

*The Bigshot Averts AURA Crisis;
Issues New AURA P.I.N. Numbers!*

The ARKANSAS ULTRA RUNNER

March 2006 – The Numerical Edition

A 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, you can avoid the Repo-man by renewing your AURA membership. Look to the right. If the box is checked, it is time to re-enlist! .

MESSAGE FROM THE BIGSHOT – In this issue of the AUR, you will find your personal, secret, AURA number. Look for your number above your name on your address label. In the case of your spouse being an Ultra runner, their name should also be on the address label. His or her three digit number should be above their first name, also. If not, do chrlypytn@aol.com and he will make it right. For those not up to speed on the number crisis, go to the AURA website, runarkansas.com and scroll down the page to the subject "AURA Membership Embroiled..."

Questions and Answers concerning AURA Numbers.

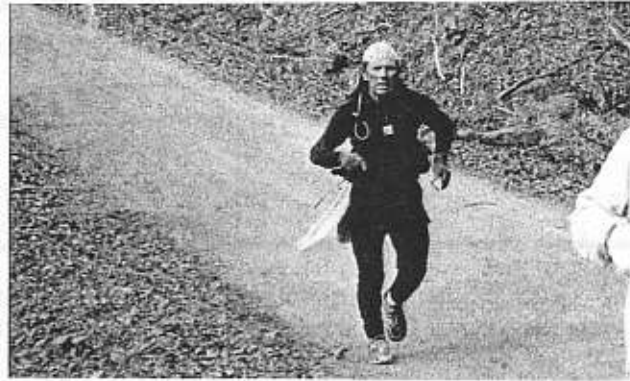
Where do numbers come from?	<i>There have always been numbers.</i>
How did the Bigshot get all the numbers?	<i>Because he can.</i>
How did I get a number?	<i>You joined the AURA.</i>
Is a number permanent?	<i>Like a Tattoo.</i>
Can I get disqualified and lose my number?	<i>No! It's in the lockbox.</i>
What if I decide to leave the AURA?	<i>The number stays on you.</i>
What if I don't like my number.	<i>It's your number.</i>
If I have a lower number than my training partner, does that mean anything.	<i>It is what it is.</i>
How were numbers determined.	<i>Random events(a big bang.)</i>
What is the purpose of a number?	<i>You become the number.</i>
How can I enhance my number?	<i>Do good Ultra deeds. A star(s) will be placed beside your number.</i>
Who determines a good Ultra deed?	<i>The one who gave you the number.</i>
Who else knows my number?	<i>Just you and the BS. .</i>
Is there a difference between my AURA Number, UTS Points, Fun Run Credits and DNF Units?	<i>Yes.</i>
Bigshot, are you trying to trick us?	<i>Trust me. If you have seen your number, you have seen the Bigshot.</i>

Stan Ferguson – President and Web-Site Manager
Mike Dupriest – Vice-President; Lou Peyton-Secretary
Charley Peyton- Treasurer - Newsletter

The AURA is losing two of its members. Barbara Bellows and husband, Mario Martinez from Fayetteville are moving to Athens, Georgia. Barbara and Mario added a sweet spice to the Arkansas ultrarunning community and will be missed. We wish them all the best in this career move. As a good will gesture the BS is sending them AURA Numbers so that they might remember us in their new surroundings.



Barbara Bellow



Mario Martinez

This past January, our AURA sister, Patty Groth, was inducted into the Arkansas Roadrunning Hall of Fame. Patty lives near Cabot, where she is a Personal Trainer. She is a six time finisher of the Arkansas Traveller 100 and many other Ultra-marathons. Congratulations to Patty. You have made the BS proud..



THE LATEST FROM MEMPHIS (contributed by Mike Samuelson)

On Sunday January 15th, for the first time in too many years, an Ultra was conducted in the Memphis area. A group of Warthogs led by Leigh Tanner conducted the inaugural Friends of the Forest Swamp Stomper 50K/25K in Meeman Shelby Forest State Park in Millington, TN. This well organized but little advertised event was very successful in that \$500 was raised to support future trail maintenance of park trails. There was one AURA member, Kevin Dorsey, 2nd finisher in the 50K, and probably several future AURA members in the finish listings. Congratulations to well known Warthog Jon Hazen who completed the Swamp Stomper 50K - his first ultra finish. The 2007 Swamp Stomper is scheduled for Sunday, January 14th, 2007 – more info will be disseminated as determined.

There are advantages and disadvantages to living in the Memphis area. The big disadvantage is living 3-4 hours from most AURA runs. On the other hand, the Northern Alabama Huntsville/Birmingham area isn't much further from Memphis than Little Rock is. Just two years ago, there were three trail ultras in the Northern Alabama area, now there are six. Two years ago, Fleet Feet Huntsville commenced sponsoring of the Fleet Feet Grand Slam consisting of the Dizzy 50s (runners choose to run 50 miles, 40 miles, or 50K), Rocket City Marathon, Recover From the Holidays 50K, and the Mountain Mist 50K. Two AURA runners completed the 2005-2006 Grand Slam – Kevin Dorsey and Mike Samuelson. (see times in ULTRA CORNER)

18th Edition; Number Two

AURA welcomes its newest members from the Memphis area

Founded 1989; RRCA since 2001

ULTRA TRAIL SERIES

2005-2006 Ultra Trail Series Schedule

www.runarkansas.com for up-to-date info on point totals and standing.

Big Rock Mystery Run

Riverview Skateboard Park

March 11, 2006 at 8:00am

12 to 13 miles on Asphalt/Trail

- 140 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road
- Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

3-11-06 #10-*Big Rock Mystery Run* North Little Rock, Arkansas Run leader, Chrissy Ferguson. As we go to press, Chrissy is ironing out the logistics for her run. See details at the top of this page.

3-17-06 #11-*3 Days of Sylamo* Application attached in this AURA Newsletter. Complete info at www.runarkansas.com

4-22-06 #12-*Ouachita Trail 50*-Entry fee escalates April 10th. Complete info at www.runarkansas.com

5-??-06 #13-*The Catsmacker* 19 miles Plus/Minus. Lake Sylvia area

2006 White Rock Classic 50 Km and 25 Km/

February 4th, 2006-Cass, Arkansas

50 km Boyz

1. Craig Zediker	4:16:34
2. Darby Benson	4:21
3. Brian Hurley	4:23:54
4. Izzy Holby	4:33:14
5. Paul Schoenlaub	4:37:56
6. Devin Dorsey	4:51:24
7. Tom Aspel	4:58:25

50Km Girlz

1. Magdalena Font	5:03:16
2. Chrissy Ferguson	5:30:49
3. Tamara Zagustin	5:55:32
4. Kimmy Riley	5:57:30
5. Suzy Phillips	6:04:53
6. Debbie Lashley	6:07:53
7. Shirley Hyman	6:07:53

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8. Paul Lawery	5:03:55
9. Paul Turner	5:10:19
10. Kyle Druger	5:17:00
11. Mike Samuelson	5:23:27
12. Harold Hays	5:30:24
13. Stuart Johnson	5:30:32
14. Phil Prater	5:38
15. Maurice Robinson	5:39:20
16. Rodney DeClue	5:39:43
17. George Peterka	5:41:00
18. Mario Martinez	5:47:22
19. Terry Jamieson	5:52:44
20. Scott Rogers	5:57
21. Jimmy Sweatt	5:59:31
22. John Kelly	6:04:53
23. Steve Hobbs	6:08:28
24. Ken Barton	6:12
25. Pete Ireland	6:21:58
26. Nick Avery	7:31:17
27. David Trower	7:38:49
28. Mike Ray	8:36

8. Dianne Seager	6:08
9. Paulette Brockinton	6:19:02*
10. Patty Groth	6:21:58
11. Eunika Stevula	6:42:50
12. Emily Hartman	6:46:03*
13. Carla Branch	6:46:03*
14. Brenda Bonner	6:46:03*
15. Mindy Wilson	6:48
16. Melissa Rhoads	7:12
17. Sarah Stalder	7:12
18. Dottie Rea	7:29:32
19. Debbie Rigsby	7:50
20. Mandy Yelvington	7:50
21. Catherine Chambers	7:50

* Early Starters

BIG SHOT's TIP O' the MONTH – “Nobody gives Power; you have to take it.” Jock Ewing - Dallas

25 K Boyz

1. Toby Thompson	2:01:39
2. Jon Bitler	2:02:19
3. Jeremy Maxwell	2:02:20
4. Neal Andrews	2:05:31
5. Kevin Griffith	2:07:11
6. Josh Sakon	2:08:22
7. John Hughes	2:22
8. Leigh Davis	2:22
9. Greg Scharlau	2:23:09
10. Jay Hansen	2:28:25
11. Craig Bills	2:35
12. Kelly O'Meara	2:34:50
13. Joe Fennel	2:38:11
14. Ray Hinec(sp)	2:39
15. Lynn Thompson	2:42:11
16. Ryan Johnson	2:58
17. Terrena Yazel	2:58:01
18. Chris Andrews	3:00:44
19. Perry Broyles	3:03:45
20. Terry Hawkins	3:08
21. Bryan Grimsley	3:09
22. No Name	

25 Km Girlz

1. Natalie McBee	2:29:32
2. Linda Williamson	3:28
3. Stephanie Parker	3:00:44
4. Carol Maxwell	3:00:52
5. Kathleen Glidewell	3:09
6. Cary Andrews	3:09
7. Sndy Smith	3:12
8. Caroline McGill	3:12
9. Natalie Hines	3:18:54
10. Kiersten Hansen-Askren	3:40
11. Sarah Renko	3:40
12. Lou Peyton	3:57:35
13. Deanna DuPlanti	4:14

Photo of the BS working as hard as he ever has for you,



23.. John Furness	3:55
24.. No Name	
25. John Hubanks	3:55
26. Vince Cucco	4:14

AURA Archives-Winners of the White Rock 50 Km 1994 thru 2006

Male

Stan Ferguson	(00)	3:58:27
Bill Coffelt	(98)	3:59:21
Ray Bailey	(95)	4:05:07
Stan Ferguson	(02)	4:08:20
Bill Coffelt	(03)	4:13:44
Stan Ferguson	(04)	4:15:44
Stan Ferguson	(99)	4:16:06
Stan Ferguson	(01)	4:16:14
Craig Zediker	(06)	4:16:34
Stan Ferguson	(05)	4:17:07
Ray Bailey	(97)	4:23:25
Dave Cawein	(94)	4:44:10
Stan Ferguson	(96)	4:44:43

Female

Chrissy Ferguson	(99)	4:44:25
Chrissy Ferguson	(01)	4:47:38
Kim Morton	(05)	5:02
Magdalena Font	(06)	5:03:16
Barbara Bellows	(02)	5:20:32
Keda Steiner	(97)	5:27
Angie Orellano	(04)	5:30:43
Angie Orellano	(03)	5:38:00
Jamie Huneycutt	(00)	5:38:18
Ivy Harrison	(95)	5:49:34
Kimmy Rilkey	(96)	5:54:43
Dianne Seager	(94)	6:17:29
Kimmy Riley	(98)	6:25



File Photo: Dave Cawein
First winner of the White Rock
50 Km, 1994.



Dianne Seager, First Female 1994 White
Rock Classic 50 Km

RETREADS (*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Dress up with runner related items to identify yourself. Bring your old pictures and old press clippings.

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ULTRA CORNER

Do a good deed and report your Ultra-marathon times to chrlypvtm@aol.com

Goblin Valley 50 Km Oct 29th, 2005 Goblin Valley State Park, Utah

Duane Grigg 6:21:19
Jackie Edmonds 6:35:12
Hiram Byrd 6:57:35

Rocky Raccoon 100 Miler Feb 4th, 2006 Huntsville State Park, Texas
196 starters; 133 finishers(68%)

Jenny Foster 23:50:38 56th Place
Greg Eason 23:50:38

Rocky Raccoon 50 Miler Feb 4th, 2006 Huntsville State Park, Texas
61 starters; 55 finishers(90%)

Jason Thomas 9:07:58 12th place

Dizzy 50s November 19, 2005

Kevin Dorsey 9:32:28 (4th of 4 50M finishers)
Mike Samuelson 5:23:55 (19th of 72 50K finishers)

Rocket City Marathon December 10, 2005

Kevin Dorsey 2:55:39 29 Place
Tom Mayfield 3:23:47 127 Place(1st in age group!!!)
Mike Samuelson 3:43:39 262 Place
840 finishers

Recover From the Holidays 50K December 31, 2005

Kevin Dorsey 4:33:50 7 Place
Mike Samuelson 5:38:56 26 Place
43 finishers

Mountain Mist 50K (January 28, 2006) Huntsville, Alabama

Kevin Dorsey 5:32:18 52 Place
Mike Samuelson 5:51:22 84 Place
267 finishers

The Rocky Raccoon 100

An Interview With AURA sister, Jenny Foster.

*The Coach Doctor(CD) was pleased to learn that two AURA members traveled to Huntsville, Texas, for the 2006 Rocky Raccoon 100 Miler on February 4th. You might recall the **Coach Doctor's Lament** in the AUR April issue last year concerning the lack*

of participation by Arkies at the Rocky Raccoon 100. This year Jenny Foster and Greg Eason finished in 23:50:38.

Welcome to the Power-room, Jenny, and congratulations to you and Greg for your sub 24 hour performances at the "Coon". Can you tell CD what was your impression of the RR100 before going and now that you've been.....*Going to the RR100 about the only thing that I imagined was that the trail would be extremely flat(there were nice rolling hills) and full of wet slick roots. The trails were very friendly other than the roots that filled 15' sections of the trail, a bit of an obstacle course for me later in the run. It was nothing like running Burns's Park or Pinnacle Mtn. with all of the rocks.*

You were first female at the Gulpha Gorge Challenge, UTS # 5 this November, but have not done too many of the UTS runs. Can you share with us your background in running? *I started running 7 years ago and at that point my aspirations were to run 6 miles. The first time I heard of a sport called ultra running, it planted a seed that I imagined would stay just that. It has taken a few years for it to develop to the point I was mentally ready to take the step and have the true desire. I ran my first 50 k (Sylamore 6:28:13) last spring and have been hooked on nothing but trail running since.*

I'm sure you had a finish strategy working for you at the start. Were you able to stick with it and would you change anything if you were doing it all over?....*I had a basic strategy of food and pace that I desired to keep. I had the greatest running partner(Greg) and coach the entire way that helped keep me focused on the task at hand...always focusing on the next aid station and nothing more. I hit a low point when it didn't seem possible that I would hit my 2 hours finishing window. However, there was never a point that I didn't think I would finish...even if it was the full 30 hours. There was defiantly the newbie learning curve – I would have carried caffeine pills(I have never fallen asleep during other 24-36 hours type events, why would I on this one) and nausea pills, and thought that I was xx miles from my support crew and thinking "that's not so far" I can always wait. 10 miles can be a long ways when you are falling asleep on your feet.*

Sooo.....How did the race go?.....*MARVELOUS! It went so much better than I imagined it would and I'm glad Greg didn't get too bored with my pace. And, it looks like I'm only going to loose two toenails(those are some mean tree roots). For me it was an incredible journey for the mind and body(both incredibly fun and painful).*

How are you feeling today? Ready to hit the trails, yet?....*I feel great, other than a tendon in my ankle I would be hitting the trails now. As it stands, I'm out of commission for a couple of weeks. I'm getting a lot done around the house and I get to sleep in everyday! I can't wait to run another 100 miler!*

Thank you Jenny for sharing your *Rocky Raccoon* 100 experience. For that you receive the first *AURA* Gold Star*Oh my!*

From the AURA Achieves

Arkies and/or AURA Members to finish the Rocky Raccoon 100.

Chrissy Ferguson(03)	19:50:12
Randy Davidson(95)	20:37:37
Mario Martinez(97)	20:50:09
Kim Goosen(95)	22:39:56
Angie Ransom(96)	23:02:53
Mario Martinez(98)	23:33:53
Bob Marston(93)	23:38:44
Jenny Foster(06)	23:50:38
Greg Eason(06)	23:50:38
Kevin Dorsey(05)	23:58:35
Bob Marston(94)	24:15:36
Irene Johnson(94)	24:19:00
Bob Marston(96)	24:53:02
Lou Peyton(96)	25:19:02
Mario Martinez(93)	25:22:02
Bob Marston(95)	25:48:32
Bob Marston(97)	25:50:45
Kimmy Riley(95)	26:12:40
Dianne Seager(95)	26:22:42
Dianne Seager(96)	26:54:47
Irene Johnson(95)	27:08:55
Charley Peyton(94)	27:10:00
Lou Peyton(94)	27:10:02
Laura Eakin(01)	27:19:34
Laura Eakin(00)	27:27:27
Bob Marston(98)	28:04:43
jSteve Eubanks(95)	28:10:12
Bob Marston(99)	28:16:50



Photo of Jenny Foster as she paces Greg Eason and Steve Kirk during their 2005 Quachita Trail Crossing.

AURA FUN RUN

The Corkscrew-March 25th, 2006

10 to 11 Miles of Mountains

7:00 a.m. start.

Description: Very mountainous National Forest roads including four miles of rough jeep roads. Course will be marked with flour. Water only at about midway. Crude maps will be provided.

Directions: West on Hwy 10 [35 miles] to Williams Junction Grocery Store. Turn left onto Hwy 9. Go about 6 miles on Hwy 9 to Lake Winona Road. Turn right and go three miles on Lake Winona Road. The first two miles will be blacktop; the third mile will be gravel. After three miles look for FSR 715 on the right. Follow FSR 715 for 1.8 miles to the intersection of FSR 715 and 179. Park.

Format: Bring a tube of frozen biscuits and a jar of old jelly or honey that you might have in your refrigerator. The BS will have his oversized Dutch oven by the campfire and we can all eat hot biscuits after the run.. No Points: No Times: No Questions Asked.

Contact Charley Peyton at 501-225-6609 or chrlypytn@aol.com.

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AURA HOT FLASH!

With *Winter Storm Warning, Alerts and Advisories* being posted on the Weather Channel, I was not concerned about how the new race directors of the Sylamore 50 Km would handle the developing situation as much as I was for our AURA brothers and sisters who had to make the decision about the travel. The only wrong answer was to take a chance. If you drove up on Friday and had gotten a room, you made a wise choice. There were a record number of entries and the race was closed a week early. When we arrived at *Angler's Motel*, the race head quarters, Friday afternoon, I was surprised at the number of runners checking in. At about 8:00 p.m. it started to rain which quickly gave way to snow. By the next morning there was perhaps 3 to 5 inches of powder on the ground. 208 runners showed up for packet pick-up; 188 runners started. Temperatures I have heard ranged from 18 to 21 degrees at 7:00 a.m. and got progressively colder throughout the day. 144 runners would finish. Being on Aid Station duty at Gunner Pool, Mile 10 and 20, I never heard anyone complain. Everyone seemed to take a certain amount of pride in overcoming adversity.

Congratulation to Race Director's Greg and Heather Eason for all the work that goes into making the Sylamore happen and for making the hard decisions look easy. My prediction is that as long as there is a Sylamore 50 Km, people who ran this one will be talking about the Sylamore of "*ought six.*"

AURA brother, Tom Brennan, was first finisher with a time of 4:36:37 and Anna Assenmacher (out of state/I'll try to find where next month) was first female and 9th overall with a time of 5:13:42. Complete results in next month's *AUR*. Results should be posted soon on the AURA Website-www.runarkansas.com



AURA's Tom Brennan, Poteau, Oklahoma, at Gunner Pool Aid Station Mile 20
2006 Sylamore 50 Km.