

# ARKANSAS ULTRA RUNNER

FEBRUARY 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** – February begins the 16<sup>th</sup> year of the Arkansas Ultra Running Association. As I look out the Power-Room window on this cold, wintry morning, the reflection I see in the window pane is of an old man. This will probably be my last year of issuing AURA membership cards and hoarding AURA bumper stickers. Please check your envelope carefully for the enclosed card. Consider yourself fortunate to be out on the trails having in your possession a one-of-kind, coded P.I.N. Please do not try to find enlightenment or a hidden meaning in your number. Only the One who owns the numbers knows the meaning.

For those of you not planning on traveling to Texas on March 20<sup>th</sup> for either the Grasslands or Cross Timbers trail races(see ultra calendar), I will again have the "semi-annual" Widow Maker Fun Run 16/18 miles in the Lake Sylvia area. Services will be conducted by the AURA however arrangements or still pending. Next issue of the Arkansas Ultra Runner will have full details.

On March 13<sup>th</sup>, I plan on having an AURA Adventure Training Day. This will be non-competitive with no entry fee. Last year I erred by making it too tough on Team AURA; this year I hope to erred by making it more on the lenient side. The format will be trekking instead of mountain biking. Team AURA will get to practice taking compass bearing, step counting, map reading and mastering UTM coordinates. The starting area will be some where in the Ouachita National Forest, Paron Quadrangle map(1/24,000). Maps can be purchased from the Arkansas Geological commission office. Teams? - Three members or more Details next issue of AUR.

Lou and I have been going out to the new Little Rock Park on Garrison Road called Section 13. It is one square mile of ATV and Mountain Bike trails. Being a city park, there is no hunting or firearms allowed. With Turkey season open in April, I think it might be a good time to have a fun run there. We can let this idea cook for a month and see how it rises. There is not much space for mega miles but with different loops there I think I can get six to eight miles without doing the same route. Let's think about it and finalize it next month in the AUR.

Comments on the Message –(501)225-6609 or chrlypytn@aol.com

**RETREADS REMINDER** – (Retired runners eating out) Meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. at 11:30 A.M. Wear something from your running glory days to identify yourself.

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## 2004 ULTRA TRAIL SERIES

SCHEDULE(See details in the ULTRA CALANDER)

- #1-Jul 19<sup>th</sup> *Midnight 50Km*
  - #2-Nov 22<sup>nd</sup> *Gulfa Gorge Challenge*
  - #3-Dec 13<sup>th</sup> *Wildcat Mountain Run*
  - #4-Jan 3<sup>rd</sup> *Athens-Big Fork Trail Marathon*
- Year 2004
- #5-Feb 7<sup>th</sup> **White Rock Classic 50Km**
  - #6-Feb 21<sup>st</sup> **Sylamore 50Km**
  - #7-Mar 27<sup>th</sup> **O. T. Tune-Up**
  - #8-Apr 17<sup>th</sup> **Ouachita Trail 50Km and 50 Miler**
  - #9-May TBA **Catsmacker- 19 Miles/plus or minus**

### Wildcat Mountain Run-10 Miles +/--(UTS#3) December 13<sup>th</sup>, 2003

Place	Name	Time	Points
1.	JOHN MUIR	1:26:40	65
2.	TOM ASPEL	1:27:	54
3.	STEVE KIRK	1:29	43
4.	ROB WISTRAND	1:49	34
5.	JORDAN HASS	1:49	34
6.	<u>HOPE WISTRAND</u>	1:51	55
7.	DAVE CAWEIN	1:55	22
8.	JIM SCHULER	1:55	22
9.	<u>KIMMY RILEY</u>	1:58	44
10.	JIM SWEATT	1:58:30	15
11.	PETE IRELAND	2:06:50	12
12.	GARY SPEAS	2:12:10	9
13.	<u>DIANNE X. SEAGER</u>	2:12:10	33
14.	DAVID SAMUEL	2:26:27	6
15.	NICK WILLIAMS	2:32	5
16.	<u>KIM FISCHER</u>	2:46	27
17.	PAUL MATTOCK	2:48	4
18.	<u>LOU PEYTON</u>	3:07:15	21
19.	CHARLEY PEYTON	3:46:21	3
20.	JOHN KNAPP	4:+	2

### 5<sup>TH</sup> Annual Athens-Big Fork Trail Marathon(UTS#4) Blaylock Creek 17 Mile Trail Run January 3, 2004 – Big Fork, Arkansas.

44 runners participated in this year's event during perfect spring like weather over the Athens-Big Fork Trail in the Ouachita National Forest. This historic trail was built over 125 years ago by the postal service to carry the mail by horseback from the community of Athens to

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the community of Big Fork. The 10.1 mile hiking trail traverses eight mountains with elevations of 1800-2000 feet of elevation. The 19 marathoners ran south from Big Fork to just north of Athens over the eight mountains and then returned over the same route back to Big Fork. Runners in the Blaylock Creek 17 Mile Fun Run ran from the Community Center over five mountains to Blaylock Creek and Back to Big Fork.—David Samuels/Race Director.

Place	Name	Time	Pts	Pl	Name	Times	Pts
1.	TOM BRENNAN	4:48:57	64	1.	BARBARA BELLOWS	6:20:03	52
2.	STAN FERGUSON	4:57:43	53	2.	DIANNE SEAGER	8:00:00	41
3.	STEVE KIRK	5:11:50	42	MEN CONT'ED			
4.	GREG EASON	5:14:31	36	10.	RATON PARMAN	6:13:15	8
5.	TOM ASPEL	5:20:49	30	11.	MARIO MARTINEZ	6:27:28	5
6.	ROB WISTRAND	5:36:31	24	12.	MAURICE ROBINSON	6:54:00	4
7.	MURRY CHAPPELLE	5:59:30	18	13.	KEN CHILDRESS	7:20:08	3
8.	TIM KING	6:13:13	14	14.	JIM SWEATT	8:00:00	2
9.	TIM WHITSIDE	6:13:14	11				

### Blaylock Creek 17 Mile Fun Run

Pl	Name	Time	Credits	Pl	Name	Time	Credits
1.	JOHN HUGHES	2:59:02	50	1.	NATALIE MCBEE	3:36:00	50
2.	JOHN BITLER	3:01:51	40	2.	CHRISSEY FERGUSON	3:49:00	40
3.	JERMY MAXWELL	3:06:16	30	3.	KALLY FREDGREN	3:58:00	30
4.	STEVE MCBEE	3:06:36	25	4.	BETTY SOBESKI	4:10:00	25
5.	MARK RILEY	3:08:00	20	5.	HEATHER EASON	4:42:00	20
6.	PABLO LOWREY	3:11:47	15	6.	JAMIE HUNEYCUTT	4:53:00	15
7.	DARIN HOOVER	3:25:00	10	7.	PATTY GROTH	5:16:34	10
8.	DALE POWELL	3:55:00	9	8.	CARRIE DUPRIEST	5:16:34	7
9.	MICHAEL DUPRIEST	4:23:00	8	9.	LOU PEYTON	5:25:00	5
10.	GREG BOURNS	4:25:00	73	Other Participants			
11.	PAT RILEY	4:29:00	6	Todd Mathews(12.8 Miles)	2:55:00	50	
12.	MIKE JOFFE	4:34:00	5	Steve Chaney(12.8 Miles)	4:46:00	40	
13.	THOMAS SOERENS	5:12:00	4	Charley Peyton(8.2 Miles)	4:00:00	25	
14.	PETE IRELAND	5:44:54	3	Johnny Knapp(8.2)	4:00:00	25	
15.	DAVID SAMUELS	6:52:41	2				

### Sponsors and Coordinators

Arkansas Ultra Running Association  
 Southwest Arkansas Striders  
 Ouachita Amateur Radio Association  
 Big Fork Community Center Association

### The AURA FAB-4

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Stan Ferguson President  
 Mike Dupriest-Vice-President  
 Charles Seyton-Treasurer  
 Lou Peyton Secretary

## ULTRA CORNER

(Report your Ultra race times to [chrlypytn@aol.com](mailto:chrlypytn@aol.com) or (501)225-6609)

### SUNMART 50 Miler and 50K

Huntsville, Texas 12-13-03

#### 50 Miler

Stan Ferguson	7:51:43
Chrissy Ferguson	8:22:26
Angie Ransom	9:30:44
Oakley Allen	11:12:9

#### 50Km

Paul Turner	5:50:55
Rodney Decele	4:56:03
Dale Powell	5:42:12
Pete Johnson	5:42:13
Bob Marston	5:44:22
Barb Allen	6:26:00
Stacey Dovers	7:19:22
R.C. Fason	7:19:22
Jane Lee	8:23:00
Linda Fason	8:23:34
John Stowers	9:58:58



## AURA RUNNER O' MONTH

Linda Wood-Arkansas Master's Runner of the Year

At the Arkansas RRCA Convention in Hot Springs this past November several AURA members received honors. Stan and Chrissy Ferguson earned Ultra Runners of the Year while Robert Orr and Barbara Bellows received the Master's Ultra Runner of the Year. Our brother, Bob Marston, was recognized as the RRCA Club President of the Year. In the road running category, our AURA sister, Linda Wood, was named RRCA's Arkansas Master's Runner of the Year. At the time of the Interview, Linda was living in Cove, Arkansas, however she now resides in the Malvern area.

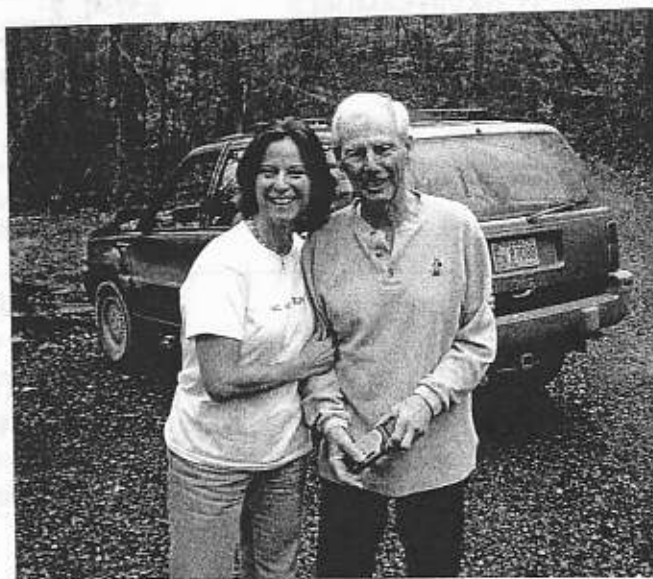


Photo-Linda Wood with John Knapp

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Greetings Linda. Congratulations on being named Arkansas' Master's Runner of the Year at the State RRCA Convention at Hot Springs in November. Any chance we will see you on the Ultra scene? You know there are three good 50K's and a 50 miler in the state coming up soon.

*I have heard lots of good things about the Ultras that are held here in Arkansas and about the good folks who put them on. I had dreams at one time of doing an Ultra but with my IT Band problem, it probably is not possible. It's definitely not out of the question though. Also, I don't know if I have what it takes, mentally, to do an Ultra.*

Your AURA mailing address lists your running town as Cove although now I understand that you have moved to Malvern. How was your running going in Cove and maybe other runners in the area?

*Running at Cove was a very solitary experience. There was one occasion when I met another runner out on the roads but she didn't stick to it for any length of time. I don't mind running alone. In fact I feel like being able to just go out and run whenever I can find the time. Yet there are times when a running partner would be nice. That's where John and Betty Sobeski come in. John and Betty live just north of Mena, about 26 miles from where I lived. John was our water, support and coach. When training for a particular race. Betty and I tried to get together at various places in and around Polk County on the weekends. With Rich Mountain, the Ouachita Trail and the numerous forest roads just at our back door, we were never at a loss for a place to run. Rich Mountain was our mainstay especially when training for Pikes Peak. Greg Bourns and Bill and Becky Duer joined in on our training runs when they could. I did try to hit the Ouachita Rehab and Fitness Center in Mena at least 2 or 3 times a week. They played a very important part in my overall fitness and provided a place to run and workout when the weather was in question.*

Besides the Arkansas Ultra Running Association what other running clubs/organizations do you belong?.....

*I am a member of ArkansasRunner.com, the Ouachita Cycling Club. RRCA, Pikes Peak Marathon Society, Arkansas Grand Prix and a member of the Shangra-La Adventure Racing Team.*

Can you describe a typical training week for you.....There is no typical training week for me. Since I am a mother of two young girls, my training is based on what is going on in their lives and what kind of work I'm doing around the home. I also run according to how I'm feeling. If I'm feeling good with enough energy then I carry out the run or workout as planned. If I'm not feeling up to par I cut the run or workout short or out all together. I try to run at least 25 miles a week with a peak mileage of around 40 when training for a marathon. Daily runs of 6 miles in length on Monday through Friday and a long run on the weekend of 10 to 24 miles. I try to incorporate speed work in the form of either track work(400.800 repeats), tempo work during my regular runs on the roads, and/or, at least once a week. Then throw in at least two days of strength training at the gym.

Please share some of your PR's and what you consider your best distance to be....

*5Km distance—Victory for Victims(21:09)—St Mary's(21:09)Orange Crush XC(21:22)*

*In the 10Km distance—Toad Suck(44:56)—Chili Pepper XC(44:15)*

*In the 15 Km—ARK(1:11)*

**Marathon—Arkansas Marathon(4:04)**

**In the 2 Mile—Arkansas Runner(12:47)**

*I run faster in the shorter distance. I've never run any race shorter than 2 miles. I guess I consider 5Km my best distance.*

With regards to running, what do you consider you best and/or worst feature?....

*I'm not sure if you mean physically here. If that is the case, I'd say my legs are my best feature. My ankles are my worst feature.*

Any significant running injuries over the years.? How did you overcome them?....

*I constantly battle IT band problems. I have to do specific stretches and I see a Sports Therapist for structural body work. I am currently targeting certain areas of my body with strength training to help alleviate the problem that I have in this area. I also roll my ankles over easily*

What is the best running advice you have received?....

*I have had lots of good advice but the one that comes to mind first is to run your own race. Followed closely by get plenty of rest and drink plenty of water.*

If you could run like someone else who would it be?.....

*There are several runners I admire but I don't have any particular person that I could name here.*

What holds for you this spring? Continuing with the Grand Prix or maybe a big time Marathon?.....

*I plan on running in the Grand Prix again. The Little Rock Marathon is the only marathon I plan on doing at the present time. I hope to go to the Tahoe Rim Trail again and I plan on doing more adventure races.*

## **AURA NEWS FLASH**

In the Sunday, January 17<sup>th</sup>, 2004, edition of the Arkansas Democrat-Gazette, three AURA members were named to the Little Rock Marathon's *Hall-of-Fame*. They were Lou Peyton, Larry Mabry and David Samuels. The other inductees were the legendary roadrunners Tom Aspel and Stephen Tucker. Congratulations and a well deserved "way-to-be" to all five of these runners and especially to our three AURA brothers and sisters.

# ULTRA CALANDER

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

**February 7<sup>th</sup>, UTS #5-2004 White Rock Classic 50 Km and 25 Km.** Starting near Turner Bend Camp Ground at the Mulberry River on the historic "Pig Trail", Highway 23. 9:00 a.m. start. Out and Back route on "well groomed" National Forest roads. Very mountainous. The 25 Km ends on White Rock Mountain. Transportation provided back to the start. Sponsored by the Chile Pepper Running Club of Fayetteville, Joe Fennel, Run Leader. No entry fee. Directions: I-40 North to Ozark. At the second Ozark exit, right turn on Hwy 23. Go approximately 13 miles. Park at the grocery store at Turner Bend.

**Feb 7<sup>th</sup>, 2004 Rocky Raccoon 100 Mile Trail Run.** Huntsville, Texas. Joe Prustitis, 101 Plymouth, Austin, Texas 78758 or [www.hillcountrytrailrunners.com](http://www.hillcountrytrailrunners.com)

**February 21<sup>st</sup>, 2004 UTS #6/ Sylamore Trail 50Km.** 7:00 a.m. start from the Angler's White River Resort, Allison, Arkansas. Entry and fee required. Race entry application in last issue of the AURA. Or, Randy Davidson, 501-868-5555 or [sylamore50k@excite.com](mailto:sylamore50k@excite.com)  
Directions: Hwy 65 to Conway, Clinton and Lesley. At Lesley, right turn on Hwy 66. Continue to Mountain View. At Mountain View, turn left onto Hwy 5. It is 6 miles to Allison and the start.

**Feb 27, 2004. Houston Ultra Event Weedend.** Houston, Texas. 6/12/24/48 hour and 100Km on 2 mile asphalt running trail. Web <http://www.ultrarunners.info/>

**Mar 6h, 2002 Mississippi Trail 50Km and 50 Miler.** Laurel, Mississippi. Steve Dereamer, 601-649-3860 or [www.ms50.com/](http://www.ms50.com/)

**Mar 7<sup>th</sup>, 2004. A-OK 50Km** Atoka, Oklahoma. Mary Ann Miller, 972-424-7844 or [mam3217@ev1.net](mailto:mam3217@ev1.net)

**20<sup>th</sup> Mar 13, 2004. The Widow Maker. AURA Fun Run.** Ouachita National Forest. Lake Sylvia/Ouachita Trail parking lot. OT Trail, Forest Roads, Bushwhacking X-country. 16 to 18 miles. Arrangements Pending.

**Mar 20<sup>th</sup>, 2004. Cross Timbers 50 Miles Trail Run.** Lake Texhoma, Texas. Tony Bridwell, 580-924-9293.

**Mar 20<sup>th</sup>, 2004. Grassland's Marathon and 50 Mile Run.** Decatur, Texas. Suzi Cope, \*17-410-2401 or [4suzi@ix.netcom.com](mailto:4suzi@ix.netcom.com)

**Mar 27<sup>th</sup>, 2004. O.T. Tune-up.** UTS #8/ 20 miles plus or minus. Roland, Arkansas. Bob Marston 501-868-1072 or [jbobandros@comcast.net](mailto:jbobandros@comcast.net)

**Apr 17<sup>th</sup> 2004 Ouachita Trail 50K and 50 Miler.** Little Rock, Arkansas. Chrissy Ferguson 501-329-6688 or [www.runarkansas.com](http://www.runarkansas.com)

**Apr 24<sup>th</sup> 2004 Rocky Hill Ranch 50Km.** Smithville, Texas. Tough, twisted single track. . Joe Prustitis, 101 Plymouth, Austin, Texas 78758 or [www.hillcountrytrailrunners.com](http://www.hillcountrytrailrunners.com)

**May 1st, 2004. Strolling Jim 40.** Wartrace, Tennessee. Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183 or [email-drystoneman@hotmail.com](mailto:email-drystoneman@hotmail.com)

**May, TBA UTS #9-The Catsmacker.** Lake Sylvia Recreation Area. Stan and Chrissy Ferguson at 501-329-6688 or [www.runarkansas.com](http://www.runarkansas.com)

**May 29<sup>th</sup>, 2004. Berryman Trail Run.** 50 Mile and Marathon. Potosi, Missouri. David White 573-763-5704(h) or [Davidwhite465280@cs.com](mailto:Davidwhite465280@cs.com) or [www.sllouisultrarunnersgroup.net/](http://www.sllouisultrarunnersgroup.net/)

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## ULTRA TRAIL SERIES RULES

1. Age groups are determined by you age at the time of the Midnight 50Km
2. There will be one "throw-a-way" race. That is to say, if you complete all nine of the scheduled races, your poorest performance will be discarded.
3. To be eligible for the King and Queen awards, you must complete four of the races.
4. In a race that features two ultra distances (example is the OT 50 Miler and 50Km) either of the races can be used in the UTS.
5. Runners who opt to start early at an UTS run will be penalized. Their points will not be greater than the last place runner who started on scheduled.
6. Runners who start late will not be penalized but must add the amount of time they were late to there actual finishing time.
7. Men Compete against men; women against women.
8. The top ten finishers are awarded points as follows: 50, 40,30,25,20,15,10,7,5 and 3. Everyone else receives a total of one (1) point.
9. Bonus points are awarded and are determined by the number of finishers.
10. In case of ties, points are equally shared.
11. Age groups are as follows: Open, Masters(40-49), Super Seniors(60-69) and Advanced Seniors(70+). In the case that a Master or Senior, etc, win the over all Open Division, the second place Master or Senior will be in their respective Division will be crowned.
12. First person to complain gets to be in charge.

### UTS Point Standings

Please report errors as you find [them-chrlpytn@aol.com](mailto:them-chrlpytn@aol.com)

#### Female

UTS FEMALE	MN50K	GGC	WCM	ABF-M	Total
Angie Ransom	58	60	X	X	118
Jamie Huneycutt	47	X	X	X	47
Blair Whisenhunt	36	X	X	X	36
Tina Coutu	30	X	X	X	30
Carrie Dupriest	18	35	X	X	53
Rhonda Ferguson	18	X	X	X	18
Patty Groth	18	35	X	X	53
Dianne Seager	8	X	33	41	82
Kimmy Riley	X	49	44	X	93
Barbara Bellows	X	X	X	52	52
Lou Peyton	X	21	21	X	42
Krista Ussel	X	15	X	X	15
Robin Balheimer	X	11	X	X	11
Dottie Rea	X	8	X	X	8
Kim Fischer	X	5	27	X	32
Francine Lebrant-Stock	X	2	X	X	2
Hope Wistrand	X	X	55	X	55
		X			



MEN	MN50K	GGC	WCM	ABF-M	Total	
Robert Orr	63	X	X	X	63	
Stan Ferguson	52		51 X		53	156
Paul Schoenlaub	47	X	X	X		47
Maurice Robinson	35		16 X		4	55
Jesse Wilson	29	X	X	X		29
Mike Samuelson	23	X	X	X		23
James Golleher	15		22 X	X		37
Darin Hoover	15		40 X	X		55
Nathan Siria	10	X	X	X		10
Todd Mathews	7	X	X	X		7
Mike Dupriest	4	X	X	X		4
Jay Huneycutt	3	X	X	X		3
Jim Sweatt	2		12	15	2	2
Steve Kirk	X		62	34	42	138
Rick Utley	X		34 X	X		34
Murry Chappelle	X		28 X		18	46
Gary Speas	X		9	9 X		18
Ron Thompson	X		6 X	X		6
Ernie Peters	X		3 X	X		3
James Barber	X		2 X	X		2
John Muir	X	X		65 X		65
Tom Aspel	X	X		54	30	84
Rob Wistrand	X	X		34	24	58
Jordan Hass	X	X		34 X		34
Dave Cawel	X	X		22 X		22
Jim Schuler	X	X		22 X		22
Pete Ireland	X	X		12 X		12
David Samuels	X	X		6 X		6
Nick Williams	X	X		5 X		5
Paul Mattock	X	X		4 X		4
Charley Peyton	X	X		3 X		3
John Knapp	X	X		2 X		2
Tom Brennan	X	X	X		64	64
Greg Eason	X	X	X		36	36
Tim King	X	X	X		14	14
Tim Whitside	X	X	X		11	11
Raton Parmain	X	X	X		8	8
Mario Martinez	X	X	X		5	5
Ken Childress	X	X			3	3

## The BS's PERSONALITY INVENTORY/PROFILE

Check the correct response; keep for future reference.

1. If the Bigshot should magically become a Superbowl football player, he most likely would be a:
  - a. All-Star Quarterback
  - b. A daring Running Back
  - c. A jarring Defensive Safety.
  - d. A 3<sup>rd</sup> string Right Guard.