

14th Ouachita Trail 50
April 17th

ARKANSAS ULTRA RUNNER

APRIL 2004

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. (Nothing personal, you understand)

MESSAGE FROM THE BIGSHOT – We offer our heart felt condolences to our AURA sister, Ann Moore and her family, in the loss of her son, Mitchell, on February 22, 2004.

In 1989 trail running in Arkansas was in its springtime and just getting ready to bloom. We were discovering new areas to run it seems like every week. I came up with the idea to have a trail series for two reasons: To promote off road running and to recognize those who were the most successful at it. My first order of business was to enlist my training buddy Nick Williams to help me. We called it the *Central Arkansas Ultra Trail Series*. Most of our running and training then was in the vast expanse of woodlands beginning about 10 miles west of Little Rock on highway 10. This was Deltic Timber Company land and roughly extended from Wye Mountain to Ferndale and Paron. On August 5th, 1989, we had the first Ultra Series race and it was called the Pigeon Roost Mountain Run. We had about 40 runners. Almost 15 years have now passed and we have a lot of UTS memories in the lockbox. It is strange that the ones that stand out the most are those that caused me the most concern: The flood, the flashflood, the lightning strikes and the forest fire seem like grand adventures to me now. In about 1996, Deltic Timber began to lease its timberland to the deer camps and no-trespassing signs and iron gates closed off our access. I regret that our new members did not get to see the classic courses that we ran: The *Pipline Express*, *The Great Wall of China*, the *Mobil Marathon* and the *Iron Horse* to name just a few. Other opportunities opened up however. We began to use the Albert Pike Recreation Area near Glenwood, the Athens Big Fork Marathon, Ouachita Trail 50, White Rock Classic and the Sylamore replaced what we lost and the Ultra Trail Series became a truly Arkansas wide institution. I recently had a conversation with President Ferguson about the UTS. I relayed to him that the UTS had gone through two phases and maybe it needed to move into a third. We were on the same page as he shared his thoughts on where the UTS needed to head. I told him of my ideas but that I had but did not feel like I was the one who could do it best. Bottom Line-Stan graciously agreed to take over the Ultra Trail Series beginning next season. I look forward to assisting him

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in anyway I can. And, for you rumor mongers out there, he did not evoke UTS Rule # 12 which says that "The first person to complain gets to be in charge." This was strictly a smooth, precision, practiced relay "handoff".

Next month the Big\$hot confesses and under goes self psychological analysis.

AURA NEWS *FLASH!*

Eason and Kirk Complete the Trail!

On Thursday, March 11th, Lou and I had the honor of crewing for our AURA brothers, Greg Eason and Steve Kirk, in their attempt to run non-stop the length of the 165 mile Ozark Highlands Trail. Our tour of duty began at 7:30 a.m. the Lake Fort Smith State Park and ended at Ozone Trailhead at Mile 85 at about 10:00 a.m. on Friday. We were assisted by Greg's mother, Wanda, and wife, Heather. At Ozone we were relieved by Roberta Orr and Hap Seliga who joined up with Wanda and Heather and later with Steve's family who took them to the end of the trail at Woolum and the Buffalo River. The entire run took them unofficially 64 hours and 25 minutes. The run had significant meaning to Lou and me because in 1993 Jim Schuler, Lou, Simon Hauser and Ivy Harrison attempted the same journey. As planned, Jim, Lou and Simon completed the run in five days. Ivy came up one day short due to an injury. Greg and Steve's run was chronicled by an outdoor writer and photographer from "GET OUT", a slick adventure magazine that is published in Fayetteville. We look forward to reading the magazine and hearing a first hand account of the experience.

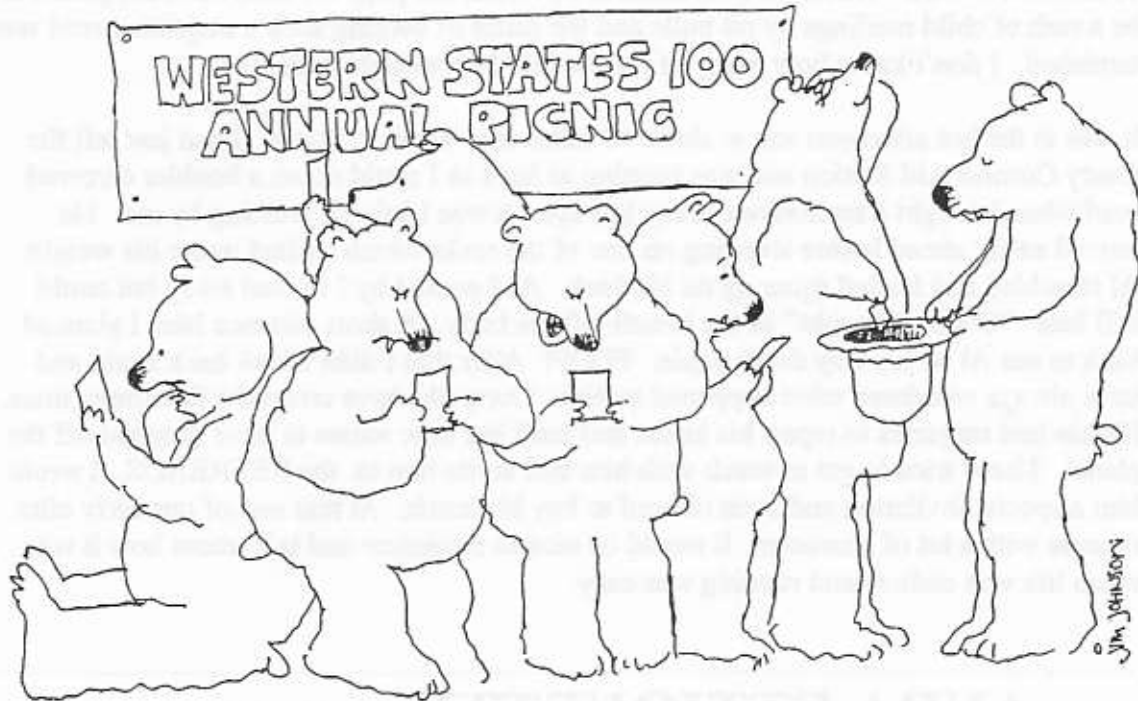
We left the duo in good hands on the trail on Friday and traveled back for the March 13th AURA Adventure Day at Lake Sylvia. We had six teams on a staggered start doing two parallel routes using UTM coordinates to guide them. The entry fee on this non-competitive day was a can of beef stew. The BS has a new African boiling pot and while the teams were away my technical assistance, Johnny Knapp, made a campfire and I cooked stew and baked biscuits for the adventurers. This week has been a grand one. If anyone wants the coordinates, the Checkpoints are still up and you will get to see some interesting country.

The AURA FAB-4

Stan Ferguson President
 Mike Dupriest-Vice-President
 Charles \$eyton-Treasurer/Newsletter Combo
 Lou Peyton Secretary

THE AURA SENIOR

The cartoon below dates to 1986 and was pinned by the *Marquis De Sade* to honor all of the failures at the Western States 100 that year. Of the magnificent eight to attempt Western States only one, Max Hooper, made it to Auburn and the finish. .



" To heck with your drawing Al McGuire... this woman I got is all gristle! "

Being slight of stature with a big, feisty attitude, Al McGuire was a favorite of the *Marquis*. And, the adoration was reciprocated by *Little Al*. The Marquis went so far as to entrust with him the highly sought after but now extinct, *Marquis De Sade Ultra-Marathon Trail Runners* bumper stickers. Al was generous with the dispensation of these bumper stickers with one exception. He refused to give one to Nick Williams. To quote Little Al, " *Sorry, Nick, but you're not a trail runner.*" Nick never received one. As far as I know the BS has the only remaining bumper sticker. It is attached to the tailgate of his AT-100 Toyota pick-up.

RETREADS (*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with a runner related items to identify ourselves; sometimes we bring old pictures or race results

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More about *Little Al McGuire*

When Ultra running got to cooking in the early 80's, Al once ran unsupported from Little Rock to his hometown of Pine Bluff on Hwy 365(50 + miles).

Al had a dog named Daisy. Daisy was a Pit-Bull and gave birth to about nine puppies. Al was beaming with pride over his bonanza. After all, Pit bulls were selling for a couple of hundred dollars. When the time came to advertise the pups for sale, there happened to be a rash of child mailings by pit bulls and the luster of owning such a majestic breed was tarnished. I don't know how many of his puppies he was able to unload.

It was in the hot afternoon sun at about 40 miles into Western States. I had just left the Dusty Corners Aid Station and was running as hard as I could down a boulder shrewed road when I caught a motion out of my left eye. It was Little Al walking by me. He moved easily ahead before stepping on one of the rocks which shifted under his weight. Al stumbled and landed squarely on his back. As I passed by I looked away but could still hear "Oooo! Ooooooh!" as the breath left his body. A short distance later I glanced back to see Al on his way down again. PLOP! After that I didn't look back again and have always wondered what happened to him. Our paths have crossed a few times since. He has had surgeries to repair his knees and back but now seems to have dropped off the planet. I have tried to get in touch with him and invite him to the RETREADS. I wrote him a special invitation and even offered to buy his lunch. Al was one of our early ultra runners with a lot of character. It would be nice to reminisce and talk about how it was when life was endless and running was easy.

AURA ETTIQUETTE By Mr. Manners

Mr. Manners has observed a disturbing trend pertaining to the utterances of one of our veteran AURA sisters. When approached by a curious, non-runner and queried about her fabled ultra exploits she dismisses her performances at a 100 miler as nothing more than walking and eating within a 30 hours time limit. A holiday picnic is the implication. Although Mr. Manners fully understands that our sister is most modest and wishes to avoid attracting attention to one's self, describing a 100 mile experience as a mere parade is offensive on two fronts. One, it diminishes the training and effort by all of our AURA brothers and sisters who have endured struggle in their own 100 miler and, two, it disappoints the non-runner who is asking you questions about the experience. You have done something worthy and the questioner wants to be impressed by your performances. Don't disappoint them. At the lease one should respond that *"yes, I did finish a 100 miler and, yes, it was as tough as you can imagine it could be."* When in doubt, the truth will always suffice.

ULTRA CORNER

SYLAMORE TRAIL 50Km

Allison, Arkansas/February 21st, 2004

A beautiful morning in the Ozark Mountains met 256 starters for the "Sylamore" as it is lovingly called. We experienced a few growing pains this year going from 109 finishers in '02 to 192 this year but most problems were minor. Allen, Zediker and Schoenlaub led the run as a close group most of the time with Michael Allen (of no Arkie gonna win this thing fame) from Alabama running away the last few miles. A new female course record was set by the duo of Maria Font and Tamara Zagustin (residing in Arkansas we claim, so we claim them as ours)—*Bobbie and Randy Davidson, Race Directors*

2004 Sylamore 50Km Boyz

Pl	Name	Time	-UTS Pts.
1.	Mike Allen	4:16:33	-173
2.	Craig Zediker	4:18:47	-162
3.	Paul Schoenlaub	4:20:59	-151
4.	Steve Kirk	4:31:37	-145
5.	John Hughes	4:35:15	-139
6.	Bill Maze	4:42:32	-133
7.	Tom Aspel	4:36:06	-127
8.	Greg Eason	4:55:42	-123
9.	John Muir	4:58:03	-120
10.	Kyle Amos	5:00:19	-117
11.	Stuart Johnson	5:00:19	-113.5
12.	Darin Hoover	5:02:34	-113.5
13.	John Frost	5:05:18	-112
14.	Ira White	5:09:48	-111
15.	Andy Capel	5:10:22	-110
16.	Robt. Torchia	5:12:46	-109
17.	Jim Van Cleave	5:12:46	-108
18.	Hap Seliga	5:14:40	-107
19.	Nat Siria	5:15:47	-106
20.	Robert Orr	5:16:47	-105
21.	David Lewis	5:20:18	-104
22.	Roger Rains	5:21:43	-103
23.	Jeff Diamond	5:23:57	-102
24.	Steve Hern	5:24:07	-101
25.	Mario Martinez	5:26:21	-100
26.	Paul Lowrey	5:28:38	-99
27.	Les Jones	5:29:19	-98
28.	Jamie Golleher	5:30:46	-97
29.	Jesse Wilson	5:32:54	-96
30.	Curtis Nunn	5:33:39	-95
31.	John Gulley	5:36:04	-94
32.	Gaylen Edwards	5:36:26	-93
33.	Kevin Dorsey	5:37:21	-92
34.	Mike Samuelson	5:38:24	-91
35.	Gary Holmes	5:38:48	-90
36.	Jerry Frost	5:39:27	-89
37.	James Newton	5:44:45	-88
38.	Don Frichtl	5:45:13	-87
39.	Steve Parker	5:46:52	-86
40.	Matt Cheadle	5:49:55	-85
41.	Scott Rogers	5:55:05	-84
42.	Tom Mayfield	5:55:39	-83
43.	Tony Baily	5:59:24	-82
44.	Davin Hicks	6:03:31	-81
45.	Trey Marley	6:05:34	-80
46.	Maurice Robinson	6:06:28	-79
47.	Greg Lauman	6:07:47	-78
48.	Sam Guess	6:10:26	-77
49.	Duane Grigg	6:10:31	-76
50.	Doug Pierce	6:10:38	-75
51.	Jim Sweatt	6:13:13	-74
52.	Wade Lewis	6:13:21	-73
53.	A.J. Wolfe	6:14:47	-72
54.	Bo Hormberg	6:21:48	-71
55.	Richard Williams	6:23:09	-70
56.	Larry Gifford	6:25:20	-69
57.	Jim Schuler	6:26:14	-68
58.	Will Blanchard	6:27:13	-67
59.	Adam Korona	6:27:41	-65.5
60.	George McDonald	6:27:41	-65.5
61.	Tim Thompson	6:29:35	-64
62.	Robt. Vogler	6:29:47	-63
63.	Oakley Allen	6:30:04	-62
64.	Michael Dupriest	6:30:05	-61
65.	Ben Shy	6:31:03	-60
66.	Jon House	6:31:25	-59
67.	Lee Hess	6:32:21	-58
68.	Bryce Davenport	6:40:39	-57
69.	Keith Latotais	6:46:05	-56
70.	Clancy McMahon	6:52:29	-55

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71. Phillip Dupont	6:54:07 -54	97. Gerald Seddon	7:53:33 -28
72. Jackle Edmonds	6:57:58 -53	98. William Fredrick	7:54:06 -27
73. Billy Bisswanger	7:00:56 -52	99. Charles Wolfe	7:55:48 -26
74. Kenneth Bland	7:01:50 -51	100. Bryan Vazell	7:56:10 -25
75. Tom Lale	7:02:45 -50	101. Ron Thompson	7:56:11 -24
76. Steve Foucart	7:03:01 -49	102. Marshall Singer	8:01:02 -23
77. Mule Lasiter	7:11:11 -48	103. Joe Simpson	8:02:02 -22
78. Kevin Bennoch	7:12:16 -47	104. Chris Maples	8:03:23 -21
79. Roger Williams	7:13:06 -46	105. Hiram Byrd	8:04:35 -20
80. Johnny Mitchum	7:13:41 -45	106. Michael Morris	8:05:36 -19
81. Hal Mabray	7:15:07 -44	107. George Sutch	8:06:43 -18
82. Steve Hobbs	7:15:58 -43	108. Marco Capote	8:11:35 -17
83. Jim Ingalls	7:22:29 -42	109. Marco Eckel	8:12:05 -16
84. Phillip Jones	7:29:11 -41	110. Stuart Mitchell	8:12:47 -15
85. John Montgomery	7:30:01 -40	111. David James	8:34:13 -13.5
86. Ricky Pampo	7:30:26 -39	112. Tim Mosteller	8:34:13 -13.5
87. Richard J. Williams	7:32:19 -38	113. Clint Gervis	8:35:56 -12
88. Kevin Webb	7:38:11 -37	114. Robt. Cresap	8:38:51 -11
89. Tim Brayfield	7:39:18 -36	115. Giles Crisler	8:40:53 -10
90. David Callouet	7:42:15 -35	116. Mark Higginbotham	8:42:16 -9
91. Wes Seitz	7:42:46 -34	117. Jay Brown	8:45:37 -7
92. Scott Walker	7:42:48 -33	118. Jerry Potter	8:45:37 -7
93. Joel Kahl	7:46:36 -32	119. Kenny Simpson	8:45:37 -7
94. Eddie Adatia	7:48:59 -31	120. Joshua Giannini	8:45:39 -5
95. Bill Luton	7:50:07 -30	121. Edward Keller	8:47:52 -4
96. Charles Stroud	7:52:05 -29	122. Ronnie Adkison	9:16:53 -3
		123. Lee Chittom	9:22:35 -2

274 Entrants; 256 Starters

201 finishers; 192 by official cut-off



Pete Perkins(center)
Arkansas Democrat-Gazette
 Sports Reporter
 at the Gunner Pool
 Aid Station

Sylamore 50Km Girlz

Pl	Name	Time	UTS	Points
1.	Maria Font	4:49:54	-122.5	
1.	Tamara Zagustin	4:49:54	-122.5	
3.	Valerie Caldwell	5:10:41	-106	
4.	Roberta Orr	5:33:59	-100	
5.	Cherl Balster	5:36:26	-94	
6.	Barbara Bellows	5:51:07	-88	
7.	Natalie McBee	5:52:08	-82	
8.	Stephanie Dill	5:55:05	-78	
9.	Megan Barton	6:04:39	-75	
10.	Gwen Hewitt	6:04:40	-72	
11.	Lisa Mills	6:12:53	-69	
12.	Angie Orellano	6:17:53	-68	
13.	Kris Mougeot	6:18:02	-67	
14.	Ashley Capel	6:18:03	-66	
15.	Adrienne Shelton	6:29:25	-65	
16.	Stephanie Parker	6:29:37	-64	
17.	Carole Shaa	6:36:16	-62.5	
17.	Nilam Shah	6:36:16	-62.5	
19.	Melinda George	6:40:39	-61	
20.	Barbara Blum	6:40:46	-60	
21.	Lindy Biglien	6:41:21	-59	
22.	Kimmy Riley	6:42:21	-58	
23.	Colleen McCuskey	6:52:49	-57	
24.	Jamie Huneycutt	6:54:18	-56	
25.	Gretchen Reinhardt	6:54:54	-55	
26.	Tina Coutu	6:56:18	-53.5	
27.	Heather Eason	6:56:18	-53.5	
28.	Catherine Billups	6:56:46	-52	
29.	Laura Singleton	7:00:18	-50.5	
30.	Chally Sims	7:00:18	-50.5	
31.	Carla Branch	7:01:50	-49	
32.	Patty Groth	7:02:04	-48	
33.	Amber Deboer	7:11:11	-47	
34.	Amy Bailey	7:12:16	-46	
35.	Eunika Stevula	7:18:29	-45	
36.	Christina Burton	7:21:21	-44	
37.	Holly Larkin	7:21:22	-43	
38.	Lou Peyton	7:23:00	-42	
39.	Krista Uzzel	7:26:57	-41	
40.	Paulette Brockinton	7:30:31	-40	
41.	Carrie Dupriest	7:32:19	-39	
42.	Becky Hern	7:33:18	-38	
43.	Amanda Perron	7:37:52	-37	
44.	Patrishia Moncaba	7:39:18	-36	
45.	Gayle Hoffman	7:42:45	-34.5	
46.	Dianne Seager	7:42:45	-34.5	
47.	Katherine Bellows	7:47:05	-33	
48.	Paula Townsend	7:50:07	-32	
49.	Bena Bonini	7:52:02	-31	
50.	Dottie Rea	7:52:29	-30	
51.	Pam Wilson	7:56:13	-29	
52.	Crista Crisler	7:58:54	-28	
53.	Carla Anderson	8:01:02	-27	
54.	Hilde Haynes	8:01:28	-26	
55.	Cathy Drexler	8:02:02	-25	
56.	Susan Diggons	8:03:14	-24	
57.	Jan Show	8:05:34	-23	
58.	Karen Van Donge	8:05:47	-22	
59.	Sarah Harris	8:10:20	-21	
60.	Vicki Harris	8:10:43	-20	
61.	Susan Davis	8:12:17	-19	
62.	Michelle Bingham	8:14:28	-18	
63.	Layla Edwards	8:14:31	-17	
64.	Carole Foster	8:22:48	-16	
65.	Mary Banks	8:35:56	-15	
66.	Cynthia Cresap	8:38:51	-14	
67.	Sheila Harris	8:42:16	-13	
68.	Alexis Bickel	8:45:39	-12	
69.	Kathleen Thompson	8:53:41	-11	
70.	Gina House	8:59:59	-10	
71.	Carrie Hutchens	9:00:42	-9	
72.	Kathy Weatherl	9:16:35	-8	
73.	Carol Atkinson	9:16:54	-7	
74.	Lee Chittom	9:22:35	-5	
75.	Toni Grisanti	9:22:35	-5	
76.	Claire Prince	9:22:35	-5	
77.	Jillann Hiller	10:10:11	-2.5	
78.	Holly Lynch	10:10:11	-2.5	

11 Years of the *Sylamore 50Km*

A look back in time.

Year	Male Winner	-Time	Female Winner	Time-Place	Total Finishers
2004	Mike Allen	4:16:33	Maria Font(TIE) Tamara Zagustin	4:49:54-8 th ** 4:49:54	200
2003	Dink Tayler	4:04:32	Valerie Pino	5:06:41-7 th	108
2002	Dink Tayler	3:59:19	Gwen Hewitt	5:40:52-20 th	108
2001	Dink Tayler	4:18:35	Chrissy Ferguson	5:00:14-4 th	69
2000	Dink Tayler	3:40:37*	Kiersten Schnacke	5:37:48-13 th	62
1999	Dink Tayler	4:06:31	Chrissy Ferguson	5:08:04-10 th	75
1998	Dink Tayler	3:55:29	Roberta Orr	5:30:00-12 th	54
1997	Ray Bailey	4:24:58	Roberta Orr	6:31:16-14 th	30
1996	Ray Bailey	4:25:44	Kimmy Pavelko	5:55:39-6 th	30
1995	Ray Bailey	4:12:50	Kim Goosen	5:46:54-13 th	18
1994	Ray Bailey	4:30:24	Kimmy Pavelko	5:50:54-12 th	33
1993	Bill Laster	5:09	Lou Peyton	7:05 18 th	38

* - Male-----Course Record
 **-Female-----Course Record

White Rock Classic 50K Revisited

In this issue of the AUR we have a runner interview with Stephanie Dill. Stephanie is from Fayetteville and is a mere 31 years of age. We met up at the White Rock Classic 50Km on February 8th at the Mile 5 Aid Station where she introduced herself after noticing the Big\$hot wearing his prized Survivor buff. You might recall, as I did, that Stephanie was on the reality TV show- SURVIVOR about a year ago. SURVIVOR-THAILAND.

Greetings Stephanie, Congratulations on your first Ultra Run. Or at least your first White Rock 50K. What made up your decision to come out on such a cold, wintry day and run 31 miles?.....*I have always enjoyed running but I never really competed much. I have recently decided, after spending the past year adventure racing, to pursue ultra racing. The White Rock Classic is a beautiful and challenging race that is held in my parent's backyard(Cass, Arkansas). I wanted it to be the race that propelled my ultra running.*

What did you think of the "Hills from Hell" as Race Director Joe Fennel, describes them?.....*I think Joe's description is very accurate. I certainly had my own description of those hills during the race, it wasn't nice!*

At my aid station(mile 5 and 26) you looked pretty strong and I was surprised that you weren't among the front runners on the 50Km. Did you "run out of training" as is oft said in ultra running or maybe you were taking in the Ozark scenery?.....*Well, its funny because I'm such a novice at this and I had already put in 60 miles for that week I didn't take any days off. I was dumb. I also spent 15 minutes at the halfway aid station enjoying the best chips and salsa in the world complements of JOSE's*

Now that a couple of weeks have passed how do you look back on the race and your effort....*I put forth everything I had. I really should not have taken such a long break at the top!*

Can we talk about your training. I know you are a Firefighter by profession. How does this work for you and your training time? *I actually left the Fire Department after Survivor and spent the following year traveling and adventure racing. I use my ??/ backpacking journeys in Tasmania and New Zealand as training by trekking through very rugged land carrying a very heavy pack. Now I'm back in college and running 80 to 100 miles a week.*

Lots of runners and Ultra runners now-a-day also do cross training. What about you? *I do lift weights, occasionally mountain bike and rock climb. I loved adventuring-racing last year but I really just enjoy the solitude of running and have aspirations of tackling the Marathon de Sables and the Gobi March. My ultimate goal in life is to conquer the Seven Summits. I definitely feel like I am a runner followed by adventure-racer. Adventure-racing is a great sport but too expensive for a college student.*

On the Ultra running question. There are several more 50Km's and even longer in Arkansas and surrounding states in the coming months. Based on the *White Rock Classic* do you think you'll do another one soon?.....*I have plans to compete in all of them! It is so much fun!!*

From the BigShot: Stephanie entered the *Sylamore 50Km* and finished 8th woman with a time of 5:55:05. We anticipate seeing her again at the *Ouachita Trail 50* on April 17th.

AURA HOROSCOPE(Generic)

By the time that Fall rolls around, the 50Km distance will seem like mere child's play. Your competition will canoodle with an unscrupulous Race Director and you will make a decisive move. Your next entry fee might arrive in the mail at the most appropriate time. You will feel your recent string of bad luck beginning to change..

2004 ULTRA TRAIL SERIES

The Ultra Trail Series resumes on March 27th with the O T. Tune-Up Run. 7:30 a.m. start. Approximately 14 miles on the Ouachita Trail from Bob Marston home to the turnaround point on Hwy 10 and the Lake Maumelle picnic park. After the run count on hot dogs and hamburgers at the Marston Home. If you have something special to go with these, you are welcome to bring it.

Mar 27th, 2004. O.T. Tune-up. UTS #7/ 24 miles plus or minus. Bob Marston, Run Leader. 501-868-1072 or bobandrose@comcast.net Promised Details: 7:30 a.m. Start from 14,801 Wild Oak Lane, Roland, Arkansas. Directions-Hwy 10 to Hwy 300. Pass Pinnacle Mtn State park, thru Natural Steps to Roland. At the yield sign, turn left and go two blocks. Turn Right and go two blocks. At the 4-way stop sign, turn left onto Roland Cut-off Road and go two miles. The first blacktop road on the left is Wild Oak. Follow Wild Oak to the very end. Drive up the wooded driveway to the Marston Home.

Remaining SCHEDULE(See details in the ULTRA CALANDER)

#7-Mar 27th O. T. Tune-Up-See details above

#8-Apr 17th Ouachita Trail 50Km and 50 Miler-Little Rock

#9-May 22nd Catsmacker- 19 Miles/plus or minus-Lake Sylvania

ULTRA CALANDER

(If you have a favorite race you want listed let me know-chrlypytn@aol.com)

Apr 3rd, 2004. Cross Timbers50 Miles Trail Run. Lake Texhoma, Denton, Texas. Tony Bridwell, 580-924-9293.

Apr 17th 2004 Ouachita Trail 50K and 50 Miler. Little Rock, Arkansas. Chrissy Ferguson 501-329-6688 or www.runarkansas.com

Apr 24th 2004 Rocky Hill Ranch 50Km. Smithville, Texas. Tough, twisted single track. . Joe Prusitis, 101 Plymonth, Austin, Texas 78758 or www.hillcountrytrailrunners.com

May 1st, 2004. Strolling Jim 40. Wartrace, Tennessee. Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183 or email-drystoneman@hotmail.com

May, TBA UTS #9-The Catsmacker. Lake Sylvania Recreation Area. Stan and Chrissy Ferguson at 501-329-6688 or www.runarkansas.com

May 29th, 2004. Berryman Trail Run. 50 Mile and Marathon. Potosi, Missouri. David White 573-763-5704(h) or Davidwhite465280@cs.com or www.sllouisultrarunnersgroup.net/

Oct 2nd, 2004 Arkansas Traveller 100 Miler

Feeling down? Life got you by the scruff of the neck?
Pick yourself up and be a volunteer at an AURA race!
Stan/Chrissy-501-329-6688 or Charley/Lou-501-225-6609