13 Marathon	UTS-Lite race #11 Half-marathon
04/13/24	Ouachita Trail 50K/50M (AURA)	Little Rock map	UTS race #14 50M/50K	UTS-Lite race #12 50K
05/04/24 ???	Mt. Magazine Trail Run (AURA)	Mt. Magazine S.P. map	UTS race #15 18M	UTS-Lite race #13 12M
5/6/2023 - 5/6/2024	Trail Work (worth 50 points)	Any Trail	UTS 8 hours	UTS-Lite 4 hours
05/18/24 ???	The Catsmacker (AURA) UTS awards ceremony afterwards	Lake Sylvia map		

White Rock Classic 50K



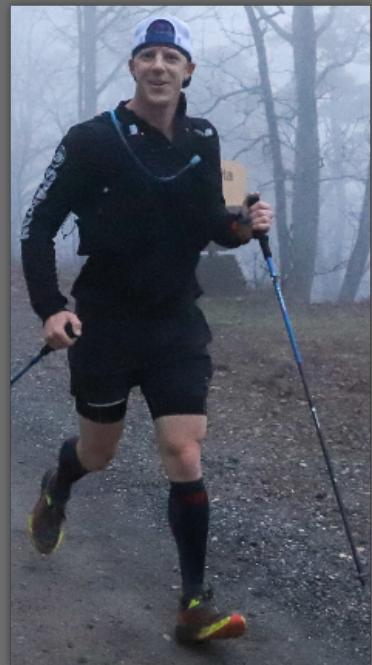


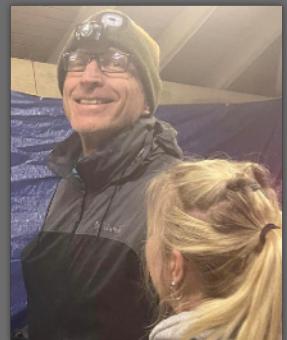




LOViT 100K/100M







"Lovit- Rain or Shine, Always a Grind

Every year I go to Lovit 100 I get blown away by how great a race it is. The main thing that stands out is how the organizers genuinely care about the participants. That shows in the communication, trail markings, aid stations.... I could go on. I'm probably biased having grown up in Arkansas, but I'm glad to have Lovit and AURA events where so much good work and care is put into them.

This year I finished the 100k, but the 100 mile runners always blow me away with their grit and toughness. Friends Lisa Mobley and Cassie Brown impressed me with how well they did in the miler. It was a needed mental boost for me to cross paths with them at Spillway aid station first, and then later right before Bear Creek (where by the way speaking of impressive people: George Peterka with all the time he puts in not only on that remote aid station, but also helping on the trail leading up to the race).

From early on to about the turnaround at Avery I was feeling off, mainly due to leg crampiness and stomach discomfort. I kept remembering a piece of advice I'd heard from Podog over the years: People often get into trouble and spiral during ultras when they THINK they're doing worse than they really are.

I kept telling myself when the day ended I'd look back on how I did, and for now I'm just going to deal with whatever issues come up as I keep moving forward. I ended up happy I kept moving.

Between the 100k runners and the 100 milers there were some impressive days put together out there at Lovit. I'm glad to take part in this AURA community and I'm looking forward to being part of more events the rest of this year!"

-Erich Washausen





What's Going On

A WOMAN INSPIRING RUNNERS TO VISIT ARKANSAS STATE PARKS



Debbie Rigsby from Hot Springs is on a mission to visit all 52 State Parks in 2023. Not only that but she has simpered many to join her on the journey. With only 52 weeks in a calendar



year, this is quite the challenge. However, Debbie has found a way and has laid out a great itinerary. If visiting all of the state parks in a single year isn't possible for you then stretch the challenge over a couple of years. Either way, go this weekend to any Arkansas State Park to pick up a parks pass and begin your journey.

If you really want to make it fun, be like Debbie and make sure to include a few extra sites and restaurants along the way. You might be surprised by what the small towns of Arkansas have to offer!

IF you are interested in an itinerary let me know with a quick email.

[Click Here to Find Out More About The Arkansas State Parks Passport](#)

[Email Stacey](#)



Our good friends, Joe Jacobs and Lisa Mullis do a fantastic job of staying up to date on all things outside. If you want to know more about what is going on in our beautiful state, whether it's running, hiking, climbing, biking, paddling, disc golf, etc (you get the point - all the things!!) then subscribe to their newsletter. You will even find information on changes in state policies, history, and ways to give back to your community.

[Click Here to View AO's Website](#)

[Click Here to View AO's FB](#)

Trail Running Etiquette for AURA runs

With more runners being attracted to and participating in local trail runs, it's a good time for a refresher on some basic rules of the trail:

No Littering

Unless your momma is following behind you picking up your trash, don't litter. Period. It is unacceptable at any AURA or UTS run. Littering includes leaving gel packs, gel pack tabs, candy wrappers, cups, bottles, cans, toilet paper--ANYTHING that didn't grow there! If you see someone drop something, tell them they dropped something. If you see a gel pack, cup, etc on the trail and didn't see who dropped it, an appropriate action is to pick it up and carry it to the next place where it can be properly disposed of. In many races, littering can get you disqualified. It's always bad manners.

Be courteous / Make room

A lot of races incorporate out-and back sections, so who has the right of way when meeting on a single-track trail? Well, typically the slower runner will yield to the faster-more competitive runner (--who's coming "back"). Another rule of thumb is that if on a hill, you should yield to the runner coming downhill. (Note that there could be a conflict between these guidelines.) Work it out people! If you're having a bad day and/or are feeling grumpy and not inclined to move over--that's probably a good sign that you should move over and yield when you meet a runner. Right-of-way runner: Say "Thank you" or lend other encouragement to those who yield trail to you.

If a runner approaches you from behind, be considerate and ask if they'd like to pass. If so, let them by. The same goes if the path is wider and you are running with others side by side. If you approach a runner and intend to pass, let them know your intentions. Passing with a warning "on your left" is common courtesy. Passing runner: Say "Thank you" or lend other encouragement to those who yield trail to you.

Be courteous III

Be friendly and courteous when you meet other users of the trail. Remember that to them you represent all runners; Don't give us a bad image.

Lost, or just off course?

Do not expect someone to be standing and instructing you where and when to turn. Listen closely during the pre-race trail briefing, and pay attention to trail and course markings. Even then, it's likely that sooner or later you will get off course during a trail run. When that happens, retrace your route to the point at which you got off course. Not only is that (returning on foot to the place where you got off course) the only way to not disqualify yourself, it is the best way to ensure you do not become truly lost.

Be a hassle-free runner

In our area, there are very few races where the organizer is compensated. (**No one** is paid to direct an official event put on by the Arkansas Ultra Running Association.) Run organizers typically do what they do for the love of the sport and to enable an enjoyable run for all. So why would you want to cause a hassle for them? Don't be a problem child: Read all available information posted for an event before calling or e-mailing questions to the run director; follow instructions; don't do stupid things that will get the organizer in trouble and/or threaten the future of the event, or get you lost (see above); sign-in at the finish (regardless of if you finished the entire route) so that no one is wondering if you're still out on the course. Thank those who help with the run. Volunteer yourself to help some time.

These are just a few basics.

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 Paraham 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 CHRLYPTN@GMAIL.COM if you've not been to RETREADS before and not on my notification list.



Thanks, Charley and Lou Peyton



WELCOME TO OUR NEW AURA MEMBERS!

WE LOOK FORWARD TO THE OPPORTUNITY TO GET TO KNOW YOU BETTER.

CURRENT MEMBERS,
Thanks for Renewing Your Membership

[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](#)

