

# FUN RUN AND BREAKFAST DECEMBER 18<sup>TH</sup>

## *The ARKANSAS ULTRA RUNNER*

DECEMBER 2004

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

[WWW.RUNARKANSAS.COM](http://WWW.RUNARKANSAS.COM)

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to ask Santa to renew your AURA membership.

**MESSAGE FROM THE BIGSHOT** – On December 18<sup>th</sup>, Bob and Rosemary Marston will host a Ouachita Trail fun run and breakfast from their home in Roland, Arkansas. Runs will start at 8:00 a.m. with options of trail or road. Bob has given the okay to start early if you wish. Breakfast will follow the fun runs

**Directions:** Hwy 10 west to Hwy 300. Turn right onto Hwy 300 and go to Roland. You will pass Pinnacle Mountain State Park and Natural Steps on the way. At the Roland yield-sign, turn left and go two blocks. Turn right and go two blocks. You will be at a 4-way stop sign. Turn left and you are on the Roland Cut-off Road. Go approximately 2 miles to Wild Oak Dr. Turn left and go to the end of the road, then up the wooded, gravel driveway to the Marston Manor. There will be plenty of parking available.

### Gun Deer Season Dates In The Lake Sylvia Area

Muzzleloader: Dec 18<sup>th</sup> thru Dec 20<sup>th</sup>

Modern Gun: Nov 25<sup>th</sup> thru Dec 5<sup>th</sup>.

Special Christmas Modern Gun Hunt: Dec 26<sup>th</sup> thru Dec 28<sup>th</sup>.

**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 item to identify ourselves; sometimes we bring old pictures or race results. Join us this month and you might meet your *Fantasy Companion*

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The AURA – RUNNING 501  
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WinnieLou, AURA's unofficial mascot, swigs from the BigShot's favorite water receptacle following some trail maintenance on Smith Mountain

## 2004/2005 ULTRA TRAIL SERIES

### Gulpha Gorge Challenge

November 13<sup>th</sup>, 2004 – Hot Springs, Arkansas

Pete Ireland – Run Leader

1. Craig Zediker	2:14:02	14. Stephenie Dill	3:09
2. Steve Kirk	2:22:02	15. Scott Rogers	3:10
3. Chuck Campbell	2:24:45	16. George Peterka	3:15
4. Stan Ferguson	2:25:35	17. James Barber	3:25
5. Danny Powell	2:27:39	18. Emma Stevula	3:26
6. Roberta Orr	2:47:24	19. Dianne F. Seager	3:26
7. Tamara Zagustin	2:47:24	20. Gary Speas	3:26
8. Magdalena Font	2:47:24	21. Arnie Hill	3:32
9. Ilona Peterka	2:51:48	22. Kim Morton	3:32
10. Jim Sweatt	2:53:01	23. Patty Groth	3:39
11. Tony Bailey	2:54:31	24. David Caillouet	3:40
12. Chrissy Ferguson	3:04:22	25. Lou Peyton	4:01:14
13. Kimmy Riley	3:07	26. Francine Lebrant-Stocker	4:01:20

# UTS RACE CALENDAR

It is now December and we might soon be encountering ice and snow conditions on some of the winter UTS runs. If weather conditions make driving to the runs hazardous, they will probably be cancelled. If you think the roads are unsafe, they probably are.

## UTS # 4

### WildCat Mtn Run-Dec 11th

July 24<sup>th</sup>, 2004 *The Midnight 50Km*. UTS #1 8:00 p.m. from the Ouachita Trail parking lot at Lake Sylvia

Sept 6<sup>th</sup>, 2004 *Smith Mountain Loop* UTS #2 6:30 a.m. from the intersection of FSR 2 and FSR 114. Details on page one in this newsletter.

Nov 13<sup>th</sup>, 2004. *Gulpha Gorge Challenge* 16-18 miles. UTS #3 7 a.m. start from the Gulpha Gorge c Campground in Hot Springs. See directions on the next page.

Dec 11th, 2004 *Wildcat Mt Trail Run*. (Modified from 2003) UTS #4. 8:00 a.m. start. 11 miles (+/-) new starting location. Details: Hwy 10 and Williams Junction. Turn left onto Hwy 9. Go 4 miles on Hwy 9. The turnoff is the first forest road on the right past the Winona Forest Drive. Turn right onto this unmarked FSR and go about two blocks to a pipeline crossing. Park. Course marked with flour and ribbons. One water only stop about four miles in that will be used on the return. Charles Peyton-225-6609

Jan 8<sup>th</sup>, 2005 *Athens-Big Fork Trail Marathon*. UTS #5 8:00 a.m. start from the Big Fork Community Center, Big Fork Arkansas.

Feb 5<sup>th</sup>, 2005 *White Rock Classic 50Km* UTS #6 (also 25Km fun run) 9:00 a.m. start. Turner Bend near Cass, Arkansas, on Hwy 23.

Feb 19<sup>th</sup>, 2005 *Sylamore Trail 50Km* UTS #7. Allison, Arkansas. 7:00 a.m. start. Randy and Bobbie Davidson, RD's. [pathpounder@sbcglobal.net](mailto:pathpounder@sbcglobal.net) for complete race information. Entries limited 250.

Mar 18-20<sup>th</sup> *Three Days of Sylamo* UTS #8. Mountain View area. Entry required. Email [threedaysofsyllamo@mail.com](mailto:threedaysofsyllamo@mail.com) Entries limited to 100.

Apr 16th, 2005 *Ouachita Trail 50 Miles/50Km* UTS #9. Little Rock, Arkansas. Stan and Chrissy Ferguson, RD's. 501-329-6688.

TBA *The Cat smacker* UTS #10. Lake Sylvia Reek Area. Stan and Chrissy Ferguson, RD's. 501-329-6688.

## ULTRA CORNER

FYI-At the State RRCA Convention in Hot Springs this November 20<sup>th</sup>, it was announced that Bill Torrey was stepping down as State RRCA Representative. His replacement will be Kim Howard of Mineral Springs. Also, at the State Convention the Runner Of The Year categories were announced. Chrissy and Stan were named Ultra Runners Of The Year and Barbara Bellows and Murry Chappell were named Masters Ultra Runner Of The Year. We all should congratulate these four and also Bob Marston for keeping and reporting the point totals that go into making these awards possible. The Bigshot has not heard which running club won the Best Newsletter Award. Perhaps it was the AURA. He'll do some checking around.

News on the Athens-Big Fork Trail Marathon. Our AURA brother, David Samuel, reports that the turnaround point of the A-BF will again be manned by the SW Arkansas Striders and will be moved back to its original spot so that the Marathon can start and finish in front of the Big Fork Community Center. David reminded me to not forget that in addition to the A-BF Marathon there is the Blaylock Creek 17 Mile Fun Run. For those of you who have not done the run, there is no entry fee however a donation is requested that is given 100% to the Big Fork Community Center. At \$5.00 a runner, the folks of Big Fork can get a lot done towards the upkeep of their building.

Mark your new 2005 calendar for January 22<sup>nd</sup>. Chrissy is planning a Fun Run in the Emerald Park area of North Little Rock. The exact starting location is still being worked out but we can say that the starting time is 9:00 a.m. and the distance will be between 9 and 10 miles. Look for full details next month on the "*Big Rock Mystery Run*".

Information and entry applications for the Three Day of Sylamo are now available. I will have an application next month in the AURA. In the meantime do Email: [threedaysofsylamo.com](mailto:threedaysofsylamo.com) I predict that this is going to be *big!*

I received an Email last week from the race director of the Carl Touchstone 50 Miles/50 Km. The date of the race has been changed from the first Saturday in March to March 12<sup>th</sup>, 2005. I have made the changes in the AURA Regional Race Schedule.

Almost too late to include this month is a no frills, cross country adventure race in the Ponca/Buffalo River area. It is being organized by AURA brother Steve McBee of Fayetteville. The date is December 4<sup>th</sup>. This is going to be a blast. For more information contact Steve at [snmcbec@cox-internet.com](mailto:snmcbec@cox-internet.com) or 479-283-0015

AURA HOROSCOPE – *GEMINI* -Gloating following an ultra finish will cause the Fantasy Companion to turn a blind eye. *TAURUS*-With your new found fitness, you are no longer the foil of your training partners. *PISCES* - Wisdom prevailed when you quit your next ultra. *LEO*- You might not be able to part from the path that fate has assigned you.

## REGIONAL ULTRA CALENDAR

(For detail information on these and other Ultra Runs in the region, visit [www.runarkansas](http://www.runarkansas) and look for "LINKS")

Dec 11<sup>th</sup>, 2004 Sunmart 50K and 50Mile. Huntsville, Texas. [www.rogersoler.com/](http://www.rogersoler.com/)

### 2005

Jan 8<sup>th</sup>, 2005 Bandara 100K. Bandara, Texas. Joe Prusatitis, 1101 Plymouth, Austin, Texas 78758. [www.hillcountrytrailrunners.com/raceBandara.htm](http://www.hillcountrytrailrunners.com/raceBandara.htm).

Jan 29<sup>th</sup> Mountain Mist 50 Km Huntsville, Alabama. Dink Taylor  
Email<[runstrong@fleetfeethuntsville.com](mailto:runstrong@fleetfeethuntsville.com)>

Feb 5<sup>th</sup>. Rocky Raccoon Trail 100. Huntsville, Texas. Joe Prusatitis, 1101 Plymouth, Austin, Texas 78758. [www.hillcountrytrailrunners.com/raceRockyRaccoon.html](http://www.hillcountrytrailrunners.com/raceRockyRaccoon.html)

Feb 19<sup>th</sup>, 2005 *Sylamore Trail 50Km* UTS #7. Allison, Arkansas. 7:00 a.m. start. Randy and Bobbie Davidson, RD's. [pathpounder@sbcglobal.net](mailto:pathpounder@sbcglobal.net) for complete race information. Entries limit this year.

Mar 12<sup>th</sup>, 200 Mississippi 50 Trail Run. 50 Mile, 50 K and 20K. Laurel, Mississippi. [info@ms50.com](mailto:info@ms50.com). Take note of this new date.

Mar 18-20<sup>th</sup> *Three Days of Sylamo* UTS #8. Mountain View area. Entry required.  
Email [threedaysofsylamo@mail.com](mailto:threedaysofsylamo@mail.com)

Mar The Grasslands 50 Mile

Mar Cross Timbers 50 Mile Sherman, Texas.

Apr 16<sup>th</sup>, *Ouachita Trail 50 Miler/50Km* UTS #9. Little Rock, Arkansas. Stan and Chrissy Ferguson, RD's. 501-329-6688.

May Strolling Jim 40 WarTrace, Tennessee.

May 28<sup>th</sup> Berryman 50K, 50 Mile David White Email [DavidWhite465280@cs.com](mailto:DavidWhite465280@cs.com)

## THE AURA SENIOR

MESSAGE FROM the *COACH DOCTOR*: This is an open letter to all of our senior AURA brothers and sisters. Do you complain about the hills being too steep and the distance being too far? Do you have difficulty completing a training run or missing the cutoffs in a race? If your answer is yes, the Coach Doctor says that you are in need of *Ultra Rehab!* You have bought into the biggest myth associated with ultra running. This is the myth that says that ultra running is a "state of mind". Gentle Reader, ultra running is a "state of being". Which is, as I am sure you are aware, the root phrase of "way to be". . You became an ultra runner by being a runner first. Then you progressed to the longer distances for the pure delight of the challenge and

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camaraderie. From my view at the aid station perch, I have but one thing to say, *"My God, where are your legs?"* You have forgotten how to run. *Ultra Rehab* takes you back to square one and helps you regain your lost leg speed and your strength. Coach Doctor's Prescription - No more long, slow weekend social runs for you. Square one in your recovery begins with a stop watch and a flat place to run. The new Two Rivers Park is perfect. Three to four miles is the maximum distance you are allowed to run. After a warm-up, set your clock. Alternate a 30 second run with a 60 second walk. Your running speed needs to be your old 5k pace. Do this twice a week. After six weeks, do it once at midweek and then on Saturday do a 5 Km race. The emphasis is on *Race*. After six month(+/-) your leg speed should be back and you can begin phase two of your Ultra Rehab, marathon training. Sorry, but as part of your sobriety, you cannot go back to long, slow slogging no matter how tempted you are by your fellow sloggers. Your new role model and mentor should be someone like Helen Klein who completed the Grand Slam of Ultra Running when she was 66 years old.

Two months ago leading up to the Heart O' Traveller Weekend, if you recall, the BigShot covered two keys to finishing the Arkansas Traveller 100. Since no one mentioned them or even asked if there were more, he will give you recovering ultra seniors the five keys to successfully completing the AT100 in the next issue of the AURA.

## AURA SPECIAL FEATURE

The AURA Special Feature this month is an interview with Paul Schoenlaub our AURA brother from St. Joseph, Missouri. Paul completed the *2004 Grand Slam of Ultra Running* and joins fellow AURA members Max Hooper, Larry Mabry, Bob Marston and Lou Peyton in this distinguished circle. He completed the Slam by finishing four specified 100 mile races this summer. They were the Western States 100(California), the Vermont 100, Leadville 100(Colorado) and Wasatch 100(Utah). It should also be noted that Paul is the holder of the 2004 Ultra Trail Series *King O' the Trails* title.

Paul congratulations on finishing the Grand Slam. Tell us what motivated you to decide to attempt it and maybe what the actual mechanics are to get started once one decides to commit.....*The first year or so that I was running ultras, I had absolutely no desire to even consider doing the Grand Slam. Then, after I had finished my first 100 miler, Kettle Moraine, I was visiting Bob and Rosemary Marston during one of my many trips to Arkansas and Rosemary pointed out Bob's Grand Slam trophy to me. I didn't immediately start thinking about doing it but, over the next half-year or so the idea began to grow on me. About another six months or so after that, I mentioned the possibility of doing it to Bob and he suggested that I go ahead and apply for Western States for 2003 to get into the lottery process. I went ahead and applied for Western States in November of 2002, sort of hoping I wouldn't get in the first year I applied; but, knowing that if I did get in, I would sign up for all the races in the GS. As it turned out, the anticipation of maybe getting into Western States for 2002 grew considerably until the weekend of the lottery. On that fateful day in early December 2002, when I found out I did not get into Western States, I was pretty disappointed. The decision was made to try*

*again for the 2004 WS100. No more needs to be said here—I applied in November 2003 and was accepted for the 2004 version of WS100.*

You join Larry, Max, Bob and Lou to complete the Slam. I know from Lou, Larry and Max's point of view, the summer of 1989 was all about the races. Meaning that the race was completed and then it was an extended recovery until time to fly to the next one. Not much training in between. How was it for you.....*It was the same for me. After each race, it took a couple of weeks to recover, then I would just taper for the next race. I'm not sure where the recovery ended and taper began, but I guess you really don't taper when you aren't training. The only training I did was maybe a few medium length runs and a couple of tempo runs between Vermont and Leadville since there was a five-week break between those two. It's really ironic, but my mileage for this year was about 200 miles more than last years by mid-June as I trained for the Grand Slam, but, after all the recovery time last summer, my total mileage for the year to date is about 200 miles behind where it was at this time last year. It's funny how your mileage can drop off when you start running a bunch of 100 milers!*

Anything special training wise that you did to get yourself ready for the Slam.....*I began walking a little each week at a 25% grade on a treadmill to prepare for the climbs back in December of last year. I knew that one of my weak points was climbing steep grades in mountain races., so this was a primary focus for me. I also worked on abdominal muscles more that I had in the past. Other that that, I pretty much trained for 50 miles races about the same as always through the winter and spring months. The icing on my" training cak" was my racing schedule last winter and spring. I started my racing season by running a hard marathon(2 minutes off my PR set 20 years ago) the first weekend in February. I did the White Rock Classic 50K pretty easy the next weekend and then raced every other weekend of the next 3 months. I did three 50 K's followed by three 50 mile races. Then I took a three week break before doing another 50 mile race and then another three week break before my last training 50 mile race. I ran all the races very hard, with the exception of the White Rock Classic. My thought was that I would tear myself down with each race and then have a short recovery before the next race to get my body ready for the GS races. There is no scientific study that I know of that would suggest there is any wisdom to this method, but it gave me a lot of confidence going into the Slam. I didn't race at all the last four weeks before Western States. I did some speedwork the last month and a little hard downhill running to try to prepare myself for the downhills at WS.*

Any apprehensions going in?.....*I really didn't have any apprehensions other than knowing that in any 100 mile race, so many things can go wrong. Many of the problems in a 100 miler won't cause a DNF if you don't let them, but many others could end the race. The Grand Slam requires completing all four 100 milers, knowing that a DNF in just one knocks you out of the entire event. The only other concern I had was the possibility of becoming injured in a race and not being able to complete that race or possibly the following race.?.....*

I know that you are pretty close to Bob Marston. Did he have any special advice for you before you set off?.....*Of course Bob had some special advice for me. Bob has had tons of advice for me in my three years of running ultras. I have found that most of it is very solid advice. I used to listen to what he said—then ignore most of it—then have a problem in a*

*race—then try what he suggested in the next race and find it worked! I think the best advice he gave me for the GS was one key factor to expect. He suggested that after the first race, there would probably be a point in each of the other races where my legs would feel dead way too early in the race. He said he felt that way early in Vermont the year he did the Slam, but he found out he could do a 100 miles on dead legs. I kept that in the back of my mind heading into each of the races after WS. I didn't have the dead leg problem at Vermont, but my legs were pretty dead about 55 miles into Leadville and about 9 miles into Wasatch. Thanks to Bob, I knew I could get to the finish in both races. It sure didn't feel like I could run another 5 miles, much less another 91 at the top of the first climb at Wasatch, but I just trusted Bob and the fact that I could do it and I did! Thanks Bob!*

Can you briefly describe each of the four races and what stands out in you mind about each as you rethink this summer.....*I'm way too wordy, but I'll try to be brief with this one. Western States has more downhill than uphill by about 5000 feet, so you have to preserve your quads the first 70 miles so you can run the very runnable last 30 miles. It is run on remote trails through the mountains with some sections on dirt/gravel roads. Vermont has much lower mountains than any of the other races, but I still thought there was a lot of climbing. Half way through the race, I was ready to be done with all the climbing! Leadville is of course the high altitude race with the highest pass (Hope Pass) being 12,600, which has to be climbed twice. Leadville is part trail and part road. Most of the trail is very runnable though with many downhills so steep that you can't run them well (as there are in WS and Wasatch.) Wasatch is mostly trail but it has some of the steepest grades of all four races. I'm glad you asked what stands out in my mind as I rethink the summer. Each race had one particular point where I just had to stop and take in the view for a few moments. In WS, it was around mile 85 to 90 at about 10:00 p.m. or so, I was running along the mountainside and a glimmer of light caught my eye. I looked down into the valley below and there was the American River winding its way through the valley - - - white by the light of the moon! Absolutely breathtaking! At Vermont, it was about mile 25 or 26. After a long climb, I came out into a clearing where the trail turned right and went uphill another 50 yards or so before heading back into the woods. As I emerged into the clearing, all I could see in every direction were the gradual rolling, lush green mountains of Vermont. I couldn't believe how beautiful it was! This was such a beautiful sight, I tried to talk Stan Ferguson into climbing back up to this spot and taking a picture for me the day after the race but he wouldn't! He said something about not having enough time before catching a flight back home. At Leadville, it was the view looking South from the top of Hope Pass towards the mountain named after my home state - - - Missouri. As far as Wasatch goes, I'll get to that in the next question.*

As a follow up, Wasatch is not as well known as the other three. How would you rate it in difficulty and maybe you could also touch on the ambience of Wasatch. You know Western States centers on the "49 gold rush" and being the first 100; Vermont is New England and maple trees and Leadville has its altitude thing and mining.....*Wasatch was by far the most difficult of all four GS events. Many people consider Leadville the most difficult because of the high altitude, but I just found Wasatch to be the most difficult. Some people think Wasatch is not as tough because it has a 36 hour cut-off. I'm sure that is a bug factor if you are close to cutoffs. , but for me the 36 hour time limit was just an extra confidence booster that assured me that, short of serious injury or illness, I would be able to get a finish in. I think it was*



*because of the steep descents at Wasatch. I still think Leadville can be a real crap shoot due to the altitude, but Wasatch just hurt a lot more, plus I was fatigued a lot more later in the race. It also tore my feet up more than any other ultra I've run since my first ultra three years ago. Most of the damage to my feet occurred in the last 12 miles or so with four of the worst downhill of the race. I could hardly walk the next couple of days after the race because my feet were so sore (but it was worth it)*

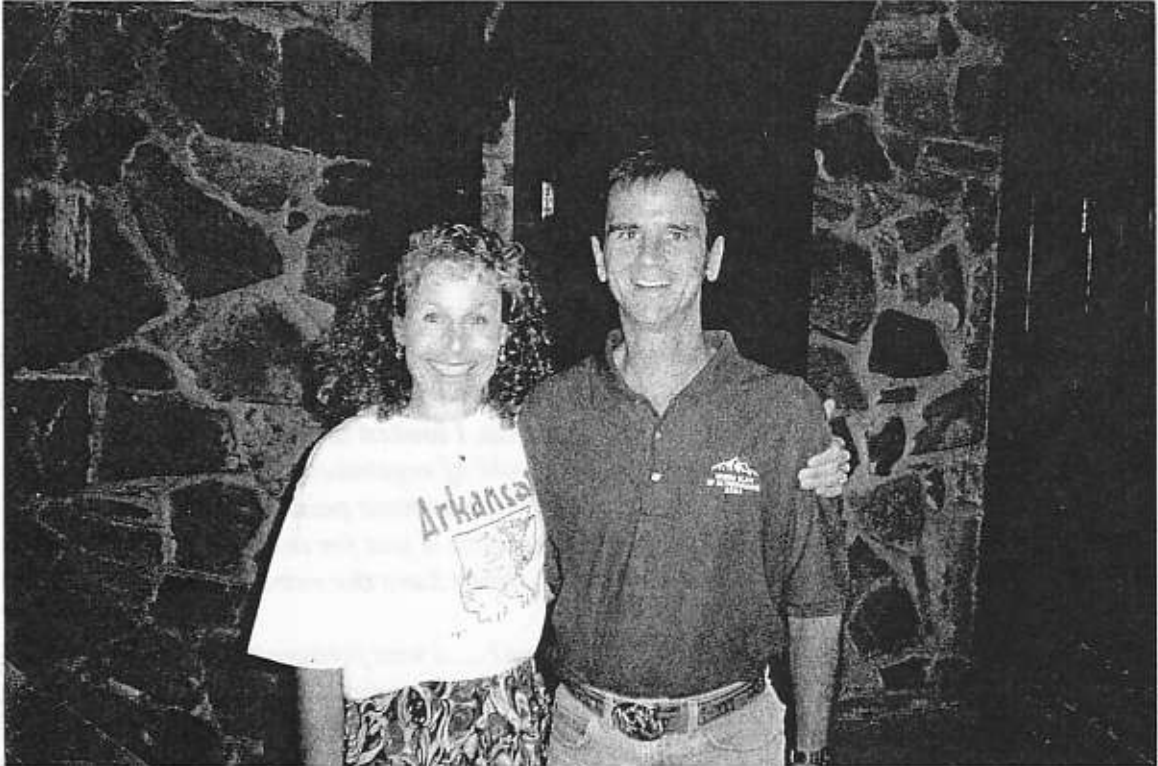
*As far as ambience at Wasatch, it had to be simply the remoteness and beauty of the mountains. For the first several hour of the race, you could see Salt Lake City off in the distance at several points along the course. Then I remember climbing a long time up a ridge and when I realized I had reached the high point, I looked around and all I could see were mountains in every direction. The ridge was void of vegetation, so the view was spectacular in all directions. I know it wasn't as high in altitude as most points at Leadville, but it felt like being on top of the world. The race would be worth it just for the view from that point—I wished I had camera with me (but I'm glad I didn't have the extra weight.)*

*Did you incur any running injuries in the process?.....I was fortunate to only have one injury all summer. About 50 or 60 miles into Vermont, I began to develop some pain shooting down my left leg. By about mile 80, it was clear I was having problems with my piri formis. The pain was shooting down the back of my leg clear down into my ankle. At mile 82 I thought I was going to have to walk the last 18 miles, but I finished the race walking all the flats and up-hills and doing a sort of strained shuffle-run on the downhills. I felt I could have run harder, but I was worried about doing more damage that night result in not being able to get a finish in at Leadville.*

*Last question Paul, Can you describe some of your highs and lows during the Slam..... The worst low point for me was from about mile 78 to 87 at Wasatch. It was all I could do to drag my sorry carcass up the climbs and run the best I could on the downhills at this point in the race. I don't know how many times I just leaned up against a tree wanting to go to sleep, totally fatigued and more exhausted than I'd ever been in any race. The high point - - - there were many. I already mentioned several of the high points as far as the beauty of the courses goes. I must say that the true high points were the people. The best memories from last summer are the memories of the time with my many friends. To me, the people were what make this sport worth doing.*

*Well maybe one more---What is next for you. Some runners say "never again" others might try to do it all over again.....I'll do a lot of the same 50K and 50 mile races next year that I did this past year, but I won't be doing the Grand Slam again - - at least not for a while. After I finished Wasatch, I said I'd never do the Slam again--because I'd "NEVER" do Wasatch again! Well it took almost a week before I began to think . . . .Maybe!*

*I have just a few final comments. Many People have encouraged me and given me advice throughout my 3 years of ultra running and throughout my participation in the Grand Slam. I have many close friends in parts of the country I had never thought I would have friends. But, my Arkansas friends are some of the best! You are all GREAT! Thanks for your support and encouragement. And a special thanks to Bob, Stan and Chrissy for all your advice and support. I'll be back down to visit many times again in 2005!*



Paul Schoenlaub(right) with Chrissy Ferguson at the 2004 Arkansas Traveller 100 Miler

## Arkansas Ultra Running Association, RRCA Club MEMBERSHIP APPLICATION

Annual dues for the AURA are \$15 (this includes all family members). A \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine, Footnotes for one year.

Make checks payable to: Arkansas Ultra Running Assoc.  
41 White Oak Ln  
Little Rock, AR 72227



(Please print)

Name \_\_\_\_\_ Sex: M F

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Other family members \_\_\_\_\_

If you are already a member of an RRCA club, and would just like to receive the AURA newsletter, please check here----> \_\_\_\_\_

Membership WAIVER: I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas Ultra Running Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.

\_\_\_\_\_  
Signature(s) of adult member(s) / Date

## Report From The Treasurer

A History Lesson – This February the AURA will begin its 17<sup>th</sup> year. The last four have been as a member of the Road Runner Club of America (RRCA). When the BS retired as Race Director of the Arkansas Traveller 100 he wanted to put the AURA on firm footing for his predecessors, Stan and Chrissy Ferguson. Affiliating with the RRCA did several things: It provided us with the insurance coverage that is needed in these days and it gave us “standing” with the organizations that had to be dealt with in our running endeavors. Organizations like the U. S. Forest Service, city governments and any group with a “controlling legal authority”. Being a member of the RRCA is not cheap. Our AURA membership was set at \$10.00 and we either had to raise dues, sell something or provide a service in order to be a viable club. With current membership hovering at about 100 and this newsletter costing \$100.00+ to mail and print per month, it was decided that the dues would be jacked up to \$15.00. And because we provide a source of insurance, we ask the ultra races that we sponsor, to donate up to \$1.00 per runner to the club for this service. RRCA dues are determined by the number of members you have plus the cost of event coverage. It adds up to about \$4.25 per member; \$175.00 event coverage. You can do the numbers and tell that we are just squeaking by. “Hey BigShot what’s your point”? Okay here is the point. You have the option of checking a box on your application that you wish to receive the newsletter only. I encourage you to do this if you are a member of another RRCA club. A lot of us hold dual memberships more. The BS is in four local RRCA clubs. Checking the box would save us \$4.25 (+/-) on our yearly RRCA dues. The next obvious question is: Will the Bigshot still call me an AURA brother or sister if I check the box? The answer is Yes. Because he loves you, he will.

The AURA welcomes two new members thismonth: Jeff Thomas, a returning letterman, of Roland, Arkansas, and Willie Lambert of Topeka, Kansas.

Arkansas Ultra Running Association  
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