

AURA PICNIC PLANNED FOR MAY 31ST

THE ARKANSAS ULTRA RUNNER

JUNE/JULY 2003

Newsletter For Members and Friends Of The Arkansas Ultra Running
Association

MAY 31 - BE!



MESSAGE FROM THE BIGSHOT – AURA president Stan Ferguson and First Lady Chrissy are inviting all AURA members, family and friends to their home on May 31st for a picnic on the deck. Stan and Chrissy will provide the hamburgers, buns and condiments. You are asked to bring a side-dish and drinks. BYOB. You will also need to bring a lawn-chair. There is no RSVP or specific assignments on food items, etc. It will all work out and it will be a beautiful thing. Remember this is Saturday, May 31st beginning at 5:00 p.m

Directions to the Ferguson's home(17 Caddo Drive in Conway)=Take I-40 North to Conway. The third Conway exit is Hwy 65 N. and exit 125. Go approx 3 miles, make a left on Treasure Hills road. Treasure Hills Road is marked by a white, concrete post. There is also a yellow "T" highway sign approaching the turnoff(The turn is across the highway from some storage buildings, and immediately after you see the sign for "Conway Supper Club" on the right.) Treasure Hills Road comes to a "T". Go left on Wilkinson. After a block, Wilkinson comes to a "T". Make a right on Caddo Drive Go a couple of hundred yards and you'll see two driveways together on the left. We're the second one. Drive up the steep driveway.

National Trails Day Celebration Scheduled For June 7th.

On Saturday, June 7th, the Caddo District of the US Forest Service will host the 11th Annual National Trails Day Celebration. Our Brother, David Samuel #12) was the organizer of this fine event however in the past year he has retired from the USFS. Organization of NTD has been passed on. I have nothing to base the following statement on other than intuition but I urge all interested AURA to show support for NTD this year. Never take things for granted especially in ultra running. There is no entry fee however there is registration beginning at 7:00 a.m. A trail briefing at 7:45 a.m. and the 17 mile run starts at 8:00 am sharp. Directions to the Albert Pike Recreation Area is listed below.

Directions to National Trail Day-Hwy 70 West to Hot Springs. At Hot Springs Continue on Hwy 70 W thru Glenwood. About 3 miles south of Glenwood will be the Salem community.. At Salem, turn right on Hwy 84 for 13 miles to Langley. Right turn at Langley onto Hwt 369. It is a short 6 mile drive to the Albert Pike..

On May 16th our AURA sister, Kimmy Pavelko Riley was injured in an automobile accident while driving on her home in Little Rock. We are happy to say that she will be okay but that she faces a prolonged absence from running. Out of respect for her privacy I will not give her phone number or address in the newsletter however if you have well wishes or would like to express yourself, call Lou and Charley and we will make the arrangements.

Is it time to renew your AURA? I don't know either! However if your address label is highlighted it is probably time, if think.

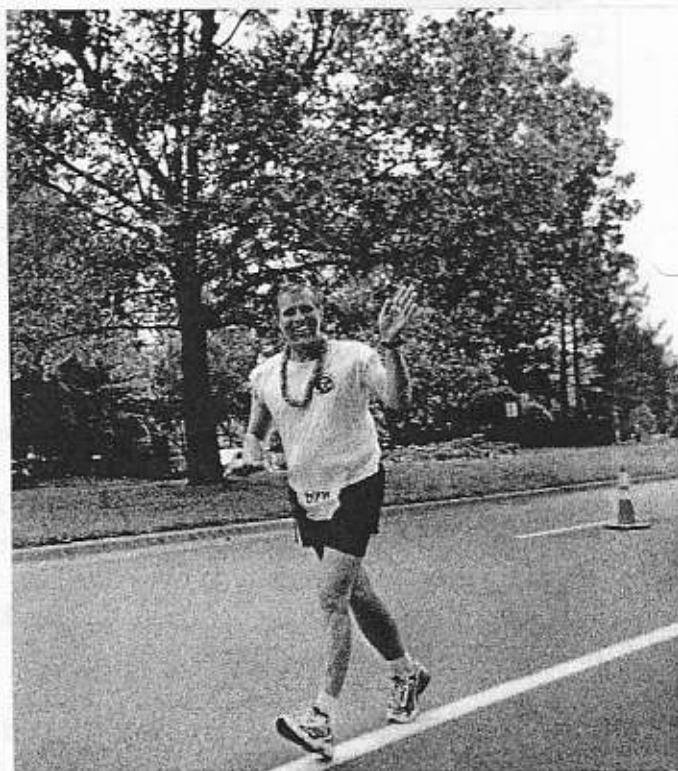
ULTRA CORNER

Little Rock Marathon

May 5th, 2003

In the words of the Bigshot, "You can't fake running." Congratulations to all of our AURA members who completed the 1st Annual Little Rock 26.2. I got out my magnifying glass and tried to pry out those of you of the AURA. Apologies to any I missed.

Place	Name	Time
WOMEN		
7	ANGIE RANSOM	3:40:49
128	VICKI INGRAM	5:01:08
134	LOU PEYTON	5:06:36
151	RITA SPEAS	5:16:35
155	GAYLE B. HOFFMAN	5:19:08
166	PATTY GROTH	5:24:38
197	ROBERTA ORR	5:45:10
220	ANN M. MOORE	6:04:54
MEN		
11	BILL COFFELT	3:10:34
16	TOM BRENNAN	3:18:33
34	BILLY SIMPSON	3:29:35(a pledge)
75	DANNY MANN	3:52:42
82	JACK EVANS	3:55:35
243	GARY SPEAS	4:38:25
244	ERNIE PETERS	4:38:25
256	HAROLD HAYS	4:41:13
268	GARY GEHRKI	4:43:24



AURA's David Smith
Mile 14 at the LR-26.2

270	COLLINS COGBILL	4:43:50
325	MARK HIGGINBOTHAM	4:57:14
329	DAN SCHARBOR	4:57:29
358	LLOYD MOORE	5:06:05
388	ELLIS JAMES	5:19:24
429	DAVID SMITH	5:40:14
431	DAVID SAMUEL	5:40:35
458	HENRY OSTERLOH	6:30:40

AMERICAN RIVER 50 MILE

April 5th, Sacramento, California

Chrissy Ferguson 8:57:19

Ann M. Moore
And Henry J. Osterloh
At LR-26.2

STROLLING JIM 40

May 4th, Wartrace, Tennessee

Stan Ferguson	5:05:30	3 rd Place
Chrissy Ferguson	6:02:13	1 st Female
Jackie Edmonds	8:47:21	Survivor



AURA HOROSCOPE-Scorpio – Your thirst for UTS points will be quenched. **Leo** – Soon you might not have to revel only in the accomplishments of others. **Aquarius** – A smile in the right direction at your next ultra finish could lead to a serendipitous post race reward. **Gemini** – In 2003 you will test positive for AURA.

2003 ULTRA TRAIL SERIES

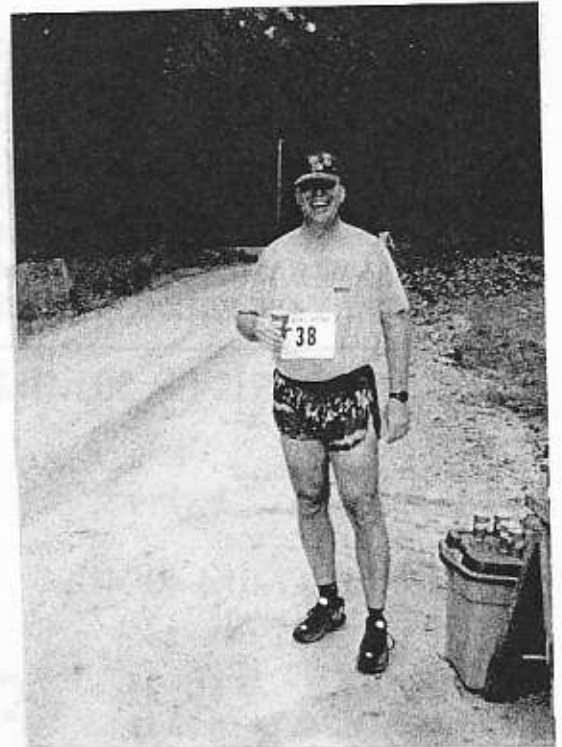
The Catsmacker-20 miles +/-
May 17th, Lake Sylvia area

Results

Real Men

PLACE	NAME	TIME	POINTS
1.	STEVE KIRK	2:45:40	75
2.	JOHN MUIR	2:58:XX	64
3.	RICKY UTLEY	3:02:39	53
4.	ROBERT ORR	3:11:36	44
5.	GREG EASON	3:11:36	44
6.	JACK EVANS	3:13:XX	35

7.	JESSE WILSON	3:16:45	29
8.	TODD MATHEWS	3:20:45	25
9.	JAMES GOLLEHER	3:22:04	22
10.	JIM SCHULER	3:38:XX	17.5
11.	DAVE CAWEIN	3:38:XX	17.5
12.	SAM SANDERS	3:39:XX	15
13.	MIKE DUPRIEST	3:42:XX	14
14.	JIM SWEATT	4:00:XX	12.5
15.	TED BOWDEN	4:00:XX	12.2
16.	LARRY MABRY	4:10:XX	11
17.	ERNIE PETERS	4:00:XX	10
18.	GARY SPEAS	4:00:XX	9
19.	PETE IRELAND	4:29:40	8
20.	MAURICE ROBINSON	4:29:40	7
21.	PAUL MATTOCKS	4:35:10	6
22.	KEN PORTIE	4:47:XX	4.5
23.	ELLIS JAMES	4:47:XX	4.5
24.	LARRY FRANKLIN	4:58:XX	3
25.	JOHNNY KNAPP	5:38:XX	2
26.	STAN FERGUSON (SWEEP)		1 ATTABOY



TRAIL FAVORITE HAROLD HAYS COMPLETED THE LR-26-2 ON MAY 5TH.

Real. Women

PLACE	NAME	TIME	POINTS
1.	CHRISSY FERGUSON	3:19:58	60
2.	ANGIE RANSOM	3:32:XX	49
3.	HOLLY LARKIN	4:20:XX	35
4.	HEATHER EASON	4:20:XX	35
5.	CARRIE DUPRIEST	4:20:01	23
6.	PAYY GROTH	4:20:01	23
7.	KRISTA LIZZEL	4:47:XX	12
8.	DOTTIE REA	4:47:XX	12
9.	PAM RUSCH	4:58:XX	7
10.	LOU PEYTON	4:59:34	4

Kitty Run(11 miles (=/-)

PLACE	NAME	TIME	+ CREDITS
1.	ALFREDO ATIANO	1:38	13
2.	ROY HAYWARD	1:39:39	12
3.	JAMES BARBER	1:40:01	11
4.	GROVER SHIPMAN	2:00	10
5.	ANGELA BODLES	2:00	9
6.	DEANNA HALLSELL	2:07:19	8

7. KELLEY WILLIAMS	2:08	7
8. KIM FISCHER	2:08:52	6
9. IVY HARRISON	2:09	5
10. RHONDA FERGUSON	2:09	4
11. JAMES HICKS	2:15	3
12. JOHN WOODRUFF	2:40:49	2
13. DR. FEELGOOD	2:40:50	1
14. RON THOMPSON	1:45(MISC. RUN)—1.5 UNITS	
15. PAM WILKIN	1:45(")	1.5 UNITS

AURA ADVENTURE DAY REPORT

By Dave Cawein

On May 10th the BS hosted a TEAM AURA "live fire" training exercise in the Ouachita National Forest near Lake Sylvia. Besides Team AURA present were Teams make up of Dave Cawein, Jim Schuler, Andy Capel, Kris Mugeot, Robin Booth, Ron Thompson and Kim Fischer. The format was essentially orienteering using mountain bikes. Our AURA brother #13, Dave Cawein has written his report of the Adventure Day to the Arkansas Ultra Runner

"We left the starting area about 7:15 am after plotting the first series of points that were given to us. Going up the first hill toward Wildcat Mtn. wasn't easy fun, but we were all fresh. We found the first two points easily and went down the hill to the Ouachita Trail hiking hut and CP-3. Then we rode out to the road, chained our bikes to a tree and climbed up CP-4(Wildcat Mountain). I was glad I had on trail shoes. Kris and Andy had on clip shoes and the rocks were a little tough on them. We came out nearly on top of CP-4. It was very windy on top and we appreciated the message at the CP---("WAY TO BE") We came back down, got on our bikes and went to CP 6 at the Mountain Bike Trailhead. The next section going to CP 7 was our only miscue. Jim and Andy led Kris and I down the trail.. The start of the trail is downhill and fairly rough. We were going fast enough that your eyes were glued to the trail. Consequently, we all missed the neon pink CP 7 sign at the first intersection. Being the navigator, it was my fault. We went about 300 yards and realized that we should have found the CP by then. We stopped looked at the topo map and agreed we should have been there. Jim and Andy went down the trail to make sure we had gone far enough and Kris and I went back up to the intersection. We found the CP and hollered for "our boys". We went down to get them and soon found them pushing four bikes up the hill. You gotta love youth and brawn.. After collecting CP 7, we quickly found CP 8 and 10-. Then we crossed over to the SW corner of the trail and collected 12. We had a great plan to get CP 13 and avoid the rough east side of Wildcat Mtn Trail but that plan fell thru and we climbed the rough east side anyway. Then we smoked down the hill to CP14 and met BS and Johnny(Knapp) just west of there. We then received the last CP UTM's, plotted them and continued on down to CP 14 and Hwy 9. When we got to Hwy 9 the wind was really strong out of the south. We got in a tight pace line and Jim pulled us down Hwy 9 like a train gone bad. When we passed the Lake Winona Bait Store the team decided they would burn my \$5.00 . So we all got a coke(I got a cream soda) Since it was my money Jim also got peanuts. After a nice break in the shade we continued to CP 15, a tram road. Collecting CP 15, 16, 17 and 20. Then we had the long, long uphill to the

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The AURA-A Hall of Fame Breeding Zone

RRCA REGISTERED

trailhead and CP 21. Andy led us up the hill. He is a "horse". We finally pulled the hill and had the nice downhill to the start/finish. We finished at 11:37 a.m. We then loaded our bikes and went down to Lake Sylvia for a brief canoeing practice. Mainly to get our boat partners and talk strategy. It was a fun day. We're ready for the Planet Adventure Race in Indiana May 31st."

Thanks again for the Adventure Fun Day. Team Gemini enjoyed your training exercise. It was a good shakedown session for us and an opportunity to practice navigation and MTN biking.

(If I get enough positive feedback from the Adventure Day, I would like to do another one in August. I have the route already. More distance on the mountain bike on FSR's and less trekking. But as always a few surprises. Let me hear from you-BS)

2003 AURA RACE CALENDAR (building up)

(If you have a favorite race or run you would listed here, let me know.)

PLEASE NOTE THE DATE CHANGE ON THE MIDNIGHT 50KM

- Jul 19th The Midnight 50 Km Fun Run 31 miles (+/-) on FSR's. 8:00 pm start from the Lake Sylvia Ouachita trail parking area.
- Aug 2nd and 4th Annual Heart O Traveller Training Labor Day weekend. Lake Winona area
Detail in coming issues.
- Sept 13th OLEANDER PARK/USATF 100 MILE CHAMPIONSHIP. Sylvania, Ohio.
Tom Falvey, 5835 Heildaway Lane, Sylvania, Ohio-43560
- Sept 27th Flat Rock 50 Km Trail Run. Independence, Kansas. Eric Steele 316-258-9602(h) or kus@ericsteele.com
- Oct 4th 13th Annual Arkansas Traveller 100 Mile Run. Application in issue of the AURA
- Oct 11th Heartlands 100 Mile and 50 Mile Run. Cassoday, Kansas. Randy Albrecht 7826 Westlawn Court, Wichita, Kansas 67212. randyalbrecht@USAagbank.com
- Oct 18th Mountain Massochist 50 Mile Trail Run. Lynchburg, Virginia. David Horton, Liberty University, 1971 University Blvd, Lynchburg, Virginia 23502 or dhorton@liberty.edu
- Oct Palo Duro Canyon 50 Mile and 25 Mile Trail Run

FYI 100 Mile Runs

- | | | | |
|-----------------------|--------------------|----------------------|---|
| June 7 th | Old Dominion 100 | Aug 16th | Leadville Trail 100 |
| June 7 th | Kettle Moraine 100 | Sept | Wasatch 100 Miler |
| June 21 st | Mohican Trail 100 | Oct 4 th | Arkansas Traveller 100 |
| June 28 th | Western States 100 | Oct 11 th | Heartlands 100 |
| July 11 th | Hardrock 100 | Feb '04 | Rock Racoon 100 Miler(not yet dated in UR |
| July 19 th | Vermont 100 | | |

REMINDER-The RETREADS(RETIRED OR TIRED RUNNERS EATING OUT AT DIFFERENT PLACES) meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd at 11:30A.M. Remember to were something with a running logo to set you apart from the other patrons. Bring a little tip money this month. Don't go cheap. Please!

ULTRA TRAIL SERIES RECAP

The 2003 Ultra Trail Series was brought to a close on May 17th with the *Catsmacker*. This year we had 10 races ranging from 18 to 50 miles. It is very encouraging to see new faces emerge on the ultra running scene. The 2004 series begins on July 19th with the Midnight 50 Km. Because of my legendary computer problems this year, I am unable to print out a complete listing of each runners point totals for the series. However, if you would email me your questions about specific point totals; number of runs participated in; rules; etc. I will try to respond. Thanks for all of you who participated in the runs and especially the run leaders who organized the race. Chrissy Ferguson, Pete Ireland, David Samuel, Bob Marston, Joe Fennel and Randy and Bobbie Davidson. I will remember this when the time comes to send out those good AURA membership numbers.

2003 ULTRA TRAIL SERIES*

KING AND QUEN OF THE TRAILS

OVERALL

Stan Ferguson and Kimmy Riley

MASTERS

Steve Kirk and Patty Groth

SENIOR

Bob Marston and Angie Ransom

SUPERSENIOR

Maurice Robinson and Lou Peyton

- - point totals for these Kings and Queens are listed below.

Stan Ferguson	361	Kimmy Riley	339
Steve Kirk	317	Patty Groth	207.5
Bob Marston	78	Angie Ransom	264
Maurice Robinson	171	Lou Peyton	176