

Midnight 50K is scheduled for august 10<sup>th</sup>

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## THE ARKANSAS ULTRA RUNNER

AURAGUST

*A newsletter for members and friends of the Arkansas Ultra Running Association*

MESSAGE FROM THE BIGSHOT-On September 1st the AURA will have a meeting/potluck/wedding shower combo at the Broadmoor clubhouse. We will celebrate the intended marriage of Kimmy Pavelko and Jesse Dale Riley. We can begin gathering at 4:00 p.m. and think about eating at around 5:00. The Arkansas Traveller will provide the buns and hamburgers. This will be a pot-luck so bring something to go with the entree. With regards to the shower, Kimmy and Jesse are registered at Bed, Bath and Beyond on Chenal Parkway. We will also have a money can if you wish to donate in that fashion. No obligation to donate, of course.

Directions: South on University Ave. At the Broadmoor light turn right onto Broadmoor Drive. Go about ¼ mile to Belmont Drive, Turn left. Go about ¼ mile to 191/2 Belmont on the left. The sign will point you down a sidewalk to the clubhouse.

The Little Rock Roadrunner Club Talent Show and Pot Luck is on tap for August 8<sup>th</sup>. Please note the new location this year. Maumelle Park; Pavillion # 7. This is just past the entrance gate and up the hill to the right. Some of the folks who were there at Murray Park last year requested the change in venue so that we would have more seating and also access to the rest rooms. This is where you come in. I need AURA members to be a part of the show. Talent is not necessary. I'll take anything now. My new email address is [chrlypytn@AOL.com](mailto:chrlypytn@AOL.com) Lets make our AURA President proud. I expect to have a good turnout. This is the one month we can forget about running for just a little while. I'll make you a Star!

On August 10<sup>th</sup>, 8:00 p.m.(afternoon) is the annual Midnight 50Km. The start and finish is at the Ouachita Trail parking area at Lake Sylvia. The route is unchanged from previous years being out and back on the Winona Forest Drive. There will be a stocked aid station at the turnaround and water and perhaps other aid every 4 to 5 miles. There is no entry fee or registration. A trail briefing begins at 7:45 p.m. For those doing the 25 Km, the route will be the same except that you will turnaround at the 7.5 mile aid point. There are always runners who want to start early. If you wish to do so you will not be disqualified from UTS points, however, a time penalty will be assessed. I will set a minimum time of 7 hours. For those of you who will be running only half, it is best that you go to the 7.5 miles aid station and turn back rather than going to the 15 miles aid station. I will be following the last runner back picking up the aid. It will be a long way back for any riders.

# ULTRA CORNER

Articles about your running and races you have participated in are now welcome by the AURA Editor. In the past this has not always been the case. However, since we are now an RRCA affiliate, the newsletter reins have been loosened. This month we feature our AURA President, Stan Ferguson, who tells of his experience at the 2002 Western States 100.

The 29<sup>th</sup> Annual Western States 100 Mile Endurance Run was on June 29<sup>th</sup>, 2002. I was fortunate enough to get to run this, and very lucky to have Chrissy and our good California friend, Frank Ives, for a crew. Going into it I had hopes of a sub-20 hour finish-something no Arkie has done. Didn't make it. Big Daddy WS put a whoopin' on my butt. - "made me respect him." Thought I ran fairly smart early on, I kept very close to a 20-hour pace. But I did make a couple of mistakes on fuel and maintenance. By Forest Hills at 62 miles(biggest aid stop) 20 hours wasn't looking probable. It would have been doable for someone feeling good, but I wasn't. I picked up Chrissy(pacer) there. She doctored me up some, but I only had a few short decent running spells from there on. I crossed the river at Rucky Chucky/78 miles in the daylight. which was good. Made 90 miles at exactly midnight(19 hours race time) I knew the last 10.2 miles was no picnic. Sole mission became just to break 22 hours. My right heel, ankle and knee were killing me. Passed by four people in last 1.3 miles. I didn't care. Glad when it was over; glad I went. I under estimated this one and learned a few things. Learning is good. Lessons: (1). People who live there, get to run the course a lot, or have at least done the race, have a huge advantage. (2). Better be able to walk a lot and often and then start running again. (3). Don't eat anything that's bad(Duh)(4). Don't be looking for Mtn Dew at Western States Aid Stations-unless its Browns's Bar(they have EVERYTHING!).

## FROM THE AURA ARCHIEVES

*Please report all errors and omissions to the Editor.*

### Arkies at the Western States 100 Endurance Run

STEPHEN TUCKER(88)	20:26:05	MAX HOOPER(89)	28:20:57
STAN FERGUSON(02)	21:47:26	LOU PEYTON(89)	28:29:52
RAYBAILEY(97)	22:34:25	BOB MARSTON(93)	29:34:18
BILL MAXWELL(91)	23:48:41	BOB MARSTON(96)	29:36:33
CHRISSY FERGUSON(97)	23:18:08	BOB MARSTON(94)	29:45:02
BILL COLFELT(88)	24:28:03	BOB MARSTON( 97)	29:51:09
MAX HOOPER(88)	25:22:49		
LARRY MABRY(90)	26:37:07		
LARRY MABRY(89)	27:06:31		
NICK WILLIAMS(91)	27:33:45		
MAX HOOPER(86)	28:13:13		

Reminder: The RETREADS (retired or tired runners eating out at different place) meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd at 11:30 a.m. Remember to wear something with a running logo so we know who you are. Slackers and quitters are also welcome to join.

## ULTRA TRAIL SERIES

The follow is a very tentative schedule for the 2003 Ultra Trail Series. Maybe by next month we can be more specific. Maybe we can have the rules spelled out in advance. An addition that is new this year is the Smith Mountain Run on September 2<sup>nd</sup>. This run also serves as the Monday run of the Heart O' the Traveller training weekend.

1. August 10<sup>th</sup> - the Midnight 50K
2. September 2<sup>nd</sup>, the Smith Mountain Run. Approx 22 to 24 miles
3. November, The Gulpha Gorge Challenge.
4. December, very tentative- A 50K/100K
5. January, Athens-Big Fork Trail Marathon
6. February, White Rock Classic 50K
7. February, Sylamore 50K
8. March, Mystery Run
9. April, Ouachita Trail 50K
- 10 May, Catsmacker.

## OFF THE RECORD

*Articles about running related activities are always welcome.. This month our AURA Brother, Dave Cawein tells of his recent bike trip to a **Rails to Trails** in West Virginia.*

Mara and I arrived at Renick, West Virginia, about 6:30 pm on June 14<sup>th</sup>. We checked in at the Renick B&B which also serves as a convenience store and lunch counter. Renick is a town of about 150 people. After checking in we unloaded our bikes and rode down the hill to get a look at the trail. The trail is about 150 feet below the B&B. The ride or coast down to the trail was nice; the ride back up wasn't as much fun. Anyway, we made it to the trail and wanted a quick look at what we'd be riding in the morning. We turned south on the old railroad grade toward Lewisburg. The trail in most places is two track. One vehicle wide with grass in the middle. It seems to be well maintained. Grass mowed, few ruts or holes. The surface is packed gravel and parallels the Greenbrier River (hence the name) for all of its 77 miles. From what I could find out, I believe that the trail was once a spur of the CSX Railroad. Built around 1925 and abandoned in the 70's. It was started as a trail around 1990. Renick is at mile post 25. Mile posts are up at every mile. There are camp sites at about 10 mile intervals. These

had a hand water pump, fire ring, picnic table and usually an outside toilet. After a few miles on the trail we headed back to Renick. Ate an excellent home cooked meal at the lunch counter. Breakfast was also excellent. Try the blueberry pancakes. Our stay including breakfast and supper was \$66.74.

Thursday is also bluegrass night at the Renick B&B. (talk about one stop shopping) At 8:30 pm, 8 to 10 local musicians showed up and played and sang bluegrass until about 12:30. Around 40 to 50 folks gathered in lawn chairs and around picnic tables listening and drinking beer. It was a mostly older crowd. Not rowdy or loud. Inside the B&B was a poker game. Men and women playing. I didn't join in that, but it looked like nickels and dimes. We listened to the music until 10:30 and turned in. We were quickly asleep. Got up at 6:00 and went down to eat breakfast. Not one else was in the place, but the cook and us and she immediately asked if we'd heard anything last night. "Just the music" was our reply. Then she told us that someone broke in last night and stole the cash register and all that was in it. I immediately went to the back porch to check on our bikes. They were okay. Coming back in I asked the cook what had happened. She didn't know, except that the side door was open when she got there at 6:00 and the cash register was gone. Nothing else was missing. She did allow that it "looked suspicious". I didn't understand "suspicious" until I realized that we were the only "foreigners" in town and that we were the only people in the building last night. Fortunately, whoever took the cash register didn't throw it in the back of my truck. We had no place to hide anything and so we were cleared. We left the B&B at 7 am on our ride. The weather was perfect. A little overcast and a temperature of 58 degrees. The high would only be about 75 degrees and the clouds would stay with us.

We rode north. There was no one else. That thought of no one else would be the rule. We saw two fishermen and four bikes in six hours of riding. No one else. One bit of advice. If you ever ride this trail bring water and snacks. There aren't a lot of services along the way. We rode 60 miles, 30 out and 30 back. At 20 miles the town of Seeber and a store. Then another 10 to Marlinton and a store. From the whistle markers on the trail there once was more along the way, but I guess the little towns went the way of the railroad. We did see several deer. The river is pretty and the ride nice. There is a long tunnel at mile 31 which is 402 feet long. You almost need a light to ride this. The tunnel has a bend in it and you ride a few seconds in total darkness. Just when you think you'll have to stop you see light. We had a nice picnic along the river.

Friday night we stayed at the Old Marse. Another B&B. This one near mile 3 and the southern trailhead. The Old Marse is a stone house built in 1796. It is a pretty place, but a little pricey. The stuffed French toast at breakfast was delicious. There is a nice parking area at the trailhead which is maybe a 1/2 mile from the Old Manse. Saturday's ride saw a lot more people. We got a later start and met several runners on their way back to the parking area. We also saw several groups of bikers. We did a short ride (10 out and 10 back) as we had a family wedding to attend in Ashland, Kentucky, later that day. We again had a nice ride. Trail is next to the river and is in good shape. The whole two days of riding was mostly on a shade covered trail. On the way back to the truck Mara's competitive juices stirred and we trashed a boy scout troop that made the mistake of racing us.

If you do this trail take a trip into Lewisburg near the southern end. This is an historic town. A lot of antique stores and history. Some very nice old houses. Also take a drive

over to White Sulphur Springs, just a few miles away. Stop and see the Greenbrier resort. Pull up to the security check and mention my name. The guard will let you take a drive to see the resort if you promise to some right back.

## ARKANSAS TRAVELLER REPORT

### *Heart of the Traveller Training Weekend*

*The purpose of these training runs is to familiarize those entered or involved with the 2002 Arkansas Traveller 100 with the remote areas of the race course. Everyone is invited. No fee.*

Saturday, August 31<sup>st</sup>, 2002. 7:00 a.m. Approx 24 miles, out and back on forest service roads. Start and finish at the parking area below the Lake Winona spillway. Course will be marked; water provided. If not running come and ride your mountain bike.

Monday, September 2<sup>nd</sup>, 2002. 7:00 a.m. Run will be approx 22/24 miles on forest service roads going past the Turnaround, Chili Pepper, Powerline and Chicken Gap Aid Station. This will include going over Smith Mountain, the highest point on the Traveller course.(1886') This run will also serves as the Ultra Trail Series second race of the 2003 series. Course will be marked; water provided. Trail briefing at 6:45 a.m.

Directions to both of these runs: Hwy 10 west to Hwy 9. Turn left on Hwy 9 at Williams Junction. Go south on Hwy 9 approx 5.5 miles to Lake Winona Road. Right turn and go 4 miles to the base of the spillway. Left turn off of Lake Winona Road ¼ miles to the parking place. On Monday, Continue on the Lake Winona Road past the Lake Winona picnic area and ranger station. It is now called FSR 114. Continue on FSR 114 for 7.5 miles. You will come to a large triangle turn off to FSR 2. Park here.

If you need more direction: [chrlypytn@aol.com](mailto:chrlypytn@aol.com).

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The 34<sup>th</sup> running of the Arkansas Marathon will take place on October 13<sup>th</sup>. Below is an application. The AURA has an aid station at mile 11 on the race course. If you would like to be a part of this aid station, we would be glad to have your service. Let me know and I will fill you in with all the details. Charley at 225-6609 or preferred chrlypytn@aol.com

*The*  
**MNB Bank**  
*Arkansas Marathon*



*October 13, 2002*  
*7:00 AM*



**Start:**

*Wilson  
 Elementary  
 School*

**Finish**

*Tyndall  
 Park  
 Benton*



A Real Community Bank.

**ENTRY FORM**

Check form for accuracy  
 sign release, mail fee (\$25/\$35) to:

**DALE BURNS**  
 1200 Clardy Street  
 Malvern, Arkansas 72104

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age on Race Day \_\_\_\_\_

Sex Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Shirts: S M L XL XXL

DIVISION: RUNNER

I need transportation BEFORE the race from FINISH line to STARTING line leaving Tyndall Park at 5:30 a.m.  
 YES ( ) NO ( )

**RELEASE:**

I know that running a road race can be a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the even including but not limited to falls, contact with other participants, effects of the weather, traffic and course conditions. Having read this release and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, wave and release the Malvern Runners, the Saline County Striders, all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any record of this event for any legal purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature if entrant is under 18 \_\_\_\_\_

**Problem:** How to find out about ultra and trail runs and races happening in the mid South.

**Solution:** Join the **Arkansas UltraRunning Association, RRCA Club**

It's not just for Arkansans. For over ten years, ultrarunners from all over the United States have kept tuned in with ultra and trail happenings in the mid south region by receiving the AURA newsletter. In 2001 the association became a member club in the Road Runners Club of America, gaining the benefits of non-profit, tax-exempt status, insurance coverage, etc.

### Membership Benefits

- Monthly (more or less) newsletter, featuring a calendar of upcoming ultra and trail events in Arkansas and surrounding states, news about club members, results of local runs--or those in which members have participated, news about group training runs, plus funny horoscopes and other humorous anecdotes from the Big Shot.
- You will receive the Roadrunners Club of America quarterly newsletter and RRCA liability insurance at club sponsored events.
- Your own AURA membership card with your "secret" member number.
- Fun-filled bi-monthly meetings (usually a pot-luck).



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## Arkansas UltraRunning Association, RRCA Club

### MEMBERSHIP APPLICATION

Dues are \$15 per year and include all family members.

Make checks payable to: Arkansas Ultra Running Association  
41 White Oak Ln  
Little Rock, AR 72227

Please print

Name \_\_\_\_\_ Sex: M F

Home phone \_\_\_\_\_ Work \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Other family members:  
\_\_\_\_\_



**WAIVER:** I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas UltraRunning Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.

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Signature(s) of adult member(s) / Date