

Spring Turkey Season  
Opens April 9<sup>th</sup>

April 16<sup>th</sup>

**Ouachita Trail 50Km / 50 Mile**

(ULTRA TRAIL SERIES # 9)

RETREADS  
1<sup>st</sup> Wednesday  
11:30 am  
Franke's

## ***The ARKANSAS ULTRA RUNNER***

AUR April 2005

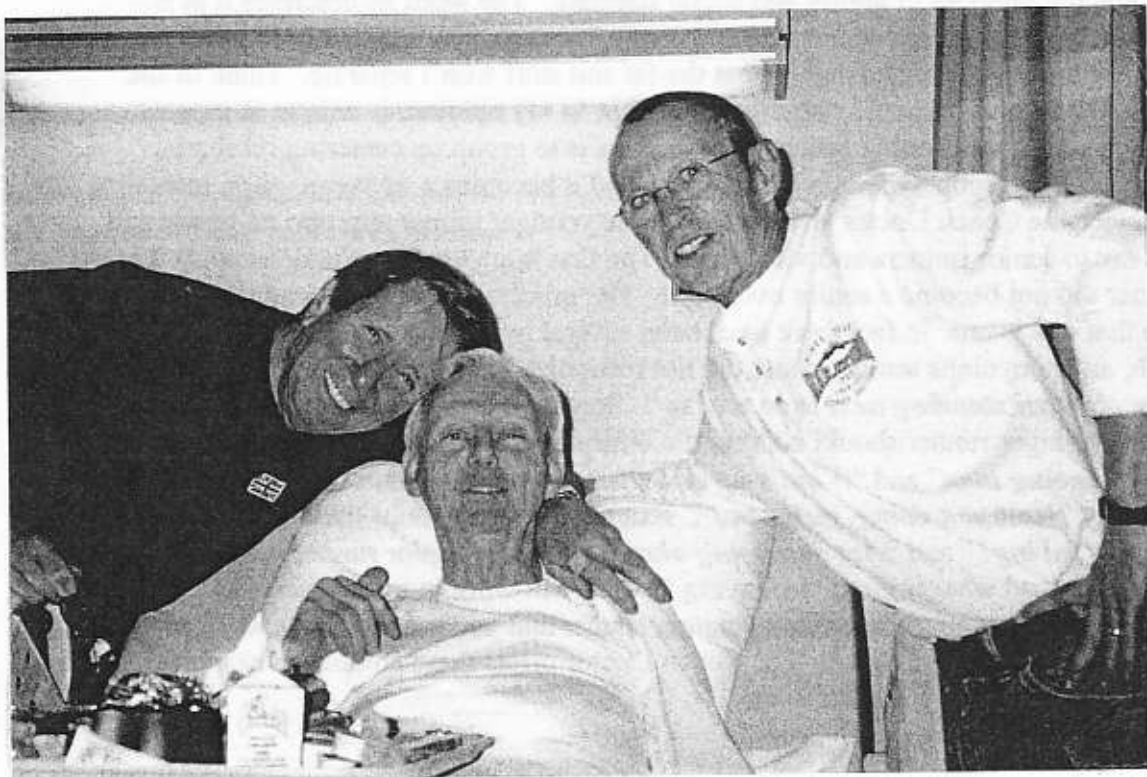
The Newsletter For Members And Friends Of The *Arkansas Ultra Running Association*

[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 renew your AURA membership. "Your time is up".

**MESSAGE FROM THE BIGSHOT** - The photo below was provided by AURA's first lady, Chrissy Ferguson, and shows our brother, John Knapp, flanked on the left by running friends Lou Meyers of London, England, and Pete Ireland (right) as they visit John in the Hospital. John was discharged from the hospital on March 16<sup>th</sup> and is now at home in Benton, Arkansas, 8744 Hwy 70, 72015. Send him a note and tell him how much you've miss seeing him.



17<sup>th</sup> Edition; Number Three

The AURA - Where Memories Are Earned

A Member of the Road Runner Club of America

Big news on the Arkansas ultra scene is the word that Greg and Heather Eason will be taking over the directorship of the Sylamore 50K. Randy and Bobbie Davidson have done a terrific job since they took over the Sylamore when race founders, Bill and Teresa Laser moved out of state six years ago. With Randy and Bobbie no longer at the helm, the BigShot feels that he should also resign his Gunner Pool Aid Station post. A position that he has held for 10 years. I do this reluctantly but perhaps Greg and Heather have others in mind who have spoken for this choice spot. I will however volunteer for the race and if they want me at Gunner Pool, or some other duty, I will be more than happy to oblige. On a similar note, Race Organizers are always in need for volunteers to assist them in putting on a run. This doesn't mean that you become obligated every year unless you want it to be so. Use the AURA website ([www.runarkansas.com](http://www.runarkansas.com)) to contact a run leader or the phone number seen on the AURA race calendar.

## ***THE COACH DOCTOR***

(BY RX ONLY)

*An apple a day keeps the Coach Doctor at bay!*

The Coach Doctor was going over the results of the 2005 Sylamore 50 Km and one thing jumped out at him. This was the number of runners who participated who were in their 20's and 30's. This fact started him thinking seriously about an idea that had been brewing in his mind for the last year, or so. The AURA's unofficial philosophy has always been to welcome all runners as equal regardless of ability and social standing. The word he describes it as is – ***Homogenous***. Like raw milk that is heated becomes pasteurized; shake it hard and long enough it becomes homogenized, or blended so that the fat and stuff won't separate. Think of the AURA as being an homogenized running club. This, in my opinion, is unique as in most cases where individuals of differences gather, the tendency is to group up centering on shared characteristics. The group dynamics then change and it becomes a *we versus them* mentality. As a public service the Coach Doctor will now offer the younger runner appropriate words and phrases to say to senior runners and vice versa. The first thing you must understand is that the senior runner did not become a senior overnight. The process has been so gradual that one might not realize that one is one. In fact there have been several instances where, when shown a group photograph, an anonymous senior runner did not recognize himself and was quoted as saying “*who is that old man standing next to so and so*”. Staying on track with our homogenous thoughts, the younger runner should address the senior as you would with your peers. Phrases like “*How's it going man*” and “*What's up dude*” are most appropriate. The younger female might even say “*How you doing, girlfriend*”. Examples of salutations that one should avoid are “*How are you feeling?*” and “*Are you doing okay?*”. For the senior runner it is very simple. If you don't understand what is going on, saying “*Cool*” will work in most cases, and if you are really confused when conversing with a younger runner and you have to reply, say “*that's really Hot!*” And, say it like you mean it. The Coach Doctor offers these comments as a preemptive strike so that we can always remain as one.

## ULTRA CORNER

### *A Sylamore 50 Km Exclusive*

#### An Interview With AURA's Steve and Natalie McBee

The BS saw you the first of the year at the Athens-Big Fork Marathon and again in February at the White Rock 50Km. Were you keying on the upcoming Sylamore 50K?

**Steve** – *The ABF is a great way to kick off the new year and WR is a great social run.*

*I have never run the WR 50K and probably never will. I thought about it one year, but after consulting with RD Joe Fennel he said, "McBee, are you \*\*\*\*\*crazy, the party's at the top?" ABF is my kind of run. I really enjoy the challenge of the single track and big climbs. For me each of these runs is just a stepping stone preparing me for the next event. I really don't like to get worked up about keying on a specific event, place or time. I just like a challenge!*

**Natalie.** *AFB is one of my favorite runs and White Rock is always a good time, especially when I have a 40 oz. in hand at the top. They both happened to fit nicely into my training for Sylamore but I didn't do them specifically for that race. I try to treat each run as its own individual event.*



Steve and Natalie McBee  
Fayetteville, Arkansas  
Photo taken at the  
3 Days of Syllamo

You both seemed to have great races at the Sylamore. Natalie was 2<sup>nd</sup> female and Steve was 8<sup>th</sup> male. Other than the two races I mentioned in question one, what training did you do to prepare for the Sylamore?.....

**Steve** – *I loaded up on the fuzzy carbs and dark chocolate...really. My work schedule and general laziness prevents much training in December, January and February. I think I average about 100 miles per month including races. I know that is not the norm for ultra running and believe me, it's not the way I want to train. I really pay for the low mileage. I used to think*

*about the woulda, shoulda, coulda possibilities of training more, but that is no way to live life. Now I just work with what I've got.*

**Natalie** – *All I do for training is try to keep up with the big boys! Not only that, but I've been running with much greater consistency than ever before which I think has helped my performances a great deal. We have a great group of friends here in North West Arkansas who are awesome trail runners and it's very motivating when there are so many people to run with. Not only is there a great running community, but there is never a shortage of killer trails to train on whether it's Devils Den, the Buffalo River trails or the Ozark Mountains.*

**Were you both pleased with your efforts at the Sylamore?.....**

**Steve** – *Sylamore was a great experience for me. Not because of my time or place but because of the opportunity to hang with my fellow AURA bothers and sisters. What a great group of people! I hooked up with Stan, then Billy Simpson on the way out; those guys just kept me distracted from the pace and the pain.*

**Natalie** – *Sylamore was a blast. It is just a awesome trail and like Steve, I just enjoy running the trails and hang out there with everybody.*

**You two are quiet the *power couple* in Arkansas ultra running. Do you train together and if so, who calls the "shots".....**

**Steve** – *Uh, correct me if I'm wrong, but I think it says in the AURA member rules that you are never to question the BS, so I guess with respect to being a "power couple" we are no different than any other AURA "power couple" (the Fergusons, the Honeycutts and the BS's)....Natalie calls the shots.*

**Natalie** – *We often go for a run in the same area especially on the weekends, but we usually settle into our own pace., primarily because Steve is quite a bit faster than me although I will continue to try my best to catch up to him! And until I catch up, I would say, he calls the shots.*

**The McBee's had an adventure run in December of this year called the ManDude. Do you think you will do it again: do you do others?.....**

**ManDude** – *interesting question...I'll let you know in November. We try to put together 3 or 4 informal events per year including the White Rock 100(bike) and ManDude(adventure run). The ManDude is really just an end of the year social with a little trail run thrown in for fun. The course, distance and difficulty changes every year just to keep it interesting. Last year the ManDude run included thirteen cold waist deep(or more) river crossings. What a great way to start the day. If we do it again and you decide to attend make sure you bring your matches, vasoline and toilet paper.*

**Despite your ultra successes, neither of you have entered the AT100. Do you think this might be your year**

**Steve** – *Did Chrissy write this question? I'm not much of a long term planner with my free time, so it's hard to say what will happen in October. But, if the early chatter is any indication, I thing Northwest Arkansas will be bringing a record number of runners to the AT100.*

**Natalie** – *We will just have to see.*

# Sylamore Trail 50Km

February 19, 2005  
Allison, Arkansas

	Name	Sex	Age	State	Time
1	Tom Brennan	M	33	OK	4.14.55
2	Kurt Decker	M	33	MN	4.24.27
3	Paul Schoenlaub	M	45	MO	4.30.14
4	Stan Ferguson	M	41	AR	4.31.10
5	John Hughes	M	37	AR	4.32.37
6	Hap Seliga	M	34	AR	4.36.20
7	Jon Bitler	M	33	AR	4.37.42
8	Steve McBee	M	39	AR	4.40.13
9	Israel Holby	M	25	AR	4.40.24
10	Billy Simpson	M	50	TN	4.40.50
11	Doug Assenmacher	M	39	MO	4.45.39
12	Po Dog Vogler	M	38	AR	4.46.55
13	Mule Martin	M	55	CO	4.52.15
14	Tom Aspel	M	49	AR	4.57.03
15	Ira White	M	24	AR	4.58.58
16	John Muir	M	26	AR	5.00.37
17	Kevin Guest	M	36	MO	5.01.39
18	Calvin Hill	M	33	TN	5.02.42
19	Mark Williams	M	37	MS	5.03.47
20	Kimberly Morton	F	32	AR	5.04.04
21	Natalie McBee	F	31	AR	5.11.03
22	Darin Hoover	M	40	AR	5.12.26
23	Scott Dunsmuir	M	33	MO	5.12.26
24	Paul Lowrey	M	41	AR	5.12.40
25	Kevin Dorsey	M	34	TN	5.13.11
26	Roberta Orr	F	38	AR	5.13.18
27	Stuart Johnson	M	45	KS	5.14.05
28	Don Frichtl	M	48	IL	5.20.26
29	Greg Eason	M	34	AR	5.24.39
30	Steve Appleton	M	32	AR	5.26.21
31	Jeff Diamond	M	37	LA	5.27.39
32	Mike Samuelson	M	39	TN	5.32.09
33	Jon House	M	36	TN	5.32.33
34	Lisa Mills	F	48	AR	5.35.54
35	Scott Coffelt	M	43	AR	5.35.54
36	Steve Hern	M	51	AR	5.36.43
37	Murry Chappelle	M	45	AR	5.38.22
38	Brent Brakhop	M	22	AR	5.38.42
39	Kyle Kruger	M	22	AR	5.39.49
40	Amber DeBoer	F	26	CO	5.41.02
41	Scott Davis	M	33	MO	5.42.08
42	Richard Williams	M	37	TN	5.44.37
43	Scott Rogers	M	40	TN	5.44.37
44	Wade Lewis	M	52	TN	5.44.48
45	Carrie Besselman	F	43	MO	5.45.16
46	Jerry Frost	M	49	MO	5.45.17
47	John Kelly	M	38	AR	5.47.04
48	Ilona Peterka	F	40	AR	5.48.26
49	David Gottschalk	M	43	AR	5.48.58
50	James Stroup	M	57	MO	5.49.26
51	Mike DeBoer	M	36	CO	5.50.09
52	Laurie Terrell	F	36	TN	5.53.16
53	Tom Mayfield	M	66	AR	5.54.32

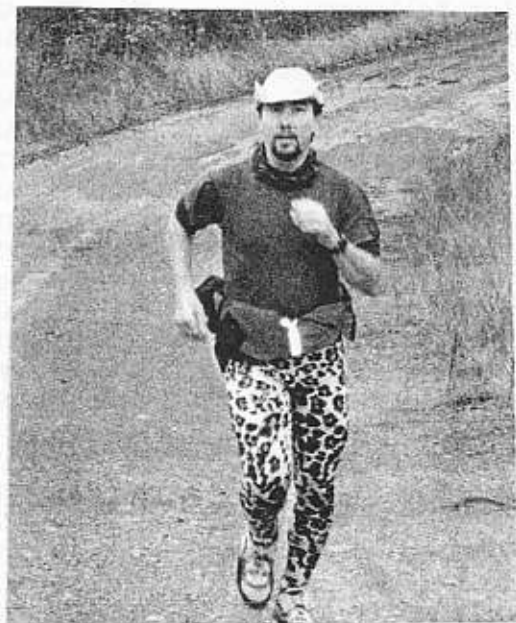
## A Sylamore Pictorial

*(A look back into the past)*

The following pictures are Photo Illustrations. Meaning that the runners depicted are who they are and have finished the *Sylamore 50 Km*. In a few cases the runners shown are running other races. Hence the term "Photo Illustrations".

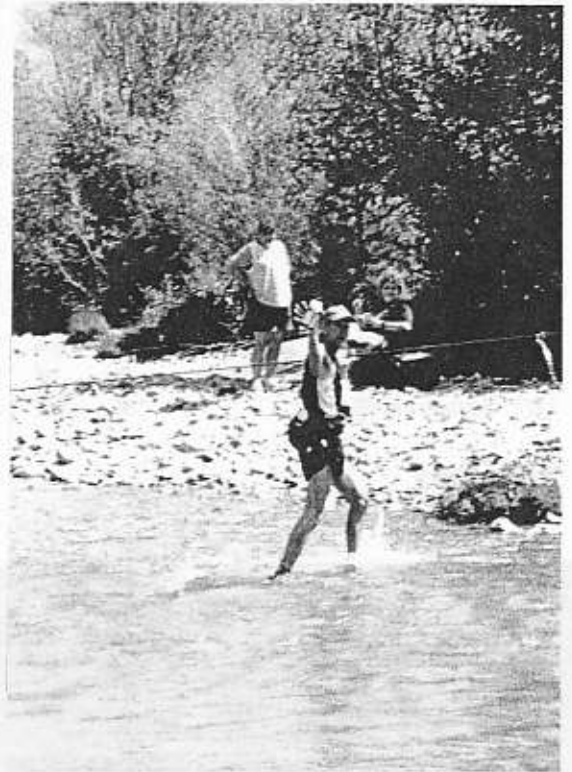


Stewart Johnson(Shawnee, Kansas)  
Has completed all 12 Sylamore 50 Km's



Jimmy Sweatt(North Little Rock)  
has completed all 12 Sylamore 50 Km's

54	Mark Carter	M	31	AR	5.55.05
55	Ted Gruener	M	36	MO	5.57.04
56	Joel Kahl	M	39	AR	5.58.16
57	Chrissy Ferguson	F	44	AR	5.58.31
58	Lance Reaves	M	32	AR	5.59.27
59	Keith Jordan	M	33	AR	5.59.27
60	Adam Korona	M	30	TX	6.02.04
61	George Peterka	M	45	AR	6.04.40
62	Greg Lauman	M	36	MO	6.06.12
63	unknown	M			6.07.22
64	James Allen	M	37	AR	6.08.03
65	Willie Lambert	M	42	KS	6.10.09
66	Jim Sweat	M	49	AR	6.10.48
67	Scott Eason	M	39	AR	6.11.05
68	Sonya Anderson	F	38	MN	6.12.09
69	Megan Barton	F	34	AR	6.12.10
70	Patrick Decoster	M	53	IL	6.12.59
71	A.J. Wolfe	M	31	TN	6.13.28
72	Michael Dupriest	M	48	AR	6.14.50
73	Steve Hobbs	M	48	AR	6.16.10
74	Gwen Hewitt	F	42	TN	6.16.37
75	Eric Smith	M	26	IL	6.20.04
76	Mario Martinez	M	51	AR	6.21.15
77	Kurt Galbraith	M	33	TN	6.22.36
78	Barty Cresap	M	51	TN	6.22.57
79	Lindy Biglieni	F	28	MO	6.23.08
80	Tim Brayfield	M	47	MO	6.23.08
81	Patty Groth	F	48	AR	6.24.19
82	Amanda Perron	F	31	LA	6.27.48
83	Stephanie Parker	F	21	AR	6.28.13
84	Jenny Foster	F	32	AR	6.28.13
85	David James	M	54	TN	6.28.28
86	Keith Latiolais	M	50	TN	6.30.20
87	John Montgomery	M	27	MO	6.30.37
88	Mike Wintroath	M	34	AR	6.30.40
89	Adrienne Shelton	F	39	AR	6.31.18
90	Chally Sims	F	38	AR	6.31.24
91	Kimmy Riley	F	43	AR	6.32.17
92	Barbara Bellows	F	50	AR	6.32.44
93	Ashley Mason	F	20	AR	6.35.00
94	Daniel Smith	M	20	AR	6.35.00
95	David Blankenship	M	41	AR	6.35.28
96	Donald Love	M	41	MO	6.43.05
97	Chris Chastain	M	30	TN	6.45.37
98	Thomas Lale	M	45	MO	6.46.57
99	Ron Gimblet	M	57	AR	6.46.59
100	Roger Williams	M	63	TN	6.47.17
101	Lee Hess	M	55	MO	6.49.08
102	Mark Higginbotham	M	50	TN	6.49.38
103	Mickey Bevill	M	45	AR	6.51.43
104	Jim Baxter	M	52	AR	6.52.34
105	Carla Branch	F	53	AR	6.52.35
106	Brenda Bonner	F	43	AR	6.52.35
107	Kenneth Bland	M	56	AR	6.52.50
108	Jay Huneycutt	M	44	AR	6.57.33
109	James Mullins	M	25	AR	6.57.33
110	Pete Ireland	M	64	AR	6.57.46
111	Gary Criglow	M	53	AR	6.88.47
112	Eunika Stevula	F	34	TN	6.58.56
113	Mariah White	F	25	AR	7.04.34



**4-Time Sylamore winner, Ray Bailey, Shown crossing a large creek while waving to his Fantasy Companion, The BigShot.**



**Rhonda Ferguson(#61) checks out of The Gunner Pool Aid Station**

114	Chuck Parks	M	31	TN	7.06.10
115	Melinda George	F	41	AR	7.07.21
116	Bryce Davenport	M	38	AR	7.07.21
117	David Swenson	M	50	IA	7.10.30
118	Colleen McCuskey	F	27	AR	7.10.46
119	Greg Holland	M	41	AR	7.11.16
120	Craig Carney	M	53	AR	7.13.08
121	Dianne Seager	F	48	AR	7.13.29
122	Gary Speas	M	51	AR	7.13.29
123	Holly Lynch	F	44	TN	7.17.08
124	Jamie Huneycutt	F	46	AR	7.17.47
125	Sarah Harris	F	39	TN	7.18.25
126	Michelle Bingham	F	40	TN	7.19.05
127	Clara DeCoster	F	52	IL	7.20.13
128	Ulla Mansdorfer	F	46	TN	7.21.23
129	Jennifer Smedlund	F	24	AR	7.25.36
130	Brent Bruser	M	57	LA	7.27.26
131	Karen VanDonge	F	38	AR	7.28.33
132	William Egbert	M	29	TN	7.29.37
133	Stephanie Stewart	F	24	AR	7.31.43
134	Randy Stepherson	M	52	TN	7.35.28
135	Barbara Geater	F	39	TN	7.35.29
136	Angie Shy	F	28	AR	7.38.48
137	Hilde Haynes	F	62	TN	7.39.43
138	Lou Peyton	F	60	AR	7.41.17
139	Hal Mabray	M	47	TN	7.41.38
140	Susan Diggons	F	57	TN	7.41.50
141	Glenn Phillips	M	42	TN	7.41.51
142	Terry Bishop	M	60	TN	7.51.16
143	Ryan Butterick	M	25	TN	7.52.10
144	John Spore	M	48	AR	7.53.48
145	Joe Simpson	M	55	TN	7.54.52
146	Kim Johnson	F	36	AR	7.57.18
147	Katherine Bellows	F	52	WA	7.58.52
148	Paula Townsend	F	51	TN	7.58.58
149	Bill Luton	M	49	TN	7.58.59
150	Lee Tolleson	M	20	AR	8.00.45
151	David Trower	M	38	AR	8.02.35
152	Carrie Dupriest	F	47	AR	8.02.42
153	Dottie Rea	F	52	AR	8.02.43
154	Clancy McMahon	M	37	AR	8.04.55
155	Jim Ingalls	M	60	TX	8.04.55
156	Susan Russell	F	54	AR	8.05.25
157	Salli Young	F	32	TN	8.05.33
158	Lori Gulliams	F	36	TN	8.05.40
159	Kenny Simpson	M	50	MS	8.14.55
160	Joshua Spore	M	21	AR	8.16.59
161	Carole Foster	F	53	TN	8.18.09
162	Charles Stroud	M	61	MO	8.25.14
163	Gena Bonini	F	42	MO	8.25.14
164	Michael Kelley	M	56	TN	8.26.17
165	Marshall Singer	M	47	AR	8.29.39
166	Jan Show	F	51	TN	8.30.56
167	Temesa Spakes	F	40	TN	8.31.17
168	Timothy Mosteller	M	49	TN	8.31.19
169	Ed Keller	M	43	KS	8.33.12
170	Michael Taylor	M	45	TN	8.33.59
171	Terie Box	F	24	TN	8.34.08
172	Vicki Prince	F	47	TN	8.34.09
173	Jay Brown	M	54	TN	8.38.03



**AURA's Henry Osterloh(#116) on the way to the Barkshed Aid Station**



**An Arkansas running pioneer, Dr. James McNair, (#102)at Gunner Pool.**

174	Jerry Potter	M	53	TN	8.38.04
175	Marjory Schmidt	F	55	IL	8.38.27
176	Bonnie McElwee	F	64	IL	8.38.27
177	Wesley Seitz	M	64	IL	8.38.27
178	Ann Willis	F	39	TN	8.44.37
179	Carri Ann Hutchens	F	34	MS	8.48.35
180	Tim Biggs	M	47	AR	8.54.40
181	Bob McKinney	M	62	AR	8.58.38
182	Bruce Willis	M	44	TN	9.00.57
183	Steve Spakes	M	51	TN	9.36.24
184	Leigh Tanner	F	43	TN	9.37.17
185	Darlene Bak	F	56	TN	9.54.02
186	Michelle Anderson	F	37	TN	9.54.02
187	James McNair	M	61	AR	9.56.25

208 starters



The Gunner Pool Aid Station gives outgoing Race Directors Randy and Bobbie Davidson a "Hip-Hip Hurray" for six fine years of Sylamore.

### APRIL'S AURA Horoscope

**GEMINI**-Bargaining with the Devil for an ultra finish might have undesirable consequences. **SCORPIO** -A Mojo in your fanny pack could work to your advantage. **CAPRICORN**-Your Fantasy Companion might be standing in the shadows evaluating your training regimen. **LEO**-An "Item" from your non-running past is deciding if he should show up for your next springtime ultra.



# UTS and REGIONAL RACE CALENDAR

(Place Refrigerator Magnet here)

For the latest information on your Ultra Trail Series point standings, go to [www.runarkansas.com](http://www.runarkansas.com) and follow the links to *Ultra Trail Series*.

- Mar 26<sup>th</sup>, 2005      **The Grasslands 50k/26m/13mi/10k.** Decatur, Texas. Suzi Cope  
[www.hillcountrytrailrunners.com](http://www.hillcountrytrailrunners.com)
- Apr 16<sup>th</sup>, 2005      **Ouachita Trail 50 Miler/50Km** UTS #9. Little Rock, Arkansas. Stan and  
Chrissy Ferguson, RD's. 501-329-6688.
- May 7<sup>th</sup>, 2005      **Strolling Jim 40** WarTrace, Tennessee. SSAE to Race Director Gary  
Cantrell, 233 Union Ridge, Wartrace, Tennessee. 37183
- May 21<sup>st</sup>, 2005      **The Cat smacker** UTS #10. Lake Sylvia Rec Area. Stan and Chrissy  
Ferguson, RD's. 501-329-6688.
- May 28<sup>th</sup>, 2005      **Berryman 50K, 50 Mile Potosi, Missouri** David White Email  
[DavidWhite465280@cs.com](mailto:DavidWhite465280@cs.com)

## AURA FUN RUN

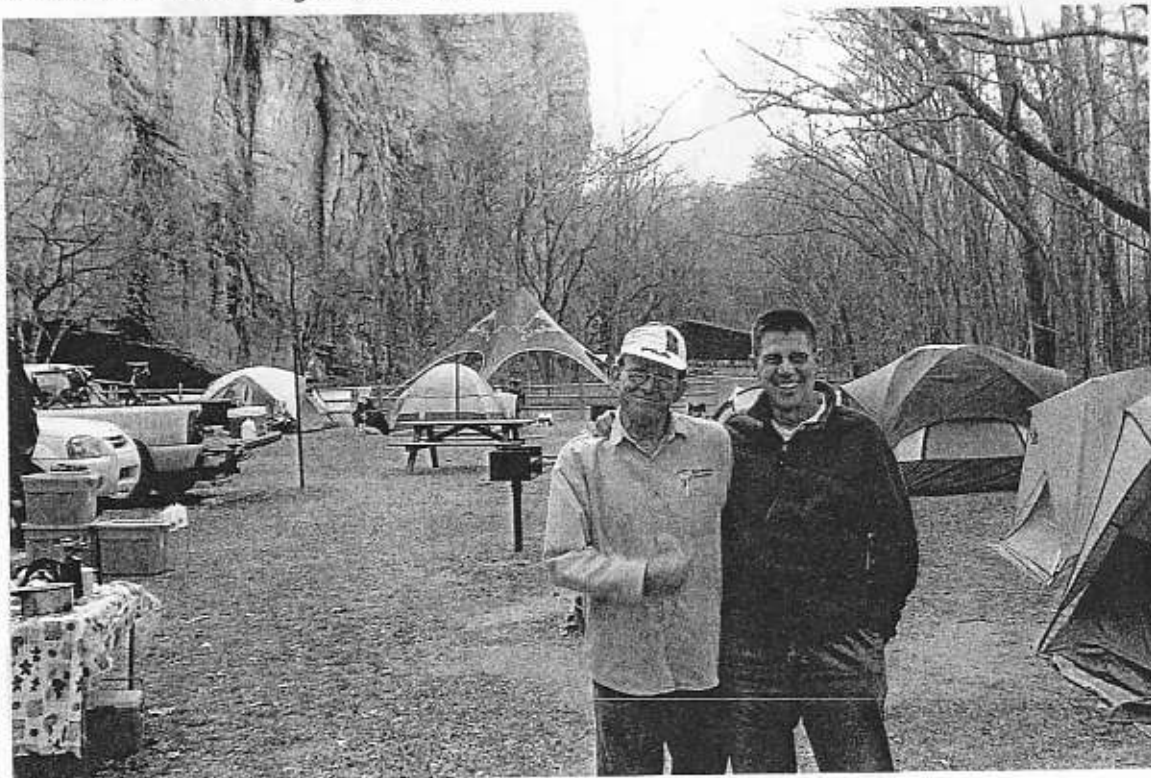
Below is a picture that the B\$ snapped at the start of the *Corkscrew Fun Run* on March 12<sup>th</sup>. Just before starting he asked the participants if they wanted to sign in with their times. By voice vote (in keeping with today's democratic movements) they said "No". Therefore, no times were recorded. Despite being only 11 miles in length, the Corkscrew is pretty intense and a route that we will see again. Thanx to all who attended and brought biscuits, honey and jelly and letting me be a Big\$hot.



The AURA – Where Memories Are Earned  
A Member of the Road Runner Club of America

## AURA HOT FLASH! - 3 Days of Syllamo

Race Report From The BigShot – As I write this the Newsletter is going to press and an “official” Syllamo race report has not yet been written. Nevertheless, I will give you my recap of the event and await Steve’s and Roberta’s official version. For a jump on the May issue, look under [www.runarkansas.com](http://www.runarkansas.com) and follow links to *3 Days of Syllamo*. All of our AURA brothers and sisters who participated can look back some day and tell others that they were at the first *Syllamo*. For those not at the *Syllamo*, it was that good in my opinion. The first plus was the scenery around Blanchard Springs Campground. Breath-taking! The second plus were the trails that the mountain bikers have built in the area. Those who ran can tell you all about them as I was pulling aid station duty. This was Arkansas’ first stage race meaning that there was a 20k on Friday; 60k on Saturday and a 40k on Sunday. The winners were the runners with the combined lowest time for the three days. The third plus for the event was the great organization and leadership that Steve Kirk and Roberta Orr provided. Everyone got a prize, good meals cooked by runner/chef Calvin Hill. The B\$ needs to calm down and control his enthusiasm but I will predict that in the early spring the Mountain View area will be the destination for ultra runners from around the country. AURA’s Magdalena Font and Paul Schoenlaub were the winners of the overall Syllamo. The picture below is of Maurice Robinson (left) and ultra legend David Horton. For those of you who don’t know him, David is a native son from Marshall who now lives in Lynchburg, Virginia, where he is a college professor in “Physical Education”, Liberty University. I will not betray his confidence by telling you that he came to win which is what all good runners do. He told the B\$ that he won the first 50 miler in Arkansas and the first 100 miler in the State and he wanted to win the first stage race. He competed in the Coyote 4-Play Stage race in California last month and contacted a bug shortly after and has not completely recovered. The Syllamo he could not pass up despite his illness. This summer David will run the 2,500 mile Pacific Crest Trail through California, Washington and Oregon and complete his “H”. What is the “H”? *Appalachian Trail, Run Across America* and the *Pacific Crest Trail*.



# 3 Days of Syllamo

March 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup>, 2005

Blanchard Springs, Arkansas

Ooops! My bad! Here are the official results of the *3 Days of Syllamo Stage Race*. I had planned on using them next month but since Steve provided them so quickly, I couldn't put them off until May.

## Male Stage

1. Paul Schoenlaub	12:02:26
2. John Hughes	12:11:30
3. Billy Simpson	12:45:34
4. Tom Aspel	12:56:20
5. Greg Eason	12:59:57
6. David Horton	14:10:38
7. Pablo Lowrey	14:20:07
8. Stuart Johnson	15:37:53
9. Maurice Robinson	16:17:43
10. Scott Rogers	16:32:57
11. Todd Matthews	16:58:50
12. Jim Sweatt	18:54:22
13. Tom Lae	19:09:34
14. Marshall King	19:25:26
15. Duane Grigg	19:28:04
16. Jackie Edmonds	19:28:06
17. Roger Williams	19:42:06

18. Bob Marston	20:26:08
19. Tim Mosteller	23:02:46
20. Jerry Porter	23:13:17

## Female Stage

1. Magdalena Font	13:38:21
2. Natalie McBee	14:11:28
3. Francesca Conte	15:18:51
4. Kimmy Riley	17:03:09
5. Stephie Dill	18:11:11
6. Lindy Biglieni	19:09:59
7. Marla Hendricks	20:09:58
8. Frances Griffin	22:08:04
9. Hilde Hayes	22:59:18
10. Holly Linch	23:13:15

## Syllamo 20 Km

March 18<sup>th</sup>

### Male

1. Thomas Stell	1:47:19
2. Paul Schoenlaub	1:58:45
3. John Hughes	1:58:45
4. Tom Aspel	1:59:18
5. Pablo Lowrey	2:04:09
6. Billy Simpson	2:04:09
7. Greg Eason	2:04:09
8. Steve McBee	2:04:30
9. Chuck Campbell	2:04:30
10. Scott Rogers	2:14:30
11. Scott Stricklin	2:16:02
12. Calvin Hill	2:17:18
13. Russell Gill	2:17:38
14. David Horton	2:20:45
15. Stuart Johnson	2:21:19
16. Terence Singerline	2:21:28
17. Jim Baxter	2:28:49
18. Todd Matthews	2:28:52
19. Maurice Robinson	2:28:53
20. Jim Sweatt	2:31:06

21. Pete Ireland	2:38:42
22. Ken Locke	2:39:08
23. Terry Broyles	2:40:24
24. Tom Lae	2:45:42
25. Terry Hawkins	2:47:09
26. Frank Wells	2:47:23
27. Duane Grigg	2:49:32
28. Jack Edmonds	2:49:33
29. Roger Williams	2:50:50
30. Bob Marston	2:54:39
31. Brad Knight	3:13:30
32. Rick Carr	3:23:58
33. Marshall King	3:24:30
34. Tim Mosteller	3:32:11
35. Jerry Fuller	3:42:43
36. James Hicks	3:47:45
37. Ken Luikart	5:01:00

### Female

1. Kim Morton	1:59:59
2. Natalie McBee	2:09:36
3. Madelena Font	2:14:23
4. Francesca Conte	2:18:07
5. Stephie Dill	2:33:14
6. Kimmy Riley	2:38:40
7. T. Coleclasure	2:40:24
8. Jennifer Smedlund	2:40:54
9. Lindy Biglieni	2:46:06
10. Marie Gardner	3:02:05
11. Holly Linch	3:07:42
12. XXX	
13. Dottie Rea	3:23:39
14. Marla Hendricks	3:24:22
15. Frances Griffin	3:32:10
16. Hilde Hayes	3:42:42
17. Lou Peyton	3:45:17
18. Robin Bauheimer	3:45:34
19. Krista Baily	3:45:35
20. Kathy Griffin	5:01:00

## Syllamo 60 Km

March 19<sup>th</sup>

### Male

1. John Hughes	6:10:10	18. Scott Rogers	8:24:08
2. Paul Schoenlaub	6:18:41	19. Todd Matthews	8:42:46
3. Billy Simpson	6:32:25	20. Gary Speas	8:52:20
4. Tom Aspel	6:34:50	21. Mickey Bevill	9:22:14
5. Greg Eason	6:43:15	22. Tom Lane	9:24:50
6. David Horton	6:53:24	23. Tim Brayfield	9:24:50
7. Steve McBee	6:59:23	24. Marshall King	9:27:22
8. Thomas Stell	7:11:27	25. Jim Sweatt	9:32:42
9. John Muir	7:13:53	26. Pete Ireland	9:44:27
10. Murry Chappelle	7:28:54	27. Duane Grigg	9:48:00
11. Pablo Lowrey	7:29:50	28. Jack Edmonds	9:48:00
12. Greg Martens	7:47:41	29. Bob Marston	10:15:49
13. Russell Gill	7:48:59	30. Roger Williams	10:20:38
14. Paul Turner	8:01:49	31. Jerry Potter	11:28:16
15. Stuart Johnson	8:04:48	32. Tim Mosteller	11:28:16
16. Maurice Robinson	8:14:05		
17. Willie Lambert	8:23:41		

### Female

1. Tamara Zagusten	6:39:58
2. Magdalena Font	6:46:27
3. Natalie McBee	7:20:16
4. Francesca Conte	7:48:59
5. Kimmy Riley	8:30:20
6. Dianne Seager	8:52:20
7. Stephanie Dill	8:57:39
8. Lindy Biglieni	9:24:50
9. Marla Hendricks	10:12:03
10. Hilde Hayes	11:28:16
11. Holly Linch	11:28:16
12. Frances Griffin	11:31:59

## Syllamo 40 Km

March 20<sup>th</sup>

### Male

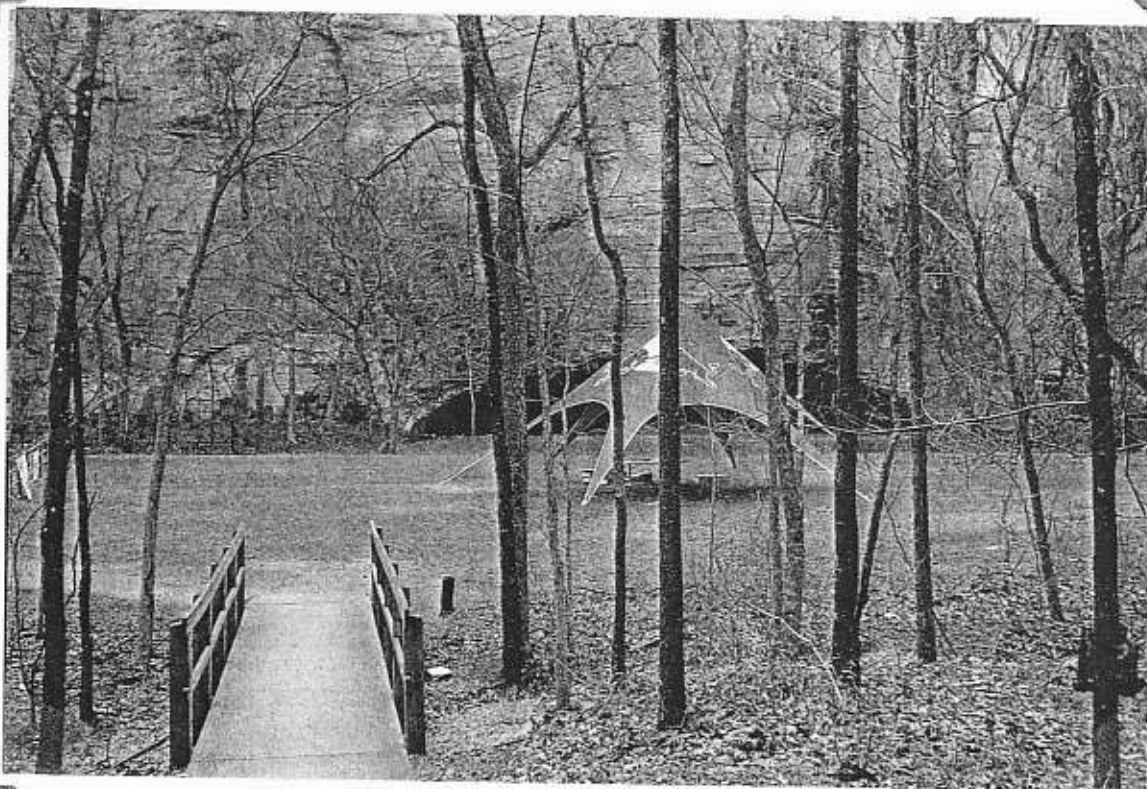
1. Paul Schoenlaub	3:45:00	16. Todd Matthews	5:47:12
2. Chuck Campbell	3:51:41	17. Scott Rogers	5:54:19
3. John Hughes	4:02:35	18. Roger Williams	6:30:38
4. Billy Simpson	4:09:00	19. Marshall King	6:33:34
5. Greg Eason	4:12:33	20. Tom Singleton	6:37:40
6. Tom Aspel	4:22:12	21. Duane Grigg	6:50:32
7. George Peterka	4:37:45	22. Jack Edmonds	6:50:33
8. Bablo Lowrey	4:46:08	23. Jim Sweatt	6:50:34
9. Mike Dupriest	4:50:07	24. Tom Lane	6:59:02
10. Harold Hays	4:50:08	25. Bob Marston	7:15:40
11. Murry Chappelle	4:56:16	26. Rick Carr	7:43:28
12. David Horton	4:56:29	27. Jerry Potter	8:02:18
13. Stuart Johnson	5:11:46	28. Tim Mosteller	8:02:19
14. Willie Lambert	5:34:22		
15. Maurice Robinson	5:34:45		

### Female

1. Kim Morton	4:18:31
2. Magdalena Font	4:37:31
3. Natalie McBee	4:41:34
4. Francesca Conte	5:11:45
5. Dianne Seager	5:51:03
6. Kimmy Riley	5:54:09
7. Maria Hendricks	6:33:33
8. Christine Bettis	6:37:40
9. Stephanie Dill	6:40:18
10. Lindy Biglieni	6:59:03
11. Frances Griffin	7:03:55
12. Hilde Hayes	7:48:20
13. Holly Linch	8:02:17

*IT IS WHAT IT IS!*

On the following page is your AURA complimentary calendar. The picture shown is of the registration area at the 3 Days of Syllamo and shows the Blanchard Springs Campground cave in the background.



# 2005

## January

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## September

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					