

HEART O' TRAVELLER
TRAINING WEEKEND
September 2nd and September 4th, 2006
6:30 a.m. Start

The ARKANSAS ULTRA RUNNER

AURAgust2006 – The Training Edition

A Newsletter for Members and Friends of the *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

If your address is highlighted, it is time to renew AURA membership. Don't be an AURA Hasbeen.

Arkansas Traveller Update

Training for the 2006 Arkansas Traveller 100 will peak over the Labor Day weekend with the 16th annual Heart O' the Traveller training runs. Whether you are a first time Traveller entrant or someone just wanting a long off pavement run, these runs are just what the Coach Doctor prescribed in his *Six Keys For Marginal Runners To Complete An Ultra-marathon*. Key Number 1- Be familiar with the race course and Key Number 2 – Train on terrain that is similar to the race course. If you are entered in the 2006 AT100 here is your chance to see the race course. Chrissy and Stan will organize the Saturday run; the BS will again do the Smith Mountain loop on Labor Day. Chrissy has decided to make a change in her Saturday run. Instead of running out and back from the Lake Winona Aid Station Mile 32 to the Smith Mountain Aid Station Mile 43, she will run out and back towards Lake Sylvia. The **Run** will start from the Lake Winona picnic park and follow the AT100 course to the "cross roads". (FR 132 and FR 132C) By my calculation, the distance is about 26 miles. Afterwards, Stan and Chrissy will have hot-dogs and chips and maybe we will can count this an AURA meeting. The Labor Day run will be the usual Smith Mountain loop approx 23 miles. Bring chips and dip to share after your visit to Smith Mountain. Maybe the BS will spring for a watermelon. Both runs will start at 6:30 a.m. Water will be set out the routes will be marked. Directions to Saturday and Monday runs are given on page (2)

AURA Confidential to #033 – "Your status as a mover and a shaker in the Ultra-marathon community is in jeopardy. Your largess is setting a poor example. Think about giving the feed bag a rest."

Directions to the Saturday, September 2nd run, 26 miles(+/-)

Hwy 10 west from Little Rock. At the Williams Junction Grocery Store, turn left onto Hwy 9. Follow Hwy 9 approx 5.5 miles to Lake Winona Road. Turn right. Go 4 miles(the first two are blacktop; the last two are gravel)) to the Lake Winona picnic area. Turn left at the gate and follow the road to the picnic tables. Run will start promptly at 6:30 a.m. Course will be marked and water set out.

Direction to the Monday, Labor Day Run, September 4th. 23 miles (+/-)

Follow directions above to Lake Winona. Continue past the Lake Winona picnic area. You are now on FSR 114. Follow FSR 114 for 7.5 miles to the intersection of FSR #2 and 114. This is a three way intersection with ample room to park. Run will start at 6:30 a.m. Water set out every 3 to 4 miles; one aid station about midway with water, coke and Gatorade. Bring goodies to share after the run.

MESSAGE FROM THE BIGSHOT – Remember *National Trails Day Celebration* at Albert Pike Recreation area near Glenwood? I received word. this month that our AURA brother, David Samuel, will coordinate the 2007 National Trails Day event after several years of laps by the US Forest Service. The location will be the same. The date is June 2nd, 2007. I know it is a long time off, but the BS is excited to see a good weekend of running making a come back. I will keep you informed of developments.

One of our newest AURA brothers was at our club's *Mystic Mountain Fun Run* on June 13th. Meet Brian Hoover of Tulsa, Oklahoma. Brian drove in with Ken Childress(a veteran of the Athens-Athens-Big Fork Marathon this past January). The point of introducing Brian is that he and several runners from the Tulsa area are forming an ultra running club in Oklahoma called – **TATUR**(Tulsa Area Trail/Ultra Runners). They are planning races in their area not unlike what we do in Arkansas. Since we have AURA members in Oklahoma and the surrounding area, it might be worth while to catch some of their future runs. I have an application of their inaugural trail race called the **Turkey and TATURS 50K/25K/10K**. I am giving the address to contact Brian and also their website.

Brian Hoover
1558 E. Northridge Drive -----and----WWW. TATUR.ORG
Vinita, Ok 74301

Speaking of the *Mystic River Fun Run June 13th, 2006*, it was a beautiful day with lots of mountains. I am sure it was good training for the Arkansas Traveller. On the following page (3) is a photo snapped by the BS of Carla Branch and Ken Bland at the start with Mystic Mountain in the background.



ULTRA CORNER

Earn an AURA Gold Star by reporting your ultra-marathon times to chrlypytn@aol.com
A brief accounts of your race is always welcome.

FANS(Family Advocates Network Systems)-June 3/4 2006 Minneapolis, Mn

| | | | |
|-----------------|--------------|------------------|-----------------------|
| Jamie Huneycutt | 102.44 Miles | 24 Hour Division | 5 th Women |
| Jay Huneycutt | 30.71 Miles | 12 Hour Division | |

The FANS My Story - Jamie Huneycutt

Everyone always assumes that we have an easy time with the weather at **FANS** in Minnesota. The humidity and heat are always high but this year was actually better than usual with the highs only in the mid 80's and no rain(very unusual). Most people that run **FANS** have done so for many years and Jay and I are no exception. The women's field was amazing this year and I did not think that I'd even be in the top 10. Jay decided on just entering the 12-hour "Fun Run" again due to injury and was happy to complete 30 miles. Only an ultra runner would consider this as "just 30 Miles". Each year they keep track of total miles and Jay needed 26 miles to get his 500 mile award fleece vest. Very nice and maybe you will see it at the **TRAVELLER**? It was fun to see friends that we've known over the years at this race and catch up. In a 24 hour race that only spans 2.42 miles you have many opportunities for conversation. The results are listed on the

website: www.fans24hour.org. Also, there are many pictures by race number. My race number was 22(see me in the Ouachita shirt and Badwater hat) and Jay's race number was 174. The overall winner was Carolyn Smith and 3rd women was Sue Olsen. Sue has won this race 13 times(some times overall as well) and has had a long and successful ultra career. I was lucky enough to be the 5th woman and received a nice award for my effort as well as the famous "100 miles in a Day" sweatshirt. In running 102.44 miles I have now racked up 825 miles over the years at this race. My goal is to someday reach the 1,000 mark which only two other women have accomplished(one of which did so this year). Also this year Bart Carlson received his 1,000 award at the young age of 80. Jay and I had a fun time at the race and still manage to walk around the Mall of America on Sunday afternoon without any sleep(The starbucks coffee helped). The **FANS 24 hour** race is a worthwhile fundraiser to raise money to send inner city children to college. The recipients are out there volunteering the whole time and are very appreciative of our efforts. Everyone admired the two Ouachita 50 shirts I wore so we'll see who shows up next April for Chrissy and Stan's race!

2006 Kettle Moraine 100Km June 3rd 2006 Whitewater, Wisconsin

| | | |
|-----------------|-------|---------------------------------|
| Pete Ireland | 14:48 | 3 rd Place age group |
| Kimmy Riley | 15:12 | |
| Patty Groth | 16:37 | |
| Carrie DuPriest | 16:37 | |

The Kettle Moraine My Story by Carrie DuPriest

KM is a run that I have wanted to do for several years, so when I got the opportunity to hitch a ride there with Pete Ireland, Kimmy Riley and Patty Groth, I was so excited. We arrived on Friday afternoon, June 2nd, at LaGrange General Store near Whitewater, Wisconsin, and picked up our packets. We were greeted very warmly by one of the race directors, Timo, and some "heard about, but never met" ultra-runners: Anne Heaslett(who is married to RD Timo) and Kevin Setnes(Ultrafit products). We snapped a few photos and headed down to check out the start/finish a few miles down the road. Then we checked in the hotel, ate pizza/spaghetti at a local place, and of course, headed to the Wal-mart right across from our hotel so Patty could get her supply of M&M's! After a pretty sleepless night, we were headed for the race start on Saturday morning. The day dawned beautifully. It was very cool and breezy all morning. Even the afternoon sunshine wasn't unbearable with a light breeze blowing. We met the "locals"(running club) and ran along with them for quite a while at the beginning of the run. It made me feel right at home, just like we were with our own group at Lake Sylvia on any Saturday morning. All the volunteers working aid stations were very supportive and refreshments were great. Ice was at nearly every station! The run itself was beautiful. These are definitely the most well groomed trails I have ever been on. It was really quite easy to run and still look around and enjoy the scenery, ie, no big rocks and roots! There were some really cool pine groves that we went through that were real soft under your feet, very cool and dark. Several sections of trail were long straight paths with big trees lining

the way for as far as the eye could see. Another interesting section was going through the meadows with fairly long stretches of exposed, grassy fields that were boggy due to rains preceding race day. This was an out and back course. We ran a 50 Km, turned around and ran it again, making a 100 Km or 62 miles. We were told by the locals that it's really 62.9 miles!) If you ran the 100 miler, you got to the 100 Km mark, then turned around and headed out again. (I think this would be pretty tough to do because you are seeing a lot of folks *FINISH* and go sit down under the tent!) I personally like this last part of the 100 Km because as you begin to see people coming back out on the course it takes your mind off yourself to encourage others on their journey, and it reminds me that I'm almost finished! In Summery, I think this is a beautiful course, which is very runnable, and I would enjoy going back again.

2006 Big Horn 100 June 16th, 2006 Dayton, Wyoming

| Place | Name | Time | Place | Name | Time |
|-------|---------------|----------|-------|------------------|----------|
| 5 | Greg Eason | 23:43:33 | 34 | Paul Tidmore | 29:31:09 |
| 8. | Steve Kirk | 25:48:04 | 39 | Brett Bsssham | 30:47:19 |
| 11. | John Hughes | 26:29:21 | 43. | Paul Schoenlaub | 31:33:37 |
| 18. | Steve McBee | 27:32:57 | 47 | Michael Dupriest | 31:58:13 |
| 19. | Stan Ferguson | 27:32:57 | 75. | Jenny Foster | 33:36:37 |

The Big Horn 100 *My Story by Michael DuPriest*

Going into this run I had some concerns:

1. I had developed a nice case of shin splints in the left.
2. I have a poor history of completing mountain runs at altitude (2 DNF's at Leadville).
3. The race was mid June with a potential to be hot and with not enough time for preparatory training in the heat
4. Knowing that Steve Kirk and Billy Simpson (both excellent runners) had attempted this run last year and dropped at Porcupine RS(halfway).

The Bighorn is held in Dayton, Wyoming, this year's version starting on June 16th at 11 a.m. and ending June 17th at 9 p.m. There were 112 starters and 78 finishers. This was the 5th year for the 100 miler and produced, if I recall correctly, the highest finishing rate in its short history. I consider this due to the lack of snow at the high elevations, less mud and with the highs only being in the low 80's. The temperature at turnaround (Porcupine Ranger Station at 8800 ft) was about 30 degrees. Elevation gain was 17,500 ft and descent was 18,000. That is a lot of going up and down.

The players from Arkansas included me, Stan Ferguson, Steve Kirk, Greg Eason, Steve McBee, John Hughes, and Jenny Foster. Other running relatives included Brett Bassham and Paul Tidmore from Texas, and Paul Schoenlaub (MO).

I came into this run not confident I could finish due to having an injury that had limited my mileage during the week. I run and bike to work and had to resort to more biking and less running. I would do 20 to 30 on Saturday and 18 or so during the week. The rest was biking. Running was consistently painful in the shin on pavement and more tolerable on dirt. With a cutoff of 34 hours I felt that I had a chance of finishing this run with a goal of 32 hours. Thus I chose this as my pace with the intent to not deviate from this. This 32 hours was intimidating as I had never been on my feet this long; I also had to let ego not get in the way having ran two sub 24's last year.

To attempt to address my shin splints, I decreased my mileage as noted above and did resistive training to the dorsiflexors 5 days per week for 4 weeks, low level laser, followed by 8 days of rest before the start. You know on a course with steep ascents and descents over rough terrain you would think I would have been bothered by the shin. I never had one bit of pain and have had none since. Amazing the leg was fine, but I developed a 4 cm diameter blister on my right forefoot and pain at my right upper calf. The day following the race my right calf was swollen (pitting edema) and I could not fully straighten the right knee. When I get an injury I use the opportunity to learn so as to utilize this information in practice. I knew the injury was soft tissue and not joint or bone so I applied the physiological principles I knew of soft tissue healing which are:

1. Decrease the swelling.
 2. Work on improving range of motion
 3. Gradually increase activity.
 4. Avoid an altered gait pattern (limping) so as to normally load the injured tissue.
- Today, one week later, I am much improved as noted by the lack of pain while walking. Next is to gradually resume training.

The only reason I mention the above is to remind myself of these principles and let you peek into some concepts for your personal use.

I think what I find really cool about this run is that all seven Arkansans finished a very demanding race. I will tell you at Porcupine Ranger Station at 1:30 in the morning and with the prospect of having to go back out in the cold, being very tired, having to wade that cold stream again, and knowing I had 52 miles on the return trip and to have to go face those hellish climbs I wanted to quit. However; Warren Kastner, my crew and later on pacer from Texas, encouraged me and got me out the door. You know once I got out of that warm cabin the desire to finish flowed back into me and I just felt stronger and more determined as time passed. I stopped caring about how much I hurt. I focused on the goal set before me. Thanks Warren.

We have some very talented ultra-runners from Arkansas. Greg placed 5th and does a sub 24. Only 10 runners have gone sub 24 on this course. Stan, Steve McBee, Steve Kirk, John Hughes do sub 30. I talked to Jenny Foster as I was leaving Porcupine Ranger Station. She was shivering and looked pretty much wasted. You know she sucked it up and was one of only 7 females to finished. This speaks volumes.

I feel really proud to be a part of this group that set out to finish a difficult run in a very beautiful place. I sometimes wonder why I choose to participate in such a physically and mentally demanding sport. You know I think part of it is because of the special people who have done some amazing runs in the past and to be part of the current guys and gals who continue to add to ultra-running lore in Arkansas. Others would probably say it's due to some kind of psychological disturbance. Well that's okay, too.

Someone asked by if I would do this race again. Initially I said I would be happy to crew someone only. However, I have gradually become comfortable with pacing a runner. Also, I would be up for another Arkansas assault on some really interesting adventurous run, as long as it is not a repeat of the Bighorn. We could invite our friends from Texas and Missouri

Bighorn Photo-Class of 2006



Paul Schoenlaub, Steve Kirk, Steve McBee, Grreg Eason, Jenny Foster, Paul Tidmore, John Hughes, Michael Dupriest, Stan Ferguson, Brett Bassham

Western States 100 June 24, 2006 Auburn, California

| | | |
|-----------------|----------------|----------|
| 142nd | Kevin Dorsey | 28:35:11 |
| 180th | Mike Samuelson | 29:24:30 |
| (210 finishers) | | |

18th EDITION; Number 6
The AURA – Where Stars Are Born!
Founded 1989; RRCA since 2001

From the AURA Western States Achieves

| | |
|---------------------------|-----------------|
| Stephen Tucker(88) | 20:26:05 |
| Paul Schoenlaub(04) | 20:29:22 |
| Stan Ferguson(02) | 21:47:26 |
| Stan Ferguson(05) | 22:27:14 |
| Ray Bailey(97) | 22:34:25 |
| Bill Maxwell(91) | 23:48:41 |
| Chrissy Ferguson(97) | 23:18:08 |
| Darin Hoover(05) | 24:08:26 |
| Bill Coffelt(88) | 24:28:03 |
| Max Hooper(88) | 25:22:49 |
| Steve Kirk(04) | 25:53:41 |
| Larry Mabry(90) | 26:37:07 |
| Paul Schoenlaub(05) | 26:49:42 |
| Larry Mabry(89) | 27:06:31 |
| Nick Williams(91) | 27:33:45 |
| Max Hooper(86) | 28:13:13 |
| Max Hooper(89) | 28:20:57 |
| Lou Peyton(89) | 28:29:52 |
| Kevin Dorsey(06) | 28:35:11 |
| Mike Samuelson(06) | 29:24:30 |
| Bob Marston(93) | 29:34:18 |
| Bob Marston(96) | 29:36:33 |
| Bob Marston(94) | 29:45:02 |
| Bob Marston(97) | 29:51:09 |
| The Big Shot(86) | DNF |

The Vermont 100 Miler July 15, 2006

| | | |
|-------------------|------------------|----------|
| 19 th | Kevin Dorsey | 21:18:27 |
| 91 st | Mike Samuelson | 26:30:03 |
| 102 nd | Chrissy Ferguson | 27:13:07 |
| (152 finishers) | | |

From the AURA Vermont 100 Achieves*

| | |
|-------------------------|-----------------|
| Stan Ferguson(01) | 17:01:37 |
| Kim Goosen(95) | 17:41:02 |
| Paul Schoenlaub(04) | 18:37:30 |
| Chrissy Ferguson(03) | 19:22:29 |
| Chrissy Ferguson(02) | 19:59:12 |
| Lou Peyton(90) | 21:17:03 |
| Kevin Dorsey(06) | 21:18:27 |
| Kevin Dorsey(05) | 21:34:46 |
| Chrissy Ferguson(04) | 22:22:36 |
| William Gilli(90) | 23:34:53 |
| Michael Dupriest(05) | 23:47:28 |
| Lou Peyton(89) | 24:23:20 |
| Max Hooper(89) | 25:54:50 |

| | |
|-----------------------|----------|
| Larry Mabry(89) | 25:54:50 |
| Bob Marston(96) | 26:06:20 |
| Mike Samuelson(06) | 26:30:03 |
| Chrissy Ferguson(06) | 27:13:07 |
| Bob Marston(97) | 27:19:25 |
| Brooke Touchstone(99) | 27:32:37 |
| Bob Marston(92) | 28:11:58 |
| Nick Williams(90) | 28:15:35 |
| Carrie Dupriest(05) | 28:36:47 |
| Bob Marston(94) | 28:50:19 |
| The BigShot(90) | DNF |

MORE BARKLEY!

The "clip" on the left was published on June 2nd, 2006 in the Arkansas-Democrat Gazette. The top right section pertains to the Barkley Marathons



ULTRA TRAIL SERIES

2005/2006 Ultra Trail Series Official Results

King and Queen of the Trails

| | | |
|---------------|------------------|----------------|
| Open | Craig Zediker | Debbie Lashley |
| Masters | Paul Schoenlaub | Kimmy Riley |
| Seniors | Tom Aspel | Carla Branch |
| Super Seniors | Maurice Robinson | Lou Peyton |

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2006-2007 Ultra Trail Series Schedule

| | | | |
|----------|----------------------------------|------------|---------------------------|
| 7-22-06 | Midnight 50K | 2-3-07 | White Rock Classic 50K |
| 8-26-06 | Mt Nebo Trail Run(14 Mi) | 2-?-07 | Sylamore Trail 50K |
| 10-7-06 | Arkansas Traveller 100 mi) | 3-?-07 | Big Rock Mystry Run(12-13 |
| 10:28:06 | Devil's Den Trail Run(15 mi) | 3-16/18-07 | 3DaysofSyllamo |
| 11-11-06 | Gulpha Gorge Challenge(16/18 mi) | 4-?-07 | Ouachita Trail 50K/50mi) |
| 12-?-06 | December UTS Run | 5-?-07 | The Catsmacker |
| 1-6-07 | Athens-Big Fork Marathon | 6-2-07 | National Trails Day |

Midnight 50K and 25K

July 22 2006

Lake Sylvia Recreation Area, Arkansas

(Contact Stan@RunArkansas.com to report errors or name misspellings)

50K Run (2006-2007 UTS Race #1)

| Place | Name | Age | Time |
|-------|------------------|-----|---------|
| 1 | David Wakefield | 31 | 4:07:31 |
| 2 | Stan Ferguson | 42 | 4:09:20 |
| 3 | Kevin Dorsey | 35 | 4:18:51 |
| 4 | Paul Schoenlaub | 47 | 4:36:39 |
| 5 | Rick Howton | 32 | 4:39:30 |
| 6 | Chuck Campbell | 43 | 4:47 |
| 7 | Kyle Baldwin | 34 | 4:53 |
| 8 | Po Dog Vogler | 40 | 4:54 |
| 9 | Natalie McBee | 32 | 4:56:34 |
| 10 | George Peterka | 46 | 4:59:00 |
| 11 | Jason Thomas | 32 | 5:00:30 |
| 12 | Tamara Zagustin | 39 | 5:01:59 |
| 13 | Rodney DeClue | 41 | 5:10 |
| 14 | Kenny Royster | 57 | 5:10:10 |
| 15 | Randy Ellis | 54 | 5:14:03 |
| 16 | Gary Gehrki | 52 | 5:19:18 |
| 17 | Alex Eaton | 23 | 5:21:35 |
| 18 | Jon Perez | 44 | 5:21:40 |
| 19 | Jacob Wells | 37 | 5:25:13 |
| 20 | Todd Porter | 34 | 5:28:20 |
| 21 | Herb Jarrell | 62 | 5:31:49 |
| 22 | Steve Hobbs | 50 | 5:32:15 |
| 23 | Suzi Phillips | 27 | 5:32:30 |
| 24 | John Kelly | 40 | 5:32:30 |
| 25 | Maurice Robinson | 64 | 5:32:50 |
| 26 | Jay Hansen | 32 | 5:36:40 |
| 27 | Deb Johnson | 46 | 5:41:45 |
| 28 | Stuart Johnson | 47 | 5:41:49 |
| 29 | Todd Matthews | 33 | 5:42:45 |
| 30 | Mike Smets | 50 | 5:45:49 |
| 31 | Brian Hoover | 39 | 5:45:50 |
| 32 | Mike Snyder | 39 | 5:49:09 |
| 33 | Andrea Creasy | 25 | 5:49:43 |
| 34 | Kathy Sager | 46 | 5:50:56 |
| 35 | Dale Powell | 55 | 5:54:28 |
| 36 | Diane Seager | 49 | 5:58:12 |

| | | | | |
|----|-------------------|----|---------|---------------|
| 37 | Eunika Rogers | 35 | 6:00 | |
| 38 | Kyle Kruger | 24 | 6:01:40 | |
| 39 | Carla Branch | 54 | 6:02:14 | |
| 40 | Emily Hartman | 38 | 6:02:15 | |
| 41 | Adrienne Shelton | 41 | 6:02:16 | |
| 42 | Debbie Lashley | 46 | 6:03:17 | |
| 43 | Shirley Hyman | 38 | 6:03:18 | |
| 44 | Johnny Mitchum | 59 | 6:07:40 | |
| 45 | Sally Scott Young | 33 | 6:10:06 | |
| 46 | Mona Mizell | 55 | 6:11:40 | |
| 47 | Pete Ireland | 66 | 6:11:40 | |
| 48 | Rhonda Ferguson | 51 | 6:14:22 | |
| 49 | Kim Johnson | 37 | 6:14:30 | |
| 50 | George McDonald | 53 | 6:19:14 | |
| 51 | Michael Thames | 32 | 6:22:50 | |
| 52 | Patty Groth | 50 | 6:29:38 | |
| 53 | Carrie DuPriest | 49 | 6:29:42 | |
| 54 | Brad Knight | 36 | 6:52:19 | |
| 55 | Kenny Simpson | 52 | 6:55 | |
| 56 | Kenny Childress | 46 | 6:55 | |
| 57 | John Hubanks | 36 | 7:01 | |
| 58 | Jim Sweatt | 50 | 7:02 | |
| 59 | Pery Breeze | | | |
| 60 | Terry Hawkins | 45 | 7:03 | |
| 61 | Erin Eckman | | 7:03 | |
| 62 | Lou Peyton | 62 | 7:16 | |
| 63 | Jessica Robinson | 21 | 7:30 | |
| 64 | Alston Jennings | 58 | 8:09:22 | |
| 65 | Greg Bourns | 66 | 5:59:10 | Early Starter |

25Km run

| Place | Name | Age | Time |
|-------|------------------|-----|---------|
| 1 | Aoife Cooke | 19 | 1:56:01 |
| 2 | David Partridge | 45 | 1:56:02 |
| 3 | Chris Harper | 29 | 1:56:27 |
| 4 | Lane England | 33 | 2:22 |
| 5 | Tom Bell | 35 | 2:22 |
| 6 | Jenny Magill | 21 | 2:26 |
| 7 | Harold Hays | 48 | 2:26:52 |
| 8 | Chrissy Ferguson | | 2:30:00 |
| 9 | Mike DuPriest | | 2:30:01 |
| 10 | Tony Bliss | 39 | 2:35:27 |
| 11 | Rick Zachary | 36 | 2:50:26 |
| 12 | Gary Criglow | 54 | 2:57:00 |
| 13 | Ron Gimblet | 58 | 2:58 |
| 14 | Gary Speas | 53 | 2:58:44 |
| 15 | Collins Cogbill | 37 | 3:00:58 |
| 16 | Ernie Peters | 58 | 3:01:00 |
| 17 | Angela Paradis | 33 | 3:02:23 |
| 18 | Johnny Spriggs | 52 | 3:02:30 |
| 19 | Silver Valovich | 50 | 3:03:11 |
| 20 | Nick Avery | 53 | 3:03:12 |
| 21 | Mike Branch | 54 | 3:03 |
| 22 | Lea Bove | 51 | 3:03 |
| 23 | Brenda Bonner | 45 | 3:03 |
| 24 | Alice Crabtree | 39 | 3:05 |
| 25 | Charlie Dunn | 64 | 3:20 |

| | | | |
|----|-----------------|----|---------|
| 26 | Jamie Sturgeon | 29 | 3:21:19 |
| 27 | Hilde Haynes | 63 | 3:26:50 |
| 28 | Lauren Allen | 20 | 3:26:50 |
| 29 | Peatre Williams | 33 | 3:34:00 |
| 30 | Josh Bornhorst | 31 | 3:34:11 |
| 31 | Bob McKinney | 63 | 3:42:49 |
| 32 | Dana Childress | 48 | 3:53:00 |
| 33 | Luise Armstrong | 46 | 3:58 |
| 34 | Kim Fischer | 46 | 4:02 |

Other Distances covered:

| | | | |
|---------------|----|---------|---------|
| Sara Mullally | 19 | 1:38 | Shorter |
| Tom Aspel | 51 | 3:58:33 | ~22 mi. |
| David Reagler | | 4:52 | ~22 mi. |
| Paul Turner | | 4:52 | ~22 mi. |

AURA Obituary

As I write this the date is August 1st, 2006. Tomorrow I will attend the funeral of Jack Okie Allsup of Little Rock, who passed away at the age of 76. Jack was a neighbor and friend for about 25 years. By profession, he was an electrical engineer for AT & T and one of his accomplishments was the designing of communication equipment for NASA's Project Mercury, the first manned space flight. Jack's passion; however, was "adventure". Beginning in the army where he was a paratrooper, Jack was the master of being able to plan and execute. Jack was never a AURA member. Most of his running exploits predates the AURA. This includes organizing a run across Costa Rica, running the Ouachita Trail from the Arkansas state line to Little Rock and running 60 miles on his 60th birthday. We sometimes kidded him about his run from Little Rock to Memphis (145 miles) on Hwy 70. He had to stop midway on the run after being sprayed by a crop-duster. Not to be content with only running, Jack canoed the Arkansas River from the state line to the Mississippi River. In the late 80's Jack became a high altitude mountain climber with the goal of climbing the highest peak on each of the seven continents. The only one of the seven that he did not summit was Mount Everest when heavy snow and illness in his party, forced him to turn back after reaching 25,000 feet. Returning home he set out on a new adventure – climbing the highest peak in each of the 50 states.

Before Alzheimer's Disease robbed him of his memories, Jack began to write a book of his adventures. He told me that he wanted to name his book, "The Boy from Oklahoma". However, his publisher prevailed and the book is titled, "**Mountains of Hope**". At his retirement party at AT&T, someone read a poem. I think it is entitled, "*The Road less Traveled*". You know how it goes I'm sure. Jack came to that fork in the path and took the one less traveled and it made all the difference. Jack was what I would call a man's man. He did the things that I can only dream about. He was an inspiration. I think I'll find his book and read it again.

UTS # 2 The Mount Nebo Trail Run(14 miles +/-)

August 26th 2006- 7:00 a.m. start time
Mount Nebo State Park/Dardanelle, Arkansas

Starts at 7:00 a.m. from the top of Mt Nebo State Park near the pool and camping area. Mt Nebo is about three miles west of Dardanelle on Hwy 155.

No application or entry fee. There maybe a donation box(\$1.00 or \$2.00) to show appreciation for the aid stations and food and drink after. This is a low-key fun run. You will keep your own time and sign in at the finish.

Post run: Hamburgers and watermelon. First come; first served. You might need to bring drinks. Pool reserved until 2:00 p.m.(\$3.00 fee).; showers.

Camping and lodging available. Call 1-800-2644-2458(State Park)

Race Contact: Tom Aspel 479-857-4527

RETREADS(*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 a.m. 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 This month lets leave our medallions at home and bring pictures of ourselves when we were young and doable