

THE ARKANSAS ULTRA RUNNER

March 2003

A Newsletter for Members and Friends of the Arkansas Ultra Running Association

MESSAGE FROM



The Bigshot

There are several "big time" ultra series around the country. Perhaps the most prestigious is the **MONTRAIL ULTRA CUP RACES**. We are pleased to announce that our AURA President, Stan Ferguson, finished 5th in the standings. The word is that he also won a little money with his high finish. Much acrimony has been perceived at the Power-Room regarding the assigning of Ultra Numbers in last month's newsletter. I take full responsibility for not getting the word out that big changewere in the works. For new members I should start at the beginning. First of all having a number is a powerful thing. Secondly, all numbers are confidential known only to the Bigshot and those you squeal to. One advantage of

being anonymous is that the Bigshot can communicate with you via the newsletter without anyone being embarrassed by others knowing whom you are. It is sort of like code-talking. Here is an example: *Attention Number 3-"I have your old dropbags from the AT100. Because you have not showed up for any AURA functions in three or four years, I can't return them. I think there is some good stuff. Give me a sign as to when we will see you again"*. See what I mean? But perhaps the biggest confusion is that the numbers were flip-flopped. Everyone, except Number 13, got a new number. Most of the squawking I received was from those with low numbers. Heretofore, one's mission within the AURA was to progress each year to a lower number. After 14 years there has developed a blockage at the top end by some of you sitting on your number without movement. The way to make movement is by doing good ultra deeds. Now instead of your goal being to move and progress to #1, your goal is to move toward #100. Hence, the higher number one has the better standing one has. Next year you might be rewarded appropriately. I hope this clears up the question of AURA numbers.

Bob and Rosemary Marston are planning a fun run from their new home on March 8th. 8:00 a.m. A course for road as well as trail runners will be available. After the run, pancakes will be served. Details and directions are given in the race calendar.

Breaking news! March 15th, 7:00 a.m. Just when you thought it was safe to go into the woods, the annual *Widow Maker Fun Run* pays a call. Get your affairs in order. This is a 16 to 18 mile fun run. NO POINTS; DON'T ASK! Three miles of the Ouachita Trail, about 12 miles of forest service roads and a couple of bushwhacking hill climbs. Not the exact same route as before. Arrangements are pending; the Bigshot is the undertaker.. See Ultra Race Calendar for time and place

ULTRA TRAIL SERIES

Mar 29th OT Tune-up Run-UTS#8. 24 miles on the scenic Ouachita Trail. Bob Marston, run leader. 7:30 a.m. start time from the Marston home at 14,802 Wild Oak Lane, Roland, Arkansas. Possum Burgers and Armadillo tails will be served after the race. Driving directions are given in the Race Calendar.

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 11:30 a.m. Remember to wear something with a running logo so we will know who you are. This month's topic of discussion: "Soft Food".

ULTRA CORNER

Rocky Raccoon 100 Miler
Feb 1st, 2003-Huntsville, Texas.

Chrissy Ferguson(03)

19:50:24(second female)

FROM THE AURA ARCHIEVES - Arkies who have finished the *Rocky Raccoon 100 Miler*.

CHRISSEY FERGUSON(03)	19:50:24
RANDY DAVIDSON(95)	20:37:37
KIM GOOSEN(95)	22:39:56
ANGIE RANSOM(96)	23:02:53
BOB MARSTON(93)	23:38:54
BOB MARSTON(94)	24:15:36
IRENE JOHNSON(94)	24:19:00
LOU PEYTON(96)	25:19:02
BOB MARSTON(95)	25:48:32
BOB MARSTON(96)	25:50:45
KIIM PAVELKO(96)	26:12:40
DIANNE F. BELL(95)	26:22:42
DIANNE F. BELL SWEATT(96)	26:54:47
IRENE JOHNSON(95)	27:08:55
CHARLEY PEYTON(94)	27:10:00



Chrissy Ferguson
(File photo)

LOU PEYTON(94)	27:08:55
STEVE EUBANKS(95)	28:10:12

Please report errors or omissions ASAP. Example: I now live in Arkansas but completed the RR100 when I lived in Texas or I am now an AURA member living in Texas but finished the RR100. Please give name, year and time.

White Rock Classic 25Km and 50Km

Feb 1st, 2003/ Turner Bend, Arkansas

25Km/AURA members

Place	Name	Time	Credits
17*	Tom Brennan	2:15:48	50
75	Jesse Riley	2:59:00	40
82	Captain Bills	3:03:00	30
85	Debbie Good	3:07:20	25
96	Tim Hall	3:13:00	20
97	Paulette Brockinton	3:13:00	20
99	Linda Wood	3:14:52	15
101	Jackie Edmonds	3:19:00	12
118	Stephen Cain	3:26:00	10
125	Paul Mattocks	3:38:00	09
103	Paul Westbrook	4:13:00	08
138	John Knapp	4:30:00	07

* - 138 Runners signed the time sheet at the top of WR Mountain.

50Km

Place	Name	25Km split	Time	Points
1.	Bill Coffelt	2:04:40	4:13:44	68
2.	Stan Ferguson*	2:05:44	4:19:52	57
3.	Matt Harrington	2:06:55	4:20:23	46
4.	Roger Rains	2:17:02	5:18:50	40
5.	Darin Hoover*	2:36	5:36:00	34
6.	Mario Martinez*	2:35	5:37:00	28
7.	Angie Ramsom*	2:47	5:38:00	56
8.	Maurice Robinson*	2:37	5:40:47	22
9.	Jesse Wilson*	2:47:32	5:53:51	18
10.	Mike Dupriest*	2:49:50	5:57:43	15
11.	Jamie Huneycutt*	2:55	6:02:00	45
12.	Jay Huneycutt*	NTR	6:06:00	12
13.	Harold Hays*	3:00	6:13:00	8.5
14.	Jim Sweatt*	3:00	6:13:00	8.5

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The AURA - A GRAND-PRIX FREE ZONE

RRCA

4			
15. Todd Mathews	2:49:55	6:24:35	7
16. Ted Bowden*	3:09	6:30:34	6
17. Bob Marston*	3:23	6:32:32	5
18. Kimmy Riley*	3:19	6:34:15	34
19. Rhonda Ferguson*	3:22	6:49:01	28
20. Carrie Dupriest*	3:22	6:56:00	22
21. Lou Peyton*	3:38	7:04:07	16
22. Duane Griggs	3:31	7:44:00	4
23. Lloyd Moore*	3:47	8:01:12	3
24. Hiram Byrd*	3:51	8:03:00	2

* - AURA Members

AURA's MARCH HOROSCOPE

A new training companion is dealing with 'issues' that you might be able to take advantage of. Your legacy could be undermined by your performance during a springtime ultra race. Parlaying your new AURA number with wise decisions will lead you to a financial windfall. If you were a redneck, your astrological sign might be *Cornbread*.

AURA RUNNING PROFILE

Jackie Edmonds

Long time AURA Brother from Mountain Home, Arkansas.

"We're all just country boys who like to travel, gamble and do a little running to justify for the wives"

Greetings Jackie! You and your group have quite a running resume around Mountain Home. I see there is Duane(Griggs) and Hiram(Bird) and maybe Bill Maxwell in the area. Are there any others?

What about women? Does the name Bonnie Brandsgard ring a bell? She and her husband moved there about two years ago and she was a Little Rock runner.....

What about women? We need a few! No ultra running ladies up in these parts.

Laurie Kasinger ran Sylamore last year and does a few bike/run events. Bonnie Brandsgard

is a PR person for the hospital

and does a lot of fitness things through the

hospital and there is a running club here but us

outlaws do not belong as most are 10Km/marathon folks which is not us.



Jackie Edmonds(left) with Duane Griggs at the Sylamore 50K

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The AURA - A UNFAIR AND UNBALANCED

RRCA

Except for Maxwell, you all seem pretty well evenly matched. Who decides which races to go to?.....*I taught Maxwell everything he knows about running. Maxwell was just faster than me! There are four of us that try and go to most runs together. Duane, Hiram, Gary Phillips and myself. Gary is a good handler, driver, and will run a trail marathon and once in a blue moon and will do a 50K I have him convinced that the Sylamore would be an easy 50Km. We usually sit around the poker table and talk ultras and just look at what dates seem good. We try and go somewhere each month. Sometimes we get in a couple in a month. It is important to note that a run should somehow coincide with a gambling trip or as my wife says, "you can't get there without going thru Tunica".*

I saw Duane at the White Rock Classic on Feb 1st and he told me that all of you went to the Bandera 100K in Bandera, Texas sometime in January. It was on the BS's "interest list" but since it conflicted with the Athens-Big Fork Trail Marathon, I let it pass. Tell me a little about it and how did you and the rest of the Mountain Home boyz do?.....*I faired the worst at the Bandera as I got up sick in the morning of the race(it could have been the loss I took at Shreveport the night before gambling) So I did not run. Gary did the 25 Km' Hiram the 50Km and Duane the 100 Km. It turned out a very cool and rainy day. They all said the course was very rocky and rough and the rain made it twice as bad especially after it got dark in the 100 Km.*

I know we will see you at the Sylamore but what other races do you plan on doing this spring?.....*I plan to get in shape this spring for the fall season. I retire on 2-28-03 and will begin to hit the trails on a more regular schedule. We are looking at several this spring. Mississippi 50 was a go until scheduling has eliminated it. So most likely McNaughton Park in Illinois; Ouachita Trail 50(even though I said I wouldn't do it because of the hill); Cross Timbers in Texas; somewhere in California for late April, (Duane wants to do Zane Grey but I read about it and saw the times and want no part of it); the Strollin Jim in Tennessee in May or Iowa's 24 Hour Cornbelt Run(it is good). Then there is always Pennar in Florida in June. Where else can you have hot fun in the summertime than 40 miles on a hot beach road. All in all we are just a bunch of country boys who like to travel, gamble and do a little running on the side to justify it all for the wives. .*

SPECIAL AURA FEATURE

WILDCAT MOUNTAIN BIKE TRAIL

I recently rediscovered the Wildcat Mountain Bike Trail near Lake Sylvia. Geographically, the trailhead is located just south of intersection of FSR 132 and FSR 179. To Drive there, drive past the Ouachita Trail parking lot at Lake Sylvia on FSR 152 for 1.5 miles. At he intersection of FSR 152 and FSR 132(The Winona Scenic Drive), turn left and go one mile. This brings you the 132/179 intersection and the bike trail parking area.

I first saw the area maybe 8 to 10 years ago when the Forest Service put out the map on the new bike trail that they had developed. After seeing it, my opinion was that it was just a poorly marked maze of old roads that the Forest Service had thrown together and called a bike trail. Nevertheless, I did use some of it for more than one trail series run.

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The AURA -POINTS AND CREDITS ARE BEAUTIFUL THINGS.

RRCA

Let me tell you of my rediscovery. Nick(Williams) recently told us of a FS road on Hwy 9 that was just past the Winona Forest Drive and said that we needed to explore it. Taking his advise Lou, Pete(Ireland) and Steve(UB) drove out, found the road(Y35P). We drove in 3 or 4 miles and parked when we saw a sign that said "STOP". The temperature was in the single digits. Pete was the first one out of his trunk and walked down the road to a sign-it read WILDCAT MOUNTAIN BIKE TRAIL. Then I noticed the white blazes on the trees. We had stumbled onto the bike trail. Naturally we started trekking, following the blazes and eventually came to an area of the trail that I was familiar with. Following the trail signs we came out where we had started for a distance of maybe 5 to 6 miles. We packed into our trucks and tried to leave the area. I say tried to leave because as we crested the hill near Hwy 9, a FSR gate had been closed and locked behind us. After a brief moment of panic someone produced a cell phone. Chrissy(Ferguson) answered and was able to give us a contact with Ron(Garrison) at the Perryville Ranger District. He knew exactly where we were. He soon arrived and unlocked the gate and we were home free. He explained that the gate is only open during Gun Deer Season but that he had waited to close it as there were some campers using it but had vacated the day before. Hence it was locked after we had gone in.

With this new trail discovery, I went out the following week and started from the 132/179 Trailhead and was quite surprised to find a very well marked and maintained trail system. It is no longer a maze but one large loop of maybe 10/11 miles with a cut through that would allow one to cut short and do a 5/6 mile loop. This is not single track trail but is made up of abandoned logging roads and a one mile portion of the gated off forest service road. There are a lot of rocks and creek crossings. For a trail runner I think you would like it. I will leave it to mountain bikers to decide how they will fair on it. I went out after the recent snow and trekked the whole thing. I saw lots of animal sign including deer, turkey, rabbit and maybe bear tracks. Before the weather gets too warm, I will go back. Just thought you would like to know about this, if you don't already.

FROM THE EDITOR

Subject: Ultra Etiquette.

"Mr. Manners" overheard numerous breaches in ultra etiquette at the Sylamore 50 Km. committed by some new as well as our more mature members To ask an ultra runner "*what their time was*" is never an acceptable query. It is rudely presumptuous on ones part to assume that the participant finished. If that were in fact the case, the participant has two choices: One is making up a time and lie; the other is to slink away in shame into the shadows. A sensitive AURA brother or sister will always ask, "*How did you do?*" This gives the DNF'er the opportunity to tell about their race thus avoiding the stigma of not having a finish time "Mr. Manners" will be listening at the next ultra event.

AURA RACE CALENDAR

The following is a *tentative* race calendar that combines the Ultra Trail Series with regional Ultra races. I plan to update it in the coming month. If you have a run that you want listed, let me know: chrlypytn@aol.com (preferred) or call 501-868-5555

Mar 8th AURA Fun Run. Trail or Pavement. 8:00 a.m. You can choose your distance. Pancakes served afterwards. 14, 801 Wild Oak Lane, Roland, Arkansas
 Directions: Hwy 300 to Roland. At the yield sign at Roland, turn left. Go two blocks and turn right. Go two blocks and you should see a 4-way stop sign. Left turn onto Roland Cutoff Road. Two miles on Roland Cutoff Road and you will see Wild Oak Lane. Follow Wild Oak Lane to the very end. Look for 14,801. Continue up the gravel driveway a ¼ mile long. Park off of the road. Bob Marston run leader-86801072.

Mar 15th AURA Fun Run-The Widow Maker. 16 to 18 miles on trail, hill scrambling, logging roads and forest service roads. Water and course markings provided. 7:00 a.m.. start from the Ouachita Trail parking lot at Lake Sylvia. Charles Peyton is "under taking" this run. chrlypytn@aol.com or 225-6609.

Mar 22nd- Grasslands 50 Mile Trail Run. Denton, Texas. Contact: Suzi Cope, 3550 Carmel Court, Southlake, Texas 76092(please note this new date)

Mar 29th OT Tune-up Run-UTS#8. 24 miles on the scenic Ouachita Trail. Bob Marston, run leader. 7:30 start from 14,801 Wild Oak Lane, , Roland, Arkansas
 Directions: Hwy 300 to Roland. At the yield sign at Roland, turn left. Go two blocks and turn right. Go two blocks and you should see a 4-way stop sign. Left turn onto Roland Cutoff Road. Two miles on Roland Cutoff Road and you will see Wild Oak Lane. Follow Wild Oak Lane to the very end. Look for 14,801. Continue up the gravel driveway about .02 miles long. Park off of the road. Bob Marston run leader
 Phone 868-01072

Apr 5th Umstead 100 Mile Endurance Run Raleigh, North Carolina. Blake Norwood, 10908 Raven Rock Drive, Raleigh, North Carolina 27614

Apr 12th Ouachita Trail 50M and 50K - UTS# 9 Application in this Newsletter.

May 3rd 25th Strollin' Jim 40 Mile. Wartrace, Tennessee. Contact: Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183

Rumor has it that the course will change next year.

May 17th The Catsmacker-UTS #10 Lake Sylvia OT trailhead parking lot.

June 7th National Trails Day Celebration Runs. 17, 10 and 6 mile fun runs. Ouachita National Forest. 8:00 a.m. Albert Pike Recreation Area, Langley, Arkansas.

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The AURA -WHERE LEDGENDS ARE BORN.

RCCA