

MIDNIGHT 50 Km
8:00 P.M./July 23rd -Lake Sylvania

The ARKANSAS ULTRA RUNNER

June 2005-House Keeping Edition

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

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. "Don't be an AURA SLACKER"

MESSAGE FROM THE BIGSHOT – This was the Newsletter that was not supposed to be. The May/June issue was to have taken us to July 1st. However, with so much *Ultra* news backing up, I felt compelled to hit the keyboard early. I would like to start by catching up on the results of some of the races that our membership has been involved in. Also, I need to stay timely and report on the Ultra Trail Series results. The Coach Doctor is lobbying hard for a column but he will have to wait. He said he was toying with writing on the topic "Why Race Directors go Crazy". That should prove to be educational.

ULTRA CORNER

Report omissions/correction to chrlypytn@aol.com

FANS 12/24 Hour Runs June 4th, 5th, 2005 Minneapolis, Mn

5 th	Stuart Johnson	63.94 Miles	12 Hour/30 finishers
9 th	Jamie Huneycutt	104.36 Miles	24 Hour/86 finishers
64 th	Jay Huneycutt	50.8 Miles	24 Hour

Kettle Moraine 100 Miler and Montrail Ultra Cup 100km

June 4th/5th, 2005 Whitewater, Wisconsin

100 Miler	3 rd	Paul Schoenlaub	19:49 (unofficial times)
100Km		Kimmy Riley	17:20

17th Edition; Number 5

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From the AURA Kettle Moraine Achieves

Paul Schoenlaub(03) 18:14:16
Paul Schoenlaub(05) 19:49(unofficial)
Paul Schoenlaub(02) 20:25:08
Mario Martinez(04) 26:06:8
Barbara Bellows(04) 26:06:8

The Berryman 50 Mile May 28th, 2005-Potosi, Missouri

2nd Kim Morton 7:38:36
6th Darin Hoover 9:13:53
14th Mike Samuelson 9:34:45
16th John Muir 9:44:03
42 Dottie Rea 13:15:22
46 finishers

The American River 50 Mile April 2nd, 2005-Sacramento, Ca

17th Stan Ferguson 7:14:31
220th Chrissy Ferguson 9:55:23
440 finishers

The Grasslands 50 Miler March 25th, 2005-Decatur, Texas

4th Murry Chappelle 10:12:05(Murry is the cover runner on the May issue of the Ultra Runner Magazine) 21 finishers

A O.K. 50 Km March 6th, 2005 - Atoka, Oklahoma.

1st Paul Schoenlaub 3:55:40
5th Stewart Johnson 4:47:54
7th Maurice Robinson 5:11:14
11 finishers

Mississippi 50 Miler March 4th, 2005 -Laurel, Mississippi

8th Kevin Dorsey 9:07
50 finishers

Way Too Cool 50 Km March 18th, 2005-Cool, California

105th Natalie McBee 5:12:48
111th Steve McBee 5:16:31-451 finishers

Umstead 100 Miler

April 2, 2005-Raleigh, North Carolina

3rd Kevin Dorsey 19:28:10
87 finishers

From the AURA Achieves

Arkies and AURA members to finish the Umstead 100 Miler

Kevin Dorsey(05)	19:28:10
Jamie Huneycutt(03)	22:58:27
Ivy Harrison(95)	23:06:01

Strolling Jim 40 May 7th, 2005 - Wartrace, Tennessee

AURA Contingent Has Fun At Strolling Jim-AURA's Mike Samuelson(Memphis) reporting.

Six AURA members toed the starting line at the 27th Strolling Jim on May 7th. This 41.2 mile road race is run on scenic back country roads in Bedford County, Tennessee, about an hour south of Nashville. Three weeks after setting the new women's record at the Ouachita Trail 50 Miler, Kim "Goose" Morton led the AURA charge at the Strolling Jim taking home the "Iron Maiden" Trophy. Goose then spent 2 plus hours cheering for the rest of the runners as we took our turns crossing the finish line. Everyone missed our President, Stan "Catamacker" Ferguson, who was entered in the race but instead kept a commitment to work the "Women Run Arkansas 5k" in Conway. Stan is definitely commended for all he has done for the Arkansas running community. Chrissy Ferguson, however, completed her sixth straight Jim - which included her four Iron Maiden awards from 2000-2003. Although Strolling Jim starts and ends in the small town of Wartrace, Tennessee(406 miles from Little Rock), this run is absolutely, without-a-doubt, most definitely, worth the drive. As outgoing Race Director Gary Cantrell writes on the Jim's Home Page, "*But, most of all the Ultra Marathoners keep coming back because, at the Strolling Jim, every runner is a hero, an honored guest and a welcome friend. Join us this May, and you will find your own reasons to keep coming back*" May the AURA spirit continue to shine at the Jim.

6 th	Kim Morton	5:35:52(1 st Female/Iron Maiden)
15 th	Kevin Dorsey	6:29:42
17 th	Mike Samuelson	6:35:35
18 th	Chrissy Ferguson	6:37:00(2 nd Female)
36 th	Kimmy Riley	7:56:17
42 nd	Patty Groth	8:46:53

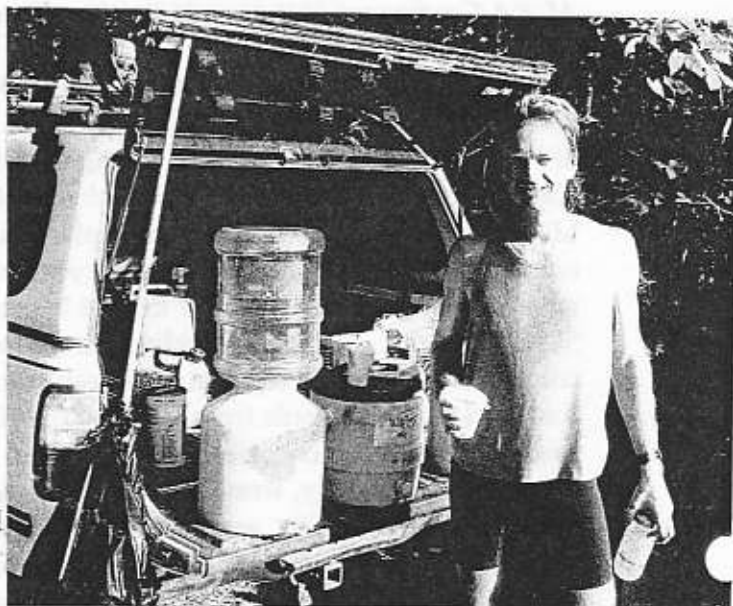
54 starters

Word From the Editor -The Strolling Jim is probably the B\$'s favorite ultra. One of the reasons is that it is now 27 years old and he considers it an antique ultra. In its infancy it was an "ultra marathon" and attracted the cream of the Eastern ultra runners. I can best describe the course as similar to Little Rock's Scenic Maumelle 60K of the 1980's without Hwy 10 and traffic. Having few sponsorships, advertising and race hype, ultra runners drifted to the 50 Milers and 100 mile trail races. But SJ-40 has teetered along through the years developing an almost cult like following. Low key and struggling just like the BigShot. The second thing I like about the race is the Race Director, Gary Cantrell. A true pioneer and character in early and present day ultra running. I was saddened to read that this was his last year to direct the SJ-40. Gary is not a "material person" and was quoted on the ultra list that he needed about 80 runners to break even. Maybe that is the reason he bailed out. He will be missed. It will be interesting to see what the new RD does with the race.

AURA HOROSCOPE - JUNE

ARIES-Hope is not your best strategy for finishing your first 100 Miler. **LEO**-Your next ultra could unleash passion unknown to you. **LIBRA**-Pre-race canoodling will possibly undermine a sub-24 hours effort. **GEMINI**-Avoid risky schemes hatched during the death-throws of a 100 miler as it might lead to an ugly confrontation with your Fantasy Companion.

FYI The BigShot's Astrological sign is **Aquarius** - The water bearer. Aquarius is the root origin of the word **aquarium**. Opposite of column is our AURA president taking a pause at the BigShot's Aquarium Aid Station at the Catsmacker. Could it be that the B\$ was born for aid station duty?
"DAMN!"



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 runner related items to identify ourselves. Let's bring our old press clippings this month and relive our glory days.

Ultra Trail Series Recap

By Stan Ferguson (UTS coordinator)

Once again, it was an exciting Ultra Trail Series—with overall titles not being decided until the final race. Not quite the free-for-all like last year—when half a dozen men were in contention, but going into this year's Catsmacker it was Tom Aspel and Roberta Orr holding leads that were not completely secure. To overcome the wily Paddy, I would have to finish at least three spots ahead of him. But alas—it was not to be. While Stan was left behind in the dust, the enduring Master put forth a fine performance—nabbing second overall and sealing the deal. And so went Roberta Orr. Holding a 13-point lead through nine events, her second place Catsmacker finish was sufficient to hold off the charging Goose. By two points! Wow—those mid-series potty breaks can really come back to haunt you!

Delving into the age-qualified King and Queen designations, some effects of the UTS rules came into play—most significantly the four-race minimum. A number of individuals had good point totals, but completed less than four races. This rendered them ineligible for a King or Queen award. Now, another side of this issue arose due to our first multi-day event in the UTS—the Three Days of Syllamo. Although the scoring rules in regard to that race did not specifically cover this aspect, to be consistent, the UTS Coordinator (me) made the command decision that each day would count as a separate race towards the four-race minimum.

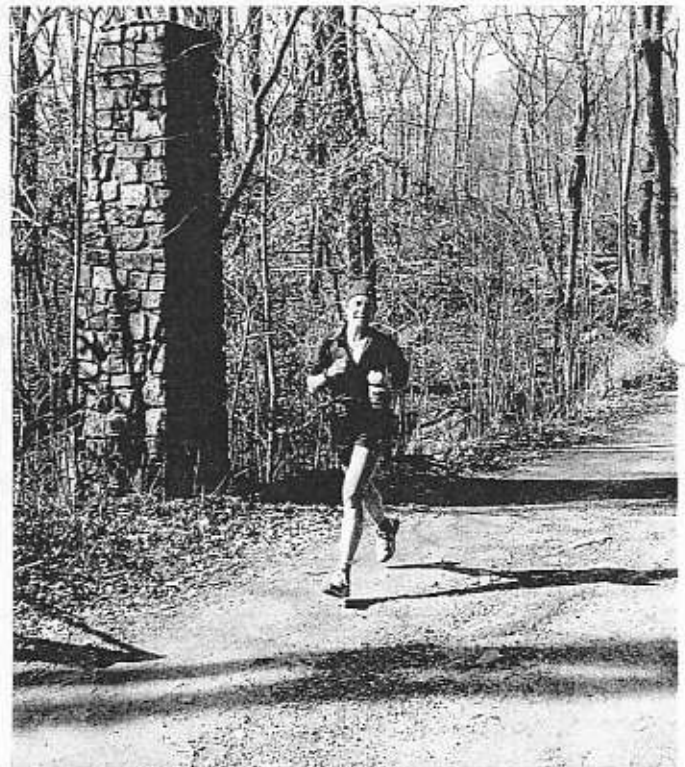
2004-2005 Kings and Queens of the Trail

Overall: Tom Aspel and Roberta Orr
 Master: Stan Ferguson and Magdalena Font
 Senior: Billy Simpson and Dottie Rea
 Super-Senior: Pete Ireland and Lou Peyton

The 2005-2006 series is taking shape. My goal is to have the complete slate of races laid out (even if exact dates have not been established) by the time of the traditional series kick-off race—the Midnight 50K, set for July 23rd. Also, any rules adjustments will be finalized by then. Speaking of the Midnight Run, the Big Shot has indicated that after 15 years, he is ready for some changes to this one. Perhaps new run leadership is needed; maybe a different celebratory run needs to be established. This is an opportunity for a concerned AURA Brother or Sister to step up to the plate and really make something happen. Let me know if you have any thoughts. Anyway, tradition will hold for this year. Below is a sneak preview of the 2005-2006 UTS series worksheet. This IS subject to additions/changes.

7/23/05	Midnight 50K	Big Shot making it happen for at least one more time.
??	Possible Mt. Nebo run	Paddy and the Russellville boyz have been mouthing about putting on a run on their home turf. Nothing firm yet, but it would probably be late summer/early fall.
9/?/04	Smith Mountain Loop (23-24 miles)	The Monday Heart o' the Traveller run has sometimes been included in the UTS—at the

		discretion of the UTS coordinator. Its inclusion this year will depend on the other races on the slate.
10/1/05	Arkansas Traveller 100	Returning to the UTS series after a several year absence.
11/?/05	Gulpha Gorge Challenge (16-18 miles)	(Not confirmed for this year; a normal Pete Ireland production)
12/?/05	Wildcat Mountain Trail Run (11 miles +/-)	Big Shot says this one will happen again.
1/?/06	Athens-Big Fork Trail Marathon	(Have not yet confirmed this one with AURA Brother David Samuel)
2/?/06	White Rock Classic 50K	If Ricky and/or the Chile Pepper organization bow out, the Huneycutts vow they will make this happen.
2/?/06	Sylamore Trail 50K	This one will be under the Easons' direction next year.
??	Big Rock Mystery Run	A January fun run in 2005, possibly moving to March for 2006
3/?/06	Three Days of Syliamo	Steve Kirk says this one will go on.
4/?/06	Ouachita Trail 50 Mile/50K	Two UTS races in one.
5/?/06	The Catsmacker	The Grand Finale



Left-Tom Aspel-King *O the Trails* Right-Roberta Orr-*Queen O the Trails*
2004/2005 Ultra Trail Series

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2004-2005 Ultra Trail Series (competitors with a minimum of four races)

Men/Total	Age	Midn	Smith	Guilpha	Wildet	ABF	WRock	Syla	3Days	OT50	Cat.Sm
Tom Aspel 568	49	32	61		43	21	27	110	119	81	74
Stan Ferguson 521	40	72	35	34		37	67	144		81	51
Paul Schoenlaub 507	45					25	19	150	158	70	85
Chuck Campbell 444	41		61	40	60	43	39		80	64	57
John Hughes 350	37					60		138	152		
John Muir 324	26		44				7	108	28	92	45
Billy Simpson 300	50	61						116	123		
Steve McBee 237	39					49		122	66		
Steve Kirk 218	44	44		51	51	15				42	35
Stuart Johnson 212	45	24				8	19	100	61		
Greg Eason 211	34							90	113		
Pablo Lowrey 209	41					18		101	89		
Robert Vogler 201	38					12	14	112			63
Mike DuPriest 198	48	13	8		18			64	23	52	20
Darin Hoover 186	39	10	11.5				33	104			27.5
Murry Chappelle 179	45						11	91	45	32	
Kevin Dorsey 175	33	38	26			10		101			
Jim Sweatt 174	49			22			4	68	36	25	19
George Peterka 171	44	4		2		2	6	72	28	33	24
Scott Rogers 163		5		12				86	60		
Mike Samuelson 153	39	19	6					95		33	
Kyle Baldwin 145	32	16	35							55	39
Pete Ireland 134	64	6	7		15	3		39	27	23	14
Maurice Robinson 133	62	10	9		23		6		54	41	
Willie Lambert 132								69	34	29	
Gary Speas 102				6	9			32	15	21	18
Paul Turner 82	41	12	19						21	30	
Roger Williams 74								47	27		

David Trower	38		3		12			20		21	
56											
James Barber	54			9			3			29	
43											
Timothy Mosteller								12	10.5	20	
42.5											
Bob Marston									20	10.5	
30.5											
Jerry Potter								8	10.5	6	
24.5											
Women											
Roberta Orr	37		56.5	53	64		40	92		70	62
437.5											
Kim Morton	32			6.5		27	62	114	83	70	73
435.5											
Magdalena Font	42	61.5	56.5	53	53		51		96		51
422											
Natalie McBee	31					55		103	90		
248											
Kimmy Riley	43	36	34	24	3		12	46	57		33
245											
Chrissy Ferguson	43		40	30			34	61			45
210											
Dianne Seager	48	36	28	12.5				37	34	24	27
198.5											
Tamara Zagustin		61.5		53	42				37		
193.5											
Ilona Peterka	40			36		44	22	68			
170											
Stephanie Dill				18				50	46	42	
156											
Patty Groth	48	12.5	16	4	6.5		9	52		30	15.5
145.5											
Lou Peyton	60		6	3	18	21	6	24	5	7	8
98											
Lindy Biglieni								53	30		
83											
Dottie Rea	52		12		24			18	9		12
75											
Carrie Dupriest		12.5			6.5			19		20	15.5
73.5											
Holly Lynch								36	17	20	
73											
Hilde Haynes								25	13	9	
47											
Paulette Brockin	56	6					2.5			10.5	5
24											
Ann Moore	63	2.5	3		2						2
9.5											

Notify Stan of suspected errors.

Check the AURA website (www.RunArkansas.com) for a complete listing and individual race scoring detail.

The Catsmacker

May 21, 2005
Lake Sylvia, Arkansas

The Catsmacker - 20 miles (+/-) (2004-2005 UTS Race #10)

	Name	Sex	Age	City	Time
1	Paul Schoenlaub	M	45	St. Joseph, MO	2:38:01
2	Tom Aspel	M	49	Russellville	2:41:50
3	Robert "Po Dog" Vogler	M	39	Russellville	2:46:12
4	Chuck Campbell	M	42	Russellville	2:48:12
5	Stan Ferguson	M	41	Conway	2:54:20
6	John Muir	M	26	Little Rock	2:55:02
7	Kim "Goose" Morton	F	32	Maumelle	2:55:12
8	Kyle Baldwin	M	33	Little Rock	3:01
9	Steve Kirk	M	44	North LR	3:03
10	Danny Powell	M	41	Conway	3:06:12
11	Roberta Orr	F	38	Little Rock	3:07:30
12	Darin Hoover	M	40	Little Rock	3:10:53
13	Mike Heald	M	45	Little Rock	3:10:53
14	Magdalena Font	F	42	Venezuela	3:14
15	Keith Gilstrap	M	42	Little Rock	3:14
16	George Peterka	M	45	Hot Springs	3:22
17	Randy Ellis	M	53	Sapulpa, OK	3:28:41
18	Chrissy Ferguson	F	44	Conway	3:38
19	Tina Coutu	F	41	Sherwood	3:38:45
20	Harold Hays	M	47	Little Rock	3:38:46
21	David Trower	M	39	North LR	3:39:12
22	Mike DuPriest	M	49	Little Rock	3:40:16
23	Kimmy Riley	F	44	Mabelvale	4:02
24	Jim Sweatt	M	49	North LR	4:04
25	Dianne X Seager	F	49	Little Rock	4:05
26	Gary Speas	M	52	Little Rock	4:05
27	David New	M	45	Maumelle	4:09
28	Johnny B Mitchum	M	55	Little Rock	4:09
29	Mark Roth	M	43	North LR	4:12
30	Pete Ireland	M	64	Benton	4:14
31	Jerry Evans	M	57	North LR	4:16
32	Carla Branch	F	53	Maumelle	4:17
33	Brenda Bonner	F	44	Little Rock	4:17
34	Ken Bland	M	56	Little Rock	4:17
35	Carrie DuPriest	F	47	Little Rock	4:26
36	Patty Groth	F	49	Cabot	4:26
37	Ron Gimblet	M	57	North LR	4:26
38	Bob "Turd" Marston	M	54	Roland	4:26
39	Randall Davis	M	37	Little Rock	4:32
40	Kevin Kemp	M	33	Little Rock	4:41
41	Michele Edgin	F	34	Little Rock	4:41
42	Dottie Rea	F	52	Vilonia	4:43
43	Sarah Stalder	F	32	Rogers	4:39:40
44	Melissa Rhoads	F	34	Rogers	4:39:41
45	Debbie Rigsby	F	48	Lonsdale	4:55
46	Marion Monk	M	63	Hot Springs Vlg	4:55
47	Lou Peyton	F	60	Little Rock	4:55:51
48	Suzanne Volner	F	47	Sheridan	4:59
49	Tom Singleton	M	51	Little Rock	5:18
50	Chris Bettis	F	49	Little Rock	5:18
51	Rob Lyle	M	46	Little Rock	5:29

52	John Woodruff	M	63	Little Rock	6:13
Early Starters:					
53	Ellis James	M	49	Little Rock	3:59
54	James Barber	M	54	Lonoke	4:09
55	Paulette Brockinton	F	56	Sherwood	4:28
56	Rosemary Marston	F	57	Roland	6:12:50
57	Corky Zaloudek	F	51	Little Rock	6:20
58	Ann Moore	F	64	Little Rock	6:23

Kitty Run - 11 miles (+/-)-

Kitty Run (11 miles)					
	Robert Morgan	M	46	Bryant	1:41:16
	Mary Ann Robinson	F	45	Little Rock	1:58:19
	Bob Hunthrop	M	35	Little Rock	2:07
	Bob Taylor	M	63	Little Rock	2:07
	Marshall Singer	M	48	Little Rock	2:07
	R. C Fason	M	60	Little Rock	2:14
	Ernie Peters	M	58	Little Rock	2:26
	Bob McKinney	M	62	Little Rock	2:26
	James Hicks	M	55	Little Rock	2:33
	Larry Cook	M		Benton	
	Linda Fason	F	55	Little Rock	3:20
	Kim Fischer	F	45	Little Rock	3:19

Arkansas Ultra Running Association
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 Little Rock, AR 72227