

THE ARKANSAS ULTRA RUNNER

March 2002

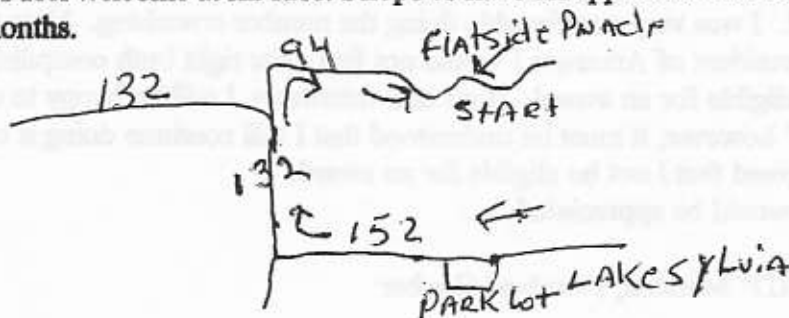
A newsletter for members of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - The Arkansas running community lost a very good friend on February 27th, with the passing of Clint Cusick. I have not found the words to express myself on this yet but hope to do so next issue. I'll only say now that he showed up, he made a difference and we won't forget him. If any of you would like to express yourself on this, write it or email it to me before the 20th of March.

The next Ultra Trail Series race will be on March 16th, 8:00 a.m., and is a new one called the South Fouch Mystery Run. The distance will be approx 20 plus miles on forest roads. The run will start from the parking area at Flatside Pinnacle. A map to the start can be found later in the newsletter.

Several AURA members went to Fort Smith on the weekend of March 2nd to compete in the Spring Hill Classic. A day long Adventure Race that would feature running, canoeing, mountain biking, orienteering and other "unknowns". Because of interest in Adventure Racing among our AURA members, I was approached by a well meaning, low-numbered AURA Sister who has requested that the ARKANSAS ULTRA RUNNER fill the race reporting vacuum and publish on this sport with results and race dates. The person has gone as far as securing discount on merchandise from an outfitter store for AURA members. We will begin this endeavor this issue with a report on the Spring Hill Classic. I do not think that the Big Shot is the one to lead the charge on this and HE will be looking for that special someone to work with on this. Full details on discounts, etc., hopefully next month.

I received a post from our AURA brother in Virginia, David Horton. He sent the dates of the ultra races that he is directing there. These include the Holiday Lakes 50K, Promise Land 50K and the Mountain Massochist 50 Mile Trail Run. Several Akies completed the latter several years ago and I highly recommend it as I am sure I would the first two if I had done them. David bills the Massochist as the "best organized race in the East" and is well worth having on your Ultra Resume. Brother David always makes his fellow Arkansas's feel welcome at his race. I hope to have an application for the Massochist in the coming months.



Directions to South Fouch Mystery Run-Continue past the Lake Sylvania Ouachita Trail parking lot. Go 1.5 Miles up the hill on FR 152 to the intersection of FR 132. Right turn onto FR 132 and go 4 miles to the intersection of 132 and FR 94. Right at this intersection

AURA BUSINESS

ULTRA RUNNERS OF THE YEAR COMPETITION BY BOB MARSTON

I have finally taken the time to propose some minor changes to the determination of the winners of the Arkansas RRCA Ultra Runners of the Year. As some know the selection is entirely objective, based upon a runner's performance in ultra-marathons. I would like to make the following changes and ask for any comments that you might have regarding these proposals. David Cawein and I formulated the numbers process many years ago and I beg David's forgiveness for not giving him an advance copy. If, as I suspect, there is little or no comment I'll simply make the suggested changes for this year's competition.

Each competitive year will end at the conclusion of the Arkansas Traveller 100. In the past, the year ended on Monday, two weeks prior to Healthfest weekend. This change should highlight the Traveller as the key race in winning an award.

If the overall winner was a masters runner he or she could opt for the master or overall award. Thus, if a master runners wins the overall award, the remaining masters award will be awarded to the next masters runner with the most points.

Runners who distinguish themselves by making the US National 100K Team and subsequently compete in world competition shall be awarded an additional 120 points in addition to any points earned on the national; and international; races. At the time we developed criteria for these awards, neither David Cawein nor I expected a world-class ultra marathoner to move to Arkansas. Fortunately, Chrissy has managed to win the overall female award without the necessity of additional points. I think performance at the national Team level certainly justifies a point enhancement. One of the early requirements was that runners report their race results to the point compiler. This was never done. Ultra runners just don't care to do that. Consequently the point compiler will, as has been done since the inception of this award, do his or her best to follow results in publications and award all points earned. This relieves the runner of reporting races; but, if the runner does not report, results will be at the mercy of the compiler's best efforts. The best choice for a runner is to report. Winners of the Ultra Trail Series UTS, overall, masters and senior masters, will each receive 50 points. No points will be awarded to other UTS competitions. Races that are part of the UTS, that are long enough and that also meet all the other criteria of a qualifying, point award ultra-marathon, shall be counted as an independent race and as part of the UTS. Lastly, I would like some non ultra-marathoner or an ultra-marathoner spouse to do the points calculation. In prior years, as a non-resident of Arkansas, I was not eligible for an award. I was very comfortable doing the number crunching. Now that I finally, gratefully, a resident of Arkansas I would not feel quite right both compiling the numbers and being eligible for an award. If no one volunteers, I will be happy to continue "doing the numbers" however, it must be understood that I will continue doing it only so long as it remains agreed that I not be eligible for an award.

Your comments would be appreciated.

Signed: Elrod "TURD" Marston, Numbers Goober

ULTRA CORNER

9th Annual WhiteRock Classic 25/50K Feb 2nd, 2002

The weather for the week was forecast to be a couple of days of rain and cold, but nothing that was cause for concern. The weekend weather forecast was a cold a.m. temperature but with clear sunny skies and afternoon highs in the low 40's. Perfect weather for this event and the brave souls who test themselves every year.

The 2002 event went extremely well with no serious injuries(i.e. Karl Nylon-blood man) and a record number of runners. The official number is somewhere between 140-168, so we'll call it 154. WOW! We though last year was great with 94 starters, but a little good weather and a lot of "sick" people make for a winning combination.

In the 25K, Chris Huff from Missouri was a repeat winner and smashed the ascent time from 2001 by nearly 3 minutes. His winning time of 1:47:14 missed the official record by 14 seconds. Followed by a group of gazelles, we had 9 runners go under 2 hours-a record! First woman in the 25 K was Chrissy Ferguson coming in at 2:27:59, followed by Kari Hall at 2:38.

In the 50K, Stan Ferguson didn't break his own course record but he did show his strength by running down long time ultra man Bill Coffelt. He won going away in impressive fashion by posting 4:08:20. He covered the last 10 miles about 12 minutes quicker than Coffelt-youngsters get us again, *huh Bill!* Barbara Bellows ran an awesome race finishing at 5:20:32 but well off the female course record of Chrissy Ferguson(4:47:38) Angie Ransom, Jamie "Buns"Huneycutt and Kimmy Pavelko all ran great race to show the strength of the women who ran the whole thing.

It takes a strong will to run off the top of White Rock Mountain when you know the "real party" is there and not at the bottom, where only a handful of real friends and a clipboard awaits your arrival.

The Hormel Chili and cold beverages, burnt hot-dogs and the fixings make the 25K a perfect race, but the real animals run the whole thing, I would venture to say the 50K at White Rock is about as much fun as being hit by a bus. Deep knee bends are not part of your workout routine for a couple weeks.

Special thanks to Stan and Chrissy for the awards. Thanks to Charley and Lou Peyton(Bill and Hillary), Ricky Williams, Greg Mathews and their band of crones on top(Hormel Boys), Gary and all the radio guys for keeping us on track and of course our friends at Turner Bend. Oh I nearly forgot, Bill Coffelt. Thanks for the "mile markers," it helps to know where one is, so they can cuss themselves for showing up. Its amazing how far a mile is when you are climbing 1000 feet. Great people, great food and the best Mother Natures had to offer us in the great state of Arkansas. Till next year. Happy Trails. OLE' for White Rock!

RESULTS - 2002 WHITE ROCK CLASSIC 50K

PLACE	NAME	TIME	UTS POINTS.
1.	STAN FERGUSON	4:08:20	65 ✓
2.	BILL COFFELT	4:18:04	54 ✓
3.	TOM BRANNAN	4:54:20	43 ✓
4.	RICK BAUGH	5:01:30	37 ✓
5.	MIKE HEALD	5:07:13	31 ✓
6.	DARIN HOOVER	5:12:44	25 ✓
7.	DENNIS MARGISS	5:14:31	19 ✓
8.	BARBARA BE;LLOWS	5:20:32	60 ✓
9.	ANGIE RANSOM	5:39:00	49 ✓
10.	JAMIE HUNEYCUTT	5:47:00	38 ✓
11.	KIMMY PAVELKO	5:50:00	32 ✓
12.	JIM SWEATT	5:58:00	15 ✓
13.	MARIO MARTINEZ	6:05:00	10.5 ✓
14.	JAY HUNEYCUTT	6:05:00	10.5 ✓
15.	PATTY GROTH	6:10:00	26 ✓
16.	JIM THOMPSON	6:15:00	6 ✓
17.	PATRICK HARGISS	6:26:00	5 ✓
18.	BOB MARSTON	6:31:23	4 ✓
19.	ROGER RAINS	6:49:00	3 ✓
20.	VICKI INGRAM	7:00:00	17 ✓
21.	GAYLE B. HOFFMAN	7:00:00	17 ✓
22.	LOU PEYTON	7:06:00	10 ✓
23.	PETE IRELAND	7:07:49	2 ✓
24.	JOAN SCARLATA	8:03:00	7
25.	ANN M. MOORE	8:40:00	4 ✓

AURA Members who completed the 2002 White Rock 25K

NAME	TIME	AURA CREDITS
CHRISSEY FERGUSON	2:27:59	61
DAVE CAWEIN	2:41	50
JIM SCHULER	2:43:50	39
JESSE DALE RILEY	2:58	33
RHONDA FERGUSON	3:04:20	27
DAN SCHARBOR	3:10	21
DAVID SMITH	3:40	15
LARRY MABRY	3:26	11
ROB MAGRUDER	3:48	8
HENRY J. OSTERLOH	4:19	5
JOHN KNAPP	4:20	2

Sylamore 50K - February 16th, 2002, Allison, Arkansas

Official Results

Place	Men	Time	UTS Points
1.	DINK TAYLOR	3:59:19	131
2.	CRAIG ZEDIKER	4:09:29	120 ✓
3.	MICHAEL ALLEN	4:13:35	109
4.	GREG EASON	4:33:52	103 ✓
5.	ROBERT ORR	4:35:24	97 ✓
6.	STEVEN KIRK	4:49:30	91
7.	PAUL SCHOENLAUB	4:54:45	85
8.	DARIN HOOVER	4:56:10	81 ✓
9.	STUART JOHNSON	4:58:14	78
10.	JONATHAN DAVIS	5:01:13	75
11.	JOHN SCHEIDHAUER	5:01:31	73
12.	STEVE MCBEE	5:05:53	72
13.	TIM STROH	5:09:28	71
14.	MULE MARTIN	5:09:59	70 ✓
15.	CURTISS NUNN	5:11:06	69
16.	JEFF DIAMOND	5:29:46	68
17.	MICHAEL ABELA	5:39:13	67
18.	JOHN JONES	5:39:30	66 ✓
19.	MARIO MARTINEZ	5:40:06	65 ✓
20.	TOM MAYFIELD	5:44:00	64
21.	LES JONES	5:45:42	63
22.	HUGH BRASWELL	5:53:05	62
23.	SAM COOK	5:56:20	61
24.	DAVID CHRISTENSON	6:00:13	60
25.	DAVID FROST	6:00:47	59
26.	JIM SWEATT	6:03:03	58 ✓
27.	ANDY CAPEL	6:04:00	57
28.	PHIL MILLER	6:04:49	56
29.	ELLIS JAMES	6:12:04	55
30.	TIM TACHE	6:14:31	54
31.	NICK AVERY	6:15:36	53
32.	JACKIE EDMONDS	6:15:49	52 ✓
33.	STEVE HERN	6:16:02	51
34.	JOHN FROST	6:17:45	50
35.	JIM SCHULER	6:21:59	49
36.	ELROD MARSTON	6:23:16	48 ✓
37.	DUANE GRIGG	6:24:42	47
38.	SAM CRAIN	6:25:56	46
39.	MICHJAEI DUPRIST	6:25:56	45 ✓
40.	TED BOWDEN	6:26:14	44
41.	WARREN MCWHIRTER	6:26:35	43
42.	ROBERT VOGLER	6:30:57	42
43.	SCOTT ROGERS	6:47:30	41
44.	JASON STEVENS	6:49:58	40
45.	SAM BLAIR	6:50:54	39
46.	JON MOSTELLER	6:57:40	38
47.	JOHN HOUSEAL	7:00:12	37
48.	JAMES SULLIVAN	7:02:04	36
49.	HUNTER HUMPHREYS	7:05:16	35
50.	CARL PEGELS	7:05:53	34
51.	SCOTT MOSS	7:07:36	33
52.	LEE HESS	7:10:25	32
53.	ROBT CRESAP	7:27:35	31
54.	GRED HOLLAND	7:30:57	30
55.	COLLINS COGBILL	7:33:38	29 ✓
56.	HIRAM BYRD	7:34:48	28 ✓
57.	STEVE BEACHLER	7:44:50	26.5
58.	DAVID NOLTENSMEYER	7:44:50	26.5
59.	MELVIN EDWARDS.	7:46:08	25
60.	JASON RUBY	7:48:47	24
61.	PETE IRELAND	7:48:55	23
62.	RON TAPP	7:53:28	22
63.	ANDY NEX	7:54:23	21
64.	TERRY BISHOP	7:59:18	20
65.	PAUL GORGAN	8:06:48	19
66.	R.C. FASON	8:10:48	18
67.	JAMES MCNAIR	8:12:20	16
68.	DAVID CAILLOUET	8:17:42	15
69.	SAM MORRIS	8:19:04	14
70.	STEVE EUBANKS	8:21:20	13 ✓
71.	JERRY POTTER	8:26:08	11.5
72.	KENNY SIMPSON	8:26:08	11.5
73.	TIM MOSTELLER	8:26:27	10
74.	DAVID SMITH	8:31:23	9 ✓
75.	JIM BEACH	8:43:11	8
76.	KEN MILLAR	8:49:01	7
77.	TOM COOPER	9:11:34	6
78.	SCOTT HENDRICKS	9:15:04	4.5
79.	MARK HIGINBOTHAM	9:15:04	4.5
80.	ROCKY HOLLY	10:12:05	3
81.	HENRY OSTERLOH	10:24:19	2 ✓

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Results-Sylamore 50K - Girls

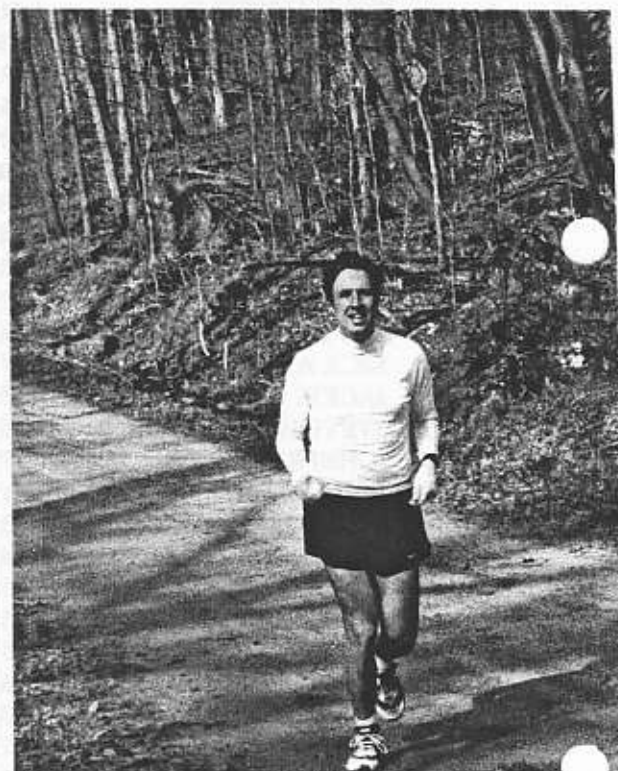
Place	Name	Time	Points
1.	GWEN HEWITT	5:40:52	77
2.	KIMMY PAVELKO	5:42:30	66 ✓
3.	ROBERTA ORR	5:46:37	52
4.	KIM SNEDDEN	5:46:37	52
5.	HEATHER EASON	6:37:52	40 ✓
6.	KRISTEN MOUGEOT	6:37:52	40
7.	RHONDA FERGUSON	6:48:53	31
8.	CATHY DREXLER	6:52:00	27
9.	GAYLE B. HOFFMAN	7:00:00	24 ✓
10.	CAROL IZADI	7:10:22	21
11.	PATTY GROTH	7:21:23	18 ✓
12.	LAURIE KASINGER	7:21:38	17 ✓
13.	JAMIE HUNEYCUTT	7:24:49	16 ✓
14.	SUSAN DIGGONS	7:26:53	15
15.	MARY CROFT	7:31:42	14
16.	CARRIE DUPRIEST	7:31:43	13 ✓
17.	SARAH HARRIS	7:34:16	12
18.	CARLA BRANCH	7:46:08	10.5
19.	GRETCHEN DOTY	7:46:08	10.5
20.	MELISSA RUBY	7:48:47	9
21.	KIM FISCHER	7:48:55	8 ✓
22.	DEBI EVANS	7:55:51	7
23.	LOU PEYTON	8:01:27	6 ✓
24.	JANET DAVIS	9:07:20	4.5
25.	MERYL HATTENBACH	9:07:20	4.5
26.	ANN M. MOORE	9:42:14	3
27.	DOTTIE DUNCAN	10:12:05	2



Arkansas Age-Group legend and AURA wannabe, Joan Scaralata at the White Rock Classic 50K



AURA sister, Jamie Huneycutt does the White Rock Classic 50K



AURA brother, Tom Brannan, strides toward the White Rock Classic 50K finish clipboard.

REGIONAL ULTRA CALENDAR

AURA HOROSCOPE-ARIES -Speed without effort will be your springtime ultra reward..
 PISCES -Your new training companion will prove to be stingy and without grace.
 SAGITTARIOUS - Ask your Higher Power for summertime Ultra strength. VIRGO -
 Consider rolling the dice at your next ultra and winning a very handsome payoff.

Mar 16th, 2002 THE SOUTH FOUCHE MYSTERY RUN UTS #7. 20 miles plus. 8:00 A.M. start from the Flatside Pinnacle parking area on FSR 94. Out and back on forest service roads. No water crossings

Mar 23rd, 2002 AURA Fun Run. "The Widow Maker". 12 to 15 miles +/- . 8:00 a.m. from Ouachita Trail Parking Lot at Lake Sylvia. Water for aid; course marked. Rocky trail, ravine climbing. Get your affairs in order. No points/no credits.

Mar 30th, 2002 GRASSLANDS RUN 25 AND 50 MILE Decatur, Texas Contact Suzi Cope 817-410-2401

Apr 6th, 2002 UMSTEAD 100 MILE ENDURANCE RACE Raleigh, North Carolina
 Contact Blake Norwood 919-847-7613

Apr 20th, 2002 OUACHITA TRAIL 50 UTS #8 Little Rock Arkansas. Contact Chrissy Ferguson 501-329-6688. Application in next issue.

Apr 27th, 2002 PROMISED LAND 50 Km TRAIL RACE. Lynchburg, Virginia. David Horton Race Director. Liberty University, 1971 University Blvd, Lynchburg, Virginia, 24502.
 Website extremeultrarunning.com

May 4th, 2002 STROLLING JIM 40 Wartrace, Tennessee Contact Gary Cantrell, 322 Union Ridge, Wartrace, Tennessee.

May 18th, 2002 THE CATSMACKER UTS# 9 Lake Sylvia Rec. Area. 20 miles +/- . Some trail; some FSR. 2002 Ultra Trail Series finality.

May 18th, 2002 BISHOP HIGH SERRA ENDURANCE RUNS. 50 mile, 50K and 20 Mile runs. 9th Annual. Contact Marie Boyd, Rt. 1; Box 62, Bishop, Ca 93514.. Phone 760-873-5373 www.bhs50.com

Jun 1st, 2002 NATIONAL TRAIL DAY RUNS 17, 10, 6 mile Fun Runs. Ouachita National Forest, Langley, Arkansas. Albert Pike Recreation. More details later.

Aug 10th 2002 THE MIDNIGHT 25k/50k (UTS #1) Lake Sylvia area. Arrangements pending.

Aug 31st, 2002 HEART OF THE TRAVELLER TRAINING RUN#1-Lake Winona area

Sep 2nd, 2002 HEART OF THE TRAVELLER TRAINING RUN#2 -Lake Winona area

Oct 6th, 2002 12th ANNUAL ARKANSAS TRAVELLER 100 MILER

Oct 19th 2002 20th MOUNTAIN MASOCHIST TRAIL RUN - 50 MILES- Lynchburg, Virginia application will be included ASAP. David Horton Race Director. Liberty University, 1971 University Blvd, Lynchburg, Virginia, 24502. Website extremeultrarunning.com

AURA ADVENTURE RACING

On Friday, March 1st, several of us drove to Fort Smith for The Springhill Classic Adventure Race which was scheduled for Saturday, March 2nd. The weather prediction was, let's say, not the choicest to run, paddle, mountain bike and trek for 8-12 hours. The motto, "Prepare for the worst but hope for the best", was our plan. The Arkansas Ultra Running Association was well represented on three teams: Team Flamingo Chicks (Kim Fischer, Rhonda Ferguson, Chrissy Ferguson), Team AURA (Pete Ireland, Steve Eubanks, Lou Peyton), and Jemni & Budrow (Dave Cawein and Jim Schuler). We were all excited and set to go for the 7:00 a.m. start.

Charley and I planned to camp at Springhill Park to be near the start. Friday night was windy and cold as we set up the tent. Then we drove into Ft. Smith 10 miles away for the pre-race meeting where we would see the 34 teams who had registered for the race. There is always excitement before a race. We learned about course changes due to the predicted weather we were already experiencing. The paddle was cut short and a rope climb and excursion away from the race course for one of the team members from each team would have to be cut because we were not paddling on the River. All the changes were just fine with me as we were rolling with the punches... The race started about eight minutes late on Saturday after the latest course changes were given to the racers. The first segment was a run on single track trails in the park and then down the riverbank and along the rocks that lined the river at the lock n' dam. This allowed the team to spread out and the leaders to move forward. This run took approx. 30 minutes and we were back to the transition area to pick up canoes, paddles and lifejackets.. We portaged (carried) the canoes ¼ mile to the boat ramp and into the water we went. It was raining lightly from the start and windy - 30 m.p.h. The temperature was hovering in the low 30's and soon dropped dramatically into the 20's. Once the boats were all in the water the sleet started to fall. We were paddling into the wind the first half of the paddle segment. Team AURA members were Captain - Pete Ireland, Steve Eubanks, and myself - Lou Peyton. When Pete tells us to jump we ask how high and it works real well. We get along beautifully. We have the Captain, the first mate - Steve and second mate me. I love the way we putter along in harmony which is our best asset. Next asset is our paddling. We are proud that we can paddle and we work hard but don't exhaust ourselves. So we're paddling and I tell Steve that he should see the way the ice is bouncing off of him. He tells me that his body parts are much exposed to the wind and sleet. Steve is in the front seat of the boat, I'm in the middle and Pete is steering and paddling. We paddled into the wind for approx. 40 minutes and went through a checkpoint and made the turnaround under a bridge and start back. Now the snow started to fall. First small flakes which turned to huge flakes. A full blizzard. I'd estimate about 30 minutes to get back and portage the boats back to the transition area, check-in with the officials. I expected that maybe the race would be stopped as the paved road was slick but everything was a "GO". Charley, our #1 Crewman, had a pot of hot soup and a three side tarp for us to get out of the wind. We downed the soup, got some food and got on the mountain bikes. I was trembling I was so cold. We did get warmed up on the bikes out in the blizzard but I don't know how. The numbness left my fingers and I was not too uncomfortable. We each wore a bladder pack and I accidentally had my pack on under my

windbreaker and the jersey that they gave us. This proved to be GREAT as my water didn't freeze. Before the race I thought I would get too warm and it would be easier to take the windbreaker off if I wore it on top of the bladder pack. **"I NEVER WANTED TO TAKE ANYTHING OFF!"** It was cold and we were real near the Arkansas River and the wind. After about 10 miles of biking in the snow most of the bikes had frozen brakes and gears. At a check-point out in the woods was the race director who informed us that the conditions were getting dangerous and that the race was being ended. My **EASY TO GET ALONG WITH team** didn't question anything. We just took the new instructions and headed back to the transition area. By the time I arrived, my brakes and gears were lock up and both wheel would no longer turn. Charley was there and he seemed more disappointed than we were that it was over. He took our photos as we were laughing and trembling. The hot soup was good at the end of the short adventure race, too. Next time, we'll probably say it is too HOT! What a great time to be in the outdoors and see the snowflakes as large as your fist. What beauty and how lucky we are to be outdoors enjoying our world. There are those who can never take advantage of the play that we get to enjoy. I am EXTREMELY THANKFUL.

We were told to go back to the Mercy Fitness Center in Fort Smith for the Awards and there would be food. Awards were given according to where the teams were when the race was called to a halt 3 ½ hrs into the event. The Flamingo Chicks, took first place in the all female division. Are those some lucky chicks, or talented chicks, or smart chicks???? Maybe good looking chicks???? But don't think they can't prance around when they get their awards. Team AURA, the worlds most congenial team (I've given us this award) were just happy to be there. We also think our combined ages are worth an award but no award is give for being the Eldest Team in the Event. We're just proud to be there and to be a part of this positive endeavor.

Lou Peyton



TEAM FLAMINGO CHIC's—Rhonda Ferguson, Chrissy Ferguson and Captain Kim Fischer
2002 Spring Hill Classic Adventure Race
March 2nd 2002