

# AURA Meeting September 1<sup>st</sup>

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## THE ARKANSAS ULTRA RUNNER

September

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

FROM THE AUGUST NEWSLETTER - 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.

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MESSAGE FROM THE BIGSHOT-The annual Heart O' Traveller training runs are scheduled for August 31<sup>st</sup> and September 2<sup>nd</sup>. The run on the 31<sup>st</sup> is approximately 24 miles, out and back, on forest service roads. The start and finish will be at the base of the Lake Winona spillway on FSR 778. The Labor Day run will be slightly shorter and will be a modified loop. Starting point is at the intersection of FSR 114 and FSR 2. The official start of the Saturday run is 7:00 am although I am aware that there is always a group that starts early. The Monday run is an Ultra Trail Series Run #2 in which case the 7:00 am start is for those earning points.

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, quitters and those who have never amounted to much are also welcome to join.

## 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, Power line 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).

## ULTRA CORNER

Congratulations to our AURA sister, Chrissy Ferguson, who completed the 2002 Vermont 100 Mile Run this recent July. Although impolite to ask one time, she did finish in a time of 19:59:12

From The AURA ARCHIEVES

### VERMONT 100

Stan Ferguson(01)	17:01:37
Kim Goosen(95)	17:41:02
Neil Hewitt(97)	18:53:35
<b>Chrissy Ferguson(02)</b>	<b>19:59:12</b>
Lou Peyton(90)	21:17:03
Chrissy Ferguson(00)	22:24:17
William Gilli(90)	23:34:53
Lou Peyton(89)	24:23:20
Max Hooper(89)	25:54:50

14<sup>th</sup> EDITION; Number Seven  
The AURA-An Elvis free zone

## (Vermont 100 Continued)

Max Hooper(89)	25:54:50
Larry Mabry(89)	25:54:50
Bob Marston(96)	26:06:20
Bob Marston(97)	27:19:15
Brookes Touchstone(99)	27:32:37
Bob Marston(92)	28:11:58
Nick Williams(90)	28:15:35
Bob Marston(94)	28:40:10

Please report any omissions or errors to chrlypytn@aol.com

### The Midnight 25K/50K August 10<sup>th</sup>, 2002

NAMES		25K Results
		TIME
1. Chrissy Ferguson	(F)	2:10
2. Rick Utley		2:10
3. Rhonda Ferguson	(F)	2:33
4. Jeff Holder		2:33
5. Marshall Singer		2:38
6. Chris Bettis	(F)	2:38
7. Harold Hays		2:45
8. Larry Mabry		2:45
9. Roy Hayward		2:48
10. Gary Speas		2:52
11. Ernie Peters		2:52
12. Carrie Dupriest	(F)	2:56
13. Carlos Wilkins		2:56
14. Henry Osterloh		3:16
15. Kim Fischer	(F)	3:35
16. Vicki Ingram	(F)	4:09
17. Mike Ingram		4:09
18. Ann Moore	(F)	4:09

## MIDNIGHT 50K/UTS #1

Place	Name	Sex	Time	Pts	+Bonus	=Total Points
1.	Robert Orr		4:18	50	13	63
2.	Roberta Orr	(F)	4:41	50	12	62
3.	Steve Kirk		4:48	40	12	52

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4. Stan Ferguson		4:48	30	11	41
5. Andy Capel		5:08	25	10	35
6. Barbara Bellows	(F)	5:12	40	11	51
7. Mario Martinez		5:12	20	9	29
8. Nathan Sira		5:15	15	8	23
9. Ted Bowden		5:25	10	7	17
10. Darin Hoover		5:25	7	6	13
11. Angie Ransom	(F)	5:32	30	10	40
12. Jamie Huneycutt	(F)	5:38	25	9	35
13. Jim Sweatt		5:38	5	8	13
14. Mike Dupriest		5:38	3	4	7
15. Holly L. Larkin	(F)	5:44	17.5	6.5	24
16. Heather A. Eason	(F)	5:44	17.5	6.5	24
17. Pete Ireland		6:02:201		3	4
18. Jess Riley		6:08	1	2	3
19. Kimmy Pavelko	(F)	6:08	10	6	16
20. Tina Cotu	(F)	6:10	7	5	12
21. Celia Storey	(F)	6:20	5	4	9
22. Deanna Sira	(F)	6:38	2	2.5	4.5
23. Jule Martin	(F)	6:38	2	2.5	4.5
24. Lou Peyton	(F)	6:44	1	1	2
25. John Knapp		7:46	1	1	2

26 starters

## 2002 PIKES PEAK MARATHON

The Peak.....Pike's Peak

By: Vicki Ingram

Debby Rigby sent me several articles about Pike's Peak. One of the articles stated that as the Cuban baseball players say, "On the Whole, Pike's Peak was berry, berry good to me". No altitude sickness, no injury. I read in the paper that 125 people were treated at the local hospital. Yes, I can say Pike's Peak was berry, berry good to me.

On August 18, 2002, I conquered the Peak. It was my first attempt, and I am proud to say I had a finishing time of 9:20:24. I know that is barely under the cut-off time, but for a non-trail runner, I am just glad I made the cut off.

To me, the Peak was a long endurance event. Going up was slow, but I expected an up hill challenge. When coming down over large boulders and loose gravel, I quickly learned that if I looked up, spoke to anyone, or let my mind wonder for a second, I would go down. It took me almost as long to come down as it did to go up. I told you I am no trail runner. At every mile marker on the descent, I would subtract a mile and figure the distance I had to go to the pavement.

My favorite memory of the Pike's Peak Marathon is the Arkansas camaraderie. I had such a good time and made so many new friends. I know I will see them at all the races in the future.

*Ingram continues.....*

**Footnote:** While Pike's Peak was a challenge, it was nothing compared to the excitement of the 25K Midnight run I did at Lake Sylvia a couple of weeks ago! The BS can really put on an exciting race.

From the Editor....

Congratulations to all of our AURA members who completed the 2002 Pikes Peak accent and marathon. Let me know if I have missed someone.

Accent	Marathon
Darin Hoover 4:11:54	Stan Ferguson 5:37:07
Ellis James 5:40:01	Darin Hoover 6:39:40
	Maurice Robinson 6:17:09
	Angie Ransom 7:53:17
	Vicki Ingram 9:20:23

## AURA MEMORY BANK

The following letter I discovered recently. Although I have permission to use the real names, I have deleted them for no special reason other than to protect in the identity of the writer. A privacy sort of thing. It was written back when we were young, running was EZ and times were good. For space sake, I have edited it. I thought it to be hilarious.

May 7, 1991

*Dear (name deleted)*

*I just wanted to drop you a line on my running since I last wrote. I have done 2 - 50's, two weeks apart. One was April 20 at Lufkin, Texas. It was called the 4-C Trail Run, named after a timber company in Texas years ago. The run was on dirt trails through a pine forest. I ran with Lou P. and we did it in 10:10. I ran easy and just wanted to finish feeling good. I did. Then I ate 2 plates of hamburgers and beans. I drank 11 beers. Great time, huh. The course was gently rolling hills.*

*The second run was the Ouachita Trail 50 on May 4, 1990. The night before I got blasted at my usual hang out-- Crazy's!! The day was very humid and very hot when the sun came out. 61 entered 40 finished. Lots of runners went to the hospital from dehydration. I ran with Lou and Otis Edge (Leadville). He asked about you. He is recovering from knee and hip surgery a year ago. He finished around 11 hours. Lou ran somewhere around 10:10. I left Lou at 30 miles and ran a 9:47. I finished 15<sup>th</sup>. Like I said it was a rough day. I passed 18 or 19 people in the last 25 miles. Thy all died. I*

*just played. I had a rough 25 miler at first because I was still drunk. I threw up 2 or 3 times and swallowed it back down each time. I will not drink before Western States.*

*Lou and I talk weekly about Barkley. I still dream about it. I find myself replaying each step especially the night part. I am going back and I will do the 3 loops. I would just like some company on the night loop. I am going over sometime in December or January and run it again to make sure I know where I am going.*

*I'm trying to talk Lou into doing the 165+ miles on our Ozark Highlands Trail a month after Western States. It is very hilly but very little rocks. We have done 18 miles of it and a friend of ours from Mississippi, Joel Guyer, has done 40 or 50 miles. Joel said it was almost as good as the Sawtooth (and a lot closer). I know I'll suck Lou into it. She won't let me go and her not. What do you think? Four 40 mile days? Come join us.*

*Love,  
(deleted)*

## ARKANSAS TRAVELLER 100 UPDATE

*The following article is being used without permission from its source, Arkansas Health and Living Magazine, May/June, 2002. It is an interview with Jerry Dixon. Jerry was my first contact with the Central Arkansas Radio Emergency Network when organizing the 1991 Arkansas Traveller 100. His services have been priceless. Just thought you might want to read something good.*

### THE RIGHT ATTITUDE – Jerry Dixon

You see them along the route of a 5K run/walk, a bike tour, or triathlons. These are the men and women with hand-held radios. They're called HAM Operators and they play a huge role in keeping the communication in an event such as Race for the Cure, The MS Walk, and other well known nonprofit events, flowing smoothly.

The 57-year-old Jerry Dixon is one such operator. He's been licensed and volunteering his services for over ten years.

He says it's a team effort that brings information to save people time and struggle. "Everybody has their own reason for volunteering, but ultimately we want to help. It doesn't matter if it's cold and raining, snowing, or 100 miles out in the woods; this is the time we can show people we can be there for an emergency but also be there for the fun."



Some say Jerry goes overboard, but he says it's about one hand helping another. "During an MS Walk there was a lady in a wheelchair. She thought everyone would be gone by the time she reached the home stretch but all the HAM operators were there cheering her on to the finish-line. She finished that 5K walk. It felt great to see her finish with tears of joy. There's just an emotional side to being a part that makes your heart feel twice as big."

Jerry is a member of the Central Arkansas Radio Emergency Net, or CAREN. He participates in 12-15 fundraising events every year. He says his message is twofold on how people can make a difference. "We do help people in real emergencies in our association with alerting people to bad weather. We're just as helpful in providing answers along a route, but I also want people to know about the walks and runs and do everything I can to pass the word. Help someone and you'll feel much better for it."

By the way, Jerry's entire family shares his passion for helping people through HAM radios. He says he'll keep at it until he can't do it anymore. "As long as we're in good health, we'll keep helping."

That's the right attitude, Jerry, and way to go for being a positive example. That's why AH&L salutes you as one of our HealthStars of the Month.

## ADVENTURE RACING

TEAM AURA on a four hour training exercise. Captain Pete Ireland piloted teammates Lou Peyton and Steve Eubanks on a 16 mile paddle on the Fourche Lefave River between Perryville and Bigelow on July 26<sup>th</sup>. Picture taken by team trainer- C. Peyton.

