

The CatSmacker
UTS # 10
On Tap For May 17th
6:30 a.m.

ARKANSAS ULTRA RUNNING ASSOCIATION

MAY 2003

A Newsletter For Members and Friends Of The Arkansas Ultra Running Community



MESSAGE FROM THE BIGSHOT-With regrets I must inform you that there was pilfering in the Power-Room since we last spoke. The new Gateway 2002 corrupted before my very eyes. With it went all the old AURA files, UTS points and mailing addresses. And most regrettably, the code sheet for the AURA secret numbers. The only fair thing in the reconstruction period is to reassign numbers. The only fair way to do this is to issue numbers based on what members think they deserve.. Please e-mail me at chrlypytn@aol.com and tell me which number you think you deserve. I want you to be satisfied. .

There is a little unfinished business that needs to be taken care of. First, is to notify everyone that the AURA aid station at the Lung Run Half Marathon on February 22nd, was named "Best Aid Station" by the race committee. Stan and Chrissy were the aid station captains and were assisted by Lou Peyton, Charles Peyton, Pete Ireland, Rhonda Ferguson, John Knapp, Mike and Carrie Dupriest and did I miss anyone?

Please note the correct starting time for the UTS 10, the CATSMACKER. The correct time is 6:30 a.m. Also, with regards to the CATSMACKER it was brought to my attention that our AURA President and Co-race director, is going to sweep the course as the last official starter. On a command decision, I have decided to use his running time in figuring the results.

The June bicycle ride on the KATY Trail in Missouri is fast approaching. It is not too late to make your plans. The dates are June 11th, 12th, 13th and 14th. You are welcome to do all or part. Ride HQ will be in Hermann, Missouri. Look up WWW.HERMANNMO.COM or email me at chrlypytn@aol.com or 501-225-6609. I hope to see everyone there.

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THE AURA – Where the BigShot fights for you.
RRCA all the Way

ULTRA CORNER

Ouachita Trail 50
 UTS # 9-Maumelle Park
 April 12th, 2003.



#56-Bill Coffelt starts his return on the OT-50Km

50 Miler-Boyz			
Pl	Name	Time	Pts
1.	ANDY HOLAK	8:20:53	68
2.	STAN FERGUSON	8:28:54	57
3.	ROBERT ORR	8:32:25	46
4.	GREAD FOREMAN	8:56:01	40
5.	DAVID HARDIN	9:02:20	34
6.	MURRY CHAPPELLE	10:14:22	28
7.	DAVUD LEWIS	10:59:07	22
8.	MAURICE ROBINSON	11:07:51	18
9.	TODD MATHEWS	11:18:55	15
10.	BRITT STARNES	11:31:16	12
11.	DEREK BENTLEY	11:33:42	9
12.	MIKE DUPRIEST	12:08:14	8
13.	TED BOWDEN	12:08:22	7
14.	RANDY SAXON	12:21:18	6
15.	PETE IRELAND	12:51:22	5
16.	SHANNON JOHNSON	12:53:40	4
17.	TOM DETORE	12:54:39	3
18.	RENE VILLALOBOS	13:40:03	2

50 Miler-Girlz

1.	ANGIE RANSON	10:59:47	56
2.	BARBARA BELLOWS	11:16:03	43
3.	KIMMY RILEY	12:21:06	34
4.	RENEE DESPRES	12:21:18	28
5.	LINDA HURD	12:21:44	22
6.	PATTY GROTH	12:51:22	16

50 Km Results-Boyz

Pl	Name	Time	Pts
1.	JOEY MAYO	4:25:11	93
2.	BILLY SIMPSON	4:48:15	82
3.	JOHN MUIR	4:57:39	71
4.	BILL COFFELT	5:01:41	65
5.	DARIN HOOVER	5:24:41	59
6.	PAUL SCHOENLAUB	5:24:41	53
7.	ROB WISTRAND	5:31:42	47
8.	MIKE HEALD	5:37:37	43
9.	JESSE WILSON	5:37:37	40
10.	RICKY UTLEY	5:45:15	36
11.	LES JONES	5:48:32	34
12.	PAUL TURNER	5:48:32	33
13.	BRETT BASSHAM	5:55:59	32

50 Km - Girlz

Pl	Name	Time	Pts.
1.	KIMEMBERLY HOLAK	5:15:48	68
2.	BLAIR WHISENHUNT	6:08:57	57
3.	HOLLY LARKIN	6:56:59	46
4.	PAULETTE BROCKINTON	6:59:09	40
5.	PAT COOK	7:03:28	34
6.	TINA COUTU	7:12:06	28
7.	RHONDA FERGUSON	7:43:13	22
8.	IVA LIGHTSEY	7:46:42	18
9.	CONNIE SCHERZ	7:48:08	15
10.	LOU PEYTON	7:54:44	12
11.	DIANNE HERRINGTON	7:54:49	9
12.	GAYLE HOFFMAN	8:04:43	8
13.	DIANNE SEAGER	8:04:43	7

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14. BRIAN KENADY	5:59:18	31	14. GINA HOUSE	9:27:38	6
15. GARY GEHRKI	6:02:20	30	15. PAULA TOWNSEND	9:27:40	5
16. JAMES GOLLEHER	6:07:45	29	16. HILDE HAYNES	9:46:47	4
17. BOB MARSTON	6:56:32	28	17. HOLLY LYNCH	9:46:50	3
18. GARY SPEAS	6:59:33	27	18. NITA LEMAY	11:34:47	2
19. ERNIE PETERS	6:59:35	26			
20. ANDREW COLEE	7:02:25	25			
21. HOWARD THOMPSON	7:06:36	24			
22. MIKE ODY	7:09:51	23			
23. SAM CRAIN	7:09:51	22			
24. ANDREW BALOGH	7:29:34	21			
25. BUDDY GIBSON	7:45:40	20			
26. TOBY HERRINGTON	7:54:49	19			
27. BILL GOMBOC	7:58:30	18			
28. DENNIS BISNETTE	7:59:11	17			
29. EDDIE ADATIA	8:00:13	16			
30. DAVID CAILOUET	8:11:09	15			
31. TOMMY WORTHY	8:19:59	14			
32. MARK BROOKS	8:19:59	13			
33. RONNY GLOSSUP	8:31:52	12			
34. JERRY WHITE	8:57:47	11			
35. ANDY NIX	9:19:12	10			
36. BILL LUTON	9:27:39	9			
37. JON HOUSE	9:46:46	8			
38. KENNY SIMPSON	9:46:48	7			
39. JERRY POTTER	9:46:49	6			
40. JOHN STOWERS	10:16:20	5			
41. HENRY OSTERLOH	10:57:13	4			
42. TIM MOSTELLER	11:32:36	3			
43. GENE BANDLER	11:37:01	2			



Angie Ransom is first Female finisher of the OT-50

Umstead 100-Mile Endurance Race

April 5, 2003, Raleigh, NC-By Jamie Huneycutt

Reading about Umstead in Ultrarunning Magazine always intrigued me since I am a poor trail runner and in this race I wouldn't have to pound the pavement either! I finally talked Jay into going this year and he opted for the 50-mile "Fun Run" as part of his Western States training. They have the 50-mile option for those who want to run 50, or drop back from the 100 (like we can do in OT from the 50-mile to the 50K). The entire race is held in a huge park in Raleigh, NC. It has beautiful scenery with Wisteria blooming up in the trees 40 feet high - scent was great! I am not exaggerating about the size of these plants (just ask Jay). Each loop was 10-miles in length with aid stations at each end (and drop bags). At each end was an out and back section, so you were able to cheer for the other runners and there was a lot of race camaraderie throughout. I don't know how many times I saw Scott Eppelman, but every time we cheered for each other. Scott ended up finishing 1st place with a time

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of 15:26 and the second place finisher didn't come in until almost 2 hours later. I'm sure that Scott was a little disappointed that the winner from last year didn't show up (as planned), so there wasn't anyone that could push him (or keep up for that matter). He was awesome. The aid stations were great and they even had Mountain Dew (for Stan). It was also the first time that I have seen chicken livers at an aid station! There were 78 finishers in the 100-miler and I finished 4th woman and 22nd overall with a PR time of 22:58! The women's winner was Laura Nelson from VA with a time of 18:30. I'm sure there are a lot of PRs on this course. The surface was similar to the White Rock 50K course, but not that hilly. I would call it a gently rolling course, but on the 10th loop it felt more like the White Rock course. Jay did well with his "50-mile training run" by running 25 minutes and walking 5 minutes the entire time. He said that he was less sore from this 50-miler than he was from the Hogeye Marathon the week before. Jay finished in 9:15 and was 6th overall out of 90 finishers. I give this race a thumbs up and it would be a great race to run as a 1st 100-miler. Maybe I'll see you there next year?

AURA ARCHIEVES

Arkansan who finished the Unstead 100 Miler---Ivy Harrison(95) 23:07

THE GRASSLANDS RUN 2003

March 22nd Denton, Texas.

The following is an edited version of the 2003 Grasslands Run by Race Director Suzi Cope

Directing a small event like the Grasslands Run is a labor of love and only another race director can comprehend the amount of work, dedication and sacrifice it requires. The one compelling reason to continue this endeavor is a passion for the sport of trail running. I feed my passion with the wonder of race day in the LBJ National Grasslands each early Spring in Texas. I get excited while the entries come in from runners near and far. This year we had an international field with runners from Canada, Mexico, Arkansas and USA. The entries jumped from last year by over 100 runners.

The fifty mile course drew 56 starters this year and the popular *Friends and Family* Marathon and ½ Marathon started 200. Each received our traditional RaceReady shirts sponsored by IMPRIMIS. The North Texas Trail Runners volunteered in force to support ten separate aid stations that supply the 50 mile course with 18 sources of SUCCEED electrolyte fluid, food and good cheer. I was ringmaster in my finish line position greeting each finisher with congratulations and awards.

Texas weather is the most difficult facet of the run other than the distance. Last year will always be referred to as the MUDLANDS. Many runners returned for a second dose and found instead perfect trail conditions. The day was overcast and mild with a temperature range from 50-60 degrees. We cater to first time trail runners, and especially virgin 50 mile entrants. We do designate a male and a female winner in each distance, but the finisher awards are the big deal. This year we gave RACEREADY shorts with the GRASSLANDS embroidered logo. I announced at the start that the first man, and first woman completing their maiden 50 mile event, would be treated with special honors. The amazing final tabulation was 12 runners completed their first 50!

The course record is held by Scott Eppleman, 6:25:22(99). This year Adventure Racer Cathy Tibbetts, age 48, from New Mexico, set a new women's record with a time of 7:31:20. A forth of the 50 Mile field were women and Chrissy Ferguson brought five Arkansas Travellers to the Grasslands. Chrissy won the marathon women's title and then spent the afternoon rooting for her sister-in-law, Rhonda Ferguson who won the first 50 Mile Virgin Award for the "girls".....

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Women of Grassland 2003

L to R-Carrie Dupriest, Rhonda Ferguson, Patty Groth, Suzi Cope, Chrissy Ferguson and Kimmy Riley

An interview with the BigShot

Boy O' Boy ! Chrissy you are quiet the chaperone. Let's see. You took Rhonda(Ferguson), Patty(Groth), Kimmy(Riley) and Carrie(Dupriest) all the way to Texas. When five woman get under one roof I bet there were a lot of good stories to tell. . Maybe you can share some of it with the BigShot?

(Chrissy) *What happens on the road, stays on the road!!!!* Pshaw! Well, maybe it wouldn't be too much trouble to tell me what your time was? *Chrissy- 4:07 and change.* Well that's great.

Yo Rhonda I just read you finished Grasslands 50 Mile Run. I was surprised to hear that this was your first 50 Miler. No, not surprised that you could finish but didn't I overhear that you had a injury? *Yes, Achilles had been bothering me.* So—How did your race go? *Better than I had expected. I was afraid it might take the full 12 hours so I was happy with my time. Achilles didn't bother me at all but the IT band did. Thought it was a great course for my first 50.*

Oh Carrie - the BS's conscious was really bothering him after the Widow Maker Fun Run a week before Grasslands. I was crestfallen after the run when I heard that you had taken a header within sight of the parking lot and probably broken your little finger. I was relieved to hear that you went ahead and gave it that ole AURA try. It must have been horrible. How did your injury do during the race.

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(Carrie) – The injury(broken finger)was not a problem. I ran the marathon and the finger never once bothered me! It was a great weather day and I had a great run with Patty and Rhonda.

Kimmy! How was the race day weather this year?. *Temperature ranged from 40's to 60's with a breeze and overcast skies fter the first loop. Trail was packed due to recent rain with some sandy spots and a little mud. Way to be Kimmy! How did you do? I finished under ten hours with a time of 9:47. There was a lot of competition in the women's 50 miler! I felt good the first two loops, felt stressed out on the third loop and came alive again on the forth loop.*

Patty! Talk to me. How did you like the Grasslands?

*Patty-This was a wonderful race. Susie Cope, race director did an excellent job. It as a 4 loop course with each loop meeting in the middle-50 milers did Blue, Yellow, white and Red, My favorite loops were the whi te and red. A lot more trees and trail to run on and all the cows and baby caves to see. You could reach out and touch them. And the people on horse back riding the course while we were running. I was really at home. I think I could move to Texas and be perfectly happy about it. I would really miss all my wonderful ultra running brothers and sisters. This was a personal best for me. A time of 10:14. My other best time for 50 miles was Sunmart 50 Miler in Texas two years ago when Carrie Dupriest and I did it. That time as 10:28 I attribute both good times to the courses being in excellent shape and the great weather. You know I like it cold. I am so proud of Rhonda for finishing her first 50 miler in 10:32, an awesome time. Arkansas Traveller here we com! **GIRLS RULED THIS WEEKEND!***

AURA Runners at Grasslands 2003

50 Miler

Barbara Bellows	8:35:06
Kimmy Riley	9:47:01
Patty Groth	10:14:25
Rhonda Ferguson	10:34:01
Carrie Dupriest	Entered the 50 miler but switched to the marathon.

Marathon

Chrissy Ferguson	4:07:12	first female
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½ Marathon

Mario Martinez	1:36:13
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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. Some of us are thinking about enhancing our noon time by taking in a \$1.00 movie after the lunch if it does not interfere with our nap.

2003 ULTRA TRAIL SERIES

OT Tune-up Fun Run/UTS #8

March 29th, 2003

Roland, Arkansas

Place	Name-Boys	Time	Pra
1.	Maurice Robinson	4:25:22	59
2.	Mike Dupriest	4:26:38	48
3.	Ted Bowden	4:33:38	37
4.	Jim Sweatt	4:38:36	31
5.	Greg Bramlett	4:47:30	22
6.	Sam Sanders	4:47:30	22
7.	Collins Cogbill	4:51:15	13
8.	<u>Marshall Singer</u>	<u>5:20</u>	<u>10 *</u>
9.	Alice Crabtree	5:36:47	9
10.	Pete Ireland	5:53:58	6

Place	Nme-Girls	Time	Pts
1.	Kimmy Riley	5:14	54
2.	Patty Groth	5:53:58	43
3.	<u>Carla Anderson</u>	<u>5:20</u>	<u>10*</u>
4.	Kim Fischer	6:05:45	32
5.	Lou Peyton	6:31:02	26



OT Tune-up 24 miler. Ted Bowden at Lake Maumelle Vista aid station.

- - These runners did not do the complete course
They were awarded 10 credits for their effort.

AURA RACE CALENDAR_(ABREVIATED)

- May 17th The Catsmacker Fun Run UTS # 10. 20 Miles(+/-) on FSR's, logging roads and the Ouachita trail. Lake Sylvia/Ouachita Trail parking lot. 6:30 am starting time. No registration fee.
- Jul 26th* The Midnight 50 Km Fun Run 31 miles (=/-) on FSR's. 8:00 pm start from the Lake SylviaOuachita trail parking area.
- Aug 2nd and 4th Annual Heart O Traveller Training Labor Day weekend. Lake Winona area
Detail in coming issues.
- Oct 4th 13th Annual Arkansas Traveller 100 Mile Run. Application in next issue of the AURA.

- * Jul 26th appears to be a conflicting date with the Dam Night Run in Arkadelphia. The MN50Km is traditionally around Lou's Birthday which is the 22nd of July. If there is significant feedback this year to move it to early July, it will be considered. There will be two newsletters before July so time is limited on your response. 501 225-6609 or chrlypytn@aol.com

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AURA BONUS

Adventure Day

Lake Sylvia

May 10, 2003

7:00 a.m.

On May 10th, I have planned a "live fire", non-competitive, training exercise for the Adventure Racing Team-Team AURA. This is your invitation to join us. There is no entry fee; there are no awards. In my opinion the degree of difficulty and skills level required to complete the course will be minimal, entry level. An experienced team should finish before noon; a novice team, after noon. The mode of transportation will be mountain bikes. Teams of two or more are preferred. The emphasis will be on plotting UTM coordinates, using a compass to orientate your map and navigating over a 20 mile(+/-) route finding 15 to 20 checkpoints. No aid will be set out. If you think you need a crew you are welcome to have them meet you at any point on the course.

Format

On the week of the 10th, I will e-mail your team captain the UTM coordinates for the start. At 7:00 a.m. I will give the team captain a sheet of paper containing approx half of the UTM coordinates for their team. Somewhere on the course, the team will be given the remainder of the coordinates. At each checkpoint will be a small sign with the check point number and either a word or a phrase printed. The team will write the word or phrase on your coordinate sheet to verify that you got to the correct site. Most of the ceck points will be unmanned These are then checked at the finish.

Required Team Gear.

Paron Quadrangle Map 1/24,000

UTM plotter

Compass

Water proof zip-lock bag or equivalent.(to carry your coordinate sheet in.

Pen

\$5.00

First Aid Pack

Suggested Individual Gear.

A bike lock

Water and aid sufficient for your needs.

Spare tube and tire pump

Long pants

Insect Spray.

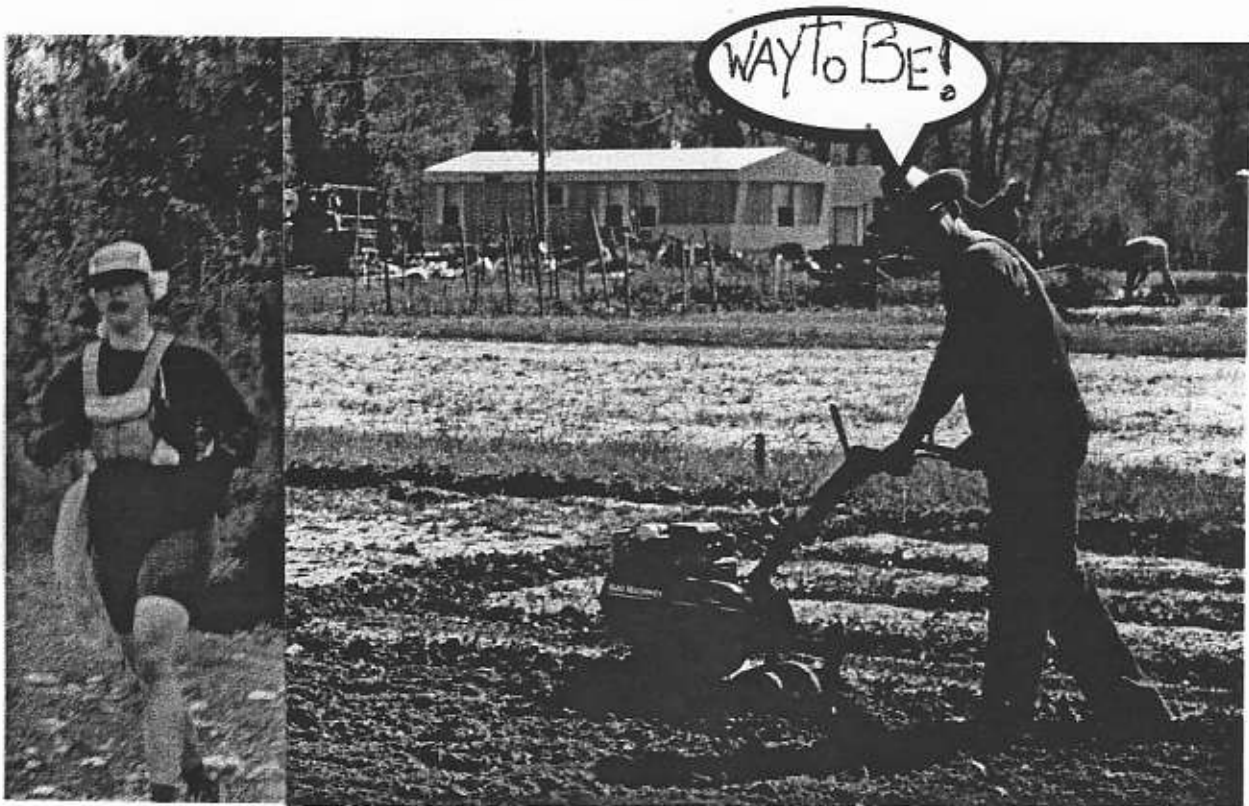
To enter-I will need the name of your team plus the names, address and phone numbers of your team members before starting out.

The Paron Quadrangle map is available at the Arkansas Geological Commission, 3815 W. Roosevelt Road, Little Rock, 72204. The phone number is 501-296-1877.

The price is \$6.00 per map.

AURA ETIQUETTE

Mr. Manners was recently approached by a well known Arkansas Dem-Gazette columnist who asked him what was the most appropriate word or phrase to say to a runner during the course of their run. Naturally, I thought back on a past Etiquette Lesson. The most appropriate phrase is, of course, "Way To Be". With this said I feel that with the influx of new AURA members, I have begun to hear some rather untidy expressions creeping back into the ultra lingo. Saying words like "It's all down hill, Looking Good or Almost finished" were popular during the days of George Sheehan and Jim Fixx.. "Way to be" will suffice today. And, while I am on the subject, Mr. Manners has noticed some of our female members being very loud and demonstrative with their attempts at exclamations. Screaming "Woooo-Weeee and All Riiiiighttttt" is in Mr Manner opinion most unladylike and one should refrain. . "Way to Be" will work for both ladies and gentlemen. The photograph below illustrates my point perfectly.



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