

Ouachita Trail 50 Mile/50K April 21st, 2007

The ARKANSAS ULTRA RUNNER

April 2007

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, it is time to re-enlist. Don't become an AURA/AWOL member.

MESSAGE FROM THE BIGSHOT – The deadline for entering the Ouachita Trail 50K/50 Miler at the standard fee (\$45.00) is April 9th. Thereafter, the entry is \$60.00. No race day registration. Don't be left out. If you need an application, there should be one in this newsletter or go online at www.runarkansas.com. Hey! Maybe you don't want to run this year and wish to be a gold star member by volunteering for one of the many jobs that are required for this run to take place. Chrissy can use you and will always put you in a place you'll feel comfortable. E-mail at OT50@RunArkansas.com or by phone at (501) 329-6688.

AURA HOT FLASH!

June 2nd is National Trails Day and big plans have been made for the Ultra Trail Series finale, the 20 miler called the **Big Tom Challenge**, UTS #14. In addition to the 20 miler there will be an 11 mile fun run plus hiking and mountain biking distances. National Trails Day is coordinated by AURA's David Samuel with the headquarters being at the Albert Pike Recreation Area, Ouachita National Forest, near Glenwood, Arkansas. Complete information and directions in the next issue of the AUR.



3 Days of Syllamo-UTS #11

March 16,17,18, 2007

Blanchard Springs, Arkansas

Overall Stage Race-Male

1. David Wakefield, 32 16:12.16
2. Jeff Christian, 33 16:25.02
3. Paul Schoenlaub, 47 16:40.31
4. Jeffery Garstecki, 38 18:18.19
5. Carey Smith, 33 20:02.54
6. Stuart Johnson, 47 20:55.29
7. Jerry Frost, 51 20:57.09
8. David Peterson, 39 21:51.11
9. Patrick Perry, 42 22:22.39
10. Maurice Robinson, 65 22:49.13
11. Dale Humphrey, 47 22:49.55
12. Jim Sweatt, 51 23:48.59
13. Lynn Ballard, 50 23:56.54
14. Marshall King, 37 25:07.22
15. Earl White, 45 25:43.19
16. Bill Heldenbrand, 60 27:01.42

50 Km – Friday, March 16th

50 K Male

1. Jeff Christain, 33 5:17.00
2. David Wakefield, 32 5:30.20
3. Paul Schoenlaub 47 5:31.57
4. Greg Eason, 35 5:51.35
5. Scott Eason, 41 5:53.30
6. Rick Howton, 32 6:19.10
7. Perry Wechsler, 50 6:21.10
8. Jeffery Garstecki, 38 6:37.14
9. Carey Smith, 33 6:45.40
10. Steve Appleton, 34 6:53.45
11. Kyle Fann, 26 6:59.25
12. Jamie Golleher, 37 6:59.26
13. Robert Williamson, 46 7:16.00
14. David Peterson, 39 7:19.01
15. Maurice Robinson, 65 7:30.25
16. Jerry Frost, 51 7:31.57
17. Stuart Johnson, 47 7:31.58
18. Patrick Perry, 42 7:38.38
19. Steve Hobbs, 50 7:49.45
20. Guy Patteson, 46 7:49.46
21. Ted Bowden, 52 7:55.30
22. Dale Humphrey, 47 8:15.34
23. Lynn Ballard, 50 8:25.14
24. Todd Roper, 33 8:25.18
25. Bill Heldenbrand, 60 8:29.31
26. Jim Sweatt, 51 8:31.57

Overall Stage Race-Female

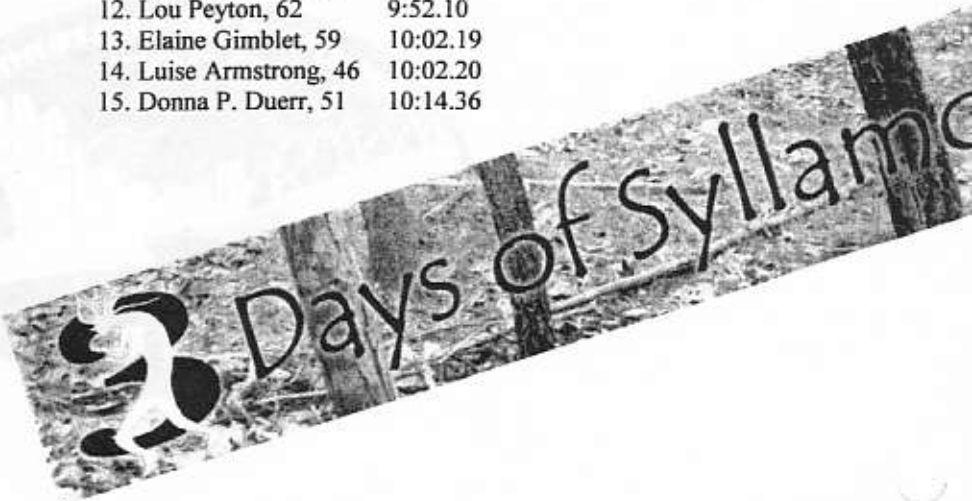
1. Ashley Norwell, 27 17:27.03
2. Sue Johnson, 41 18:07.25
3. Diana Widdowson, 40 19:29.30
4. Jenny Foster, 34 21:59.48
5. Kimmy Riley, 46 22:52.30
6. Susy Phillips, 28 23:52.51
7. Salli Scott Young, 34 25:16.49

(50km-Male continued)

27. Earl White, 45 8:39.33
28. Marshall King, 37 8:39.34
29. Dean Hart, 35 8:39.57
30. Michael Arredondo, 37 8:52.36
31. John Morelock, 64 9:02.30
32. Ron Gimblet, 59 9:46.00
33. Johnny Eagles, 55 10:01.06

50K Female

1. Ashley Norwell, 27 5:55.50
2. Sue Johnson, 41 6:19.10
3. Diana Widdowson, 40 6:32.40
4. Ilona Peterka, 43 7:05:40
5. Jenny Foster, 34 7:50.50
6. Kimmy Riley, 46 8:12.31
7. Susy Phillips, 28 8:22.10
8. Dianne Seager, 50 9:22.04
9. Pat Cook, 44 9:26.23
10. Eunika Rogers, 36 9:37.33
11. Salli Scott Young, 34 9:37.34
12. Lou Peyton, 62 9:52.10
13. Elaine Gimblet, 59 10:02.19
14. Luise Armstrong, 46 10:02.20
15. Donna P. Duerr, 51 10:14.36



19th EDITION; Number Three

The AURA – A Britney/Anna Nicole/O.J. Free Zone.

Circa 1989; RRCA Fortified in 2001

2007 ULTRA TRAIL SERIES

- | | | | |
|----------|---|------------|------------------------------------|
| 7-22-06 | 1. <i>Midnight 50 Km</i> | 2-3-07 | 8. <i>White Rock Classic 50 Km</i> |
| 8-26-06 | 2. <i>Mt Nebo Trail Run</i> | 2-17-07 | 9. <i>Sylamore Trail 50Km</i> |
| 10-7-06 | 3. <i>Arkansas Traveller 100</i> | 2-24-07 | 10. <i>Big Rock Mystery Run</i> |
| 10-28-06 | 4. <i>Devil's Den Trail Run</i> | 3-16/18-07 | 11. <i>3DaysofSyllamo</i> |
| 11-11-06 | 5. <i>Gulpha Gorge Challenge</i> | 4-21-07 | 12. <i>Ouachita Trail 50/50</i> |
| 12-9-06 | 6. <i>Buffalo River Trail Run</i> | 5-19-07 | 13. <i>The Catsmacker</i> |
| 1-6-07 | 7. <i>Anthens-Big Fork Trail Marathon</i> | 6-2-07 | 14. <i>National Trails Day Run</i> |

White Rock Classic 50K and 25 K- UTS # 8

March 3rd, 2007
Cass, Arkansas

50K Male Results

- | | |
|-------------------------|----------|
| 1. Stan Ferguson, 43 | 4:18:25 |
| 2. Paul Schoenlaub, 47 | 4:28:10 |
| 3. Darby Benson, 36 | 4:36:52 |
| 4. James Lampinen, 43 | 4:51:05 |
| 5. Stuart Johnson, 47 | 5:36:10 |
| 6. Scott Rogers, 42 | 5:38:48 |
| 7. Jimmy Sweatt, 51 | 5:57:45 |
| 8. Jeff Genova, 38 | 6:04:50 |
| 9. Buster Sarjah, 23 | 6:05:00 |
| 10. Jamie Hammond, 36 | 6:08:43 |
| 11. Pete Irdland, 66 | 6:15:45 |
| 12. David Caillouet, 48 | 7:41:00 |
| 13. Greg Bourns, 67 | 8:27:37* |

* early starter.

50K Female Results

- | | |
|--------------------------|---------|
| 1. Susy Phillips, 28 | 5:57:48 |
| 2. Kimmy Riley, 46 | 6:10:54 |
| 3. Janie Houneycutt, 48 | 6:19:40 |
| 4. Enika Rogers, 35 | 6:40:00 |
| 5. Salli Scott Young, 34 | 6:40:15 |
| 6. Ali Racheotes, 33 | 6:44:30 |
| 7. Carrie DuPriest, 49 | 7:55:35 |
| 8. Patty Groth, 51 | 7:55:35 |
| 9. Connie Scherz, 47 | 7:55:35 |

White Rock 25K Fun Run

- | | |
|-------------------------|---------|
| 1. Danny Walters | 2:15 |
| 2. Robert Bolding | 2:25:27 |
| 3. John Raddock | 2:25:27 |
| 4. Larry Caudle | 2:29:01 |
| 5. Scoptt O'Leary-Kelly | 2:24:17 |
| 6. Greg Lingley | 3:26 |
| 7. Terry Ortego | 3:20:53 |
| 8. Josh Bornhorst | 3:22 |
| 9. Richard Williams | 3:50 |

25K Women

- | | |
|----------------------|---------|
| 1. Joan Ulmer | 3:23:40 |
| 2. Kristen Radcliffe | 3:26 |
| 3. Debbie Sobolewski | 4:05 |
| 4. Kris Gill | 4:05 |



WR50K Leaders -(R to L) Stan Ferguson, Darby Benson and Paul Schoenlaub

Sylamore Trail 50K/25K UTS #9

February 17, 2007
Allison, Arkansas

50K Results

PL	Name	Age	Times
1.	Ted Herget	33	4:28
2.	Darby Benson	36	4:30
3.	John Muir	28	4:34
4.	Paul Schoenlaub	47	4:48
5.	Tamara Zagustin	40	4:49:35
6.	PoDog Vogler	40	4:49:40
7.	Anna Assenmacher	38	4:50:35
8.	Scott Eason	41	4:54
9.	Kevin Dorsey	36	5:01
10.	Ira White	26	5:01:15
11.	Jeff Diamond	39	5:03
12.	Darius Sampey	42	5:04
13.	Kyle Baldwin	35	5:08
14.	Rick Howton	32	5:09
15.	Mark Sitton	22	5:14
16.	Greg Lauman	38:	5:14:30
17.	John Bradley	40	5:16
18.	Steve Kirk	45	5:18
19.	Mike Baxter	52	5:18:10
20.	Ryan Meschice	31	5:18:15
21.	Paul Turner	43:	5:22
22.	Dave Krishock	47	5:26:01
23.	Chris Smith	23	5:28
24.	Robert Williamson	40	5:29
25.	Ted Gruener	38	5:32
26.	Laureen Coffelt	37	5:35
27.	John Hughes	39	5:36
28.	Stuart Johnson	47	5:36
29.	Magdalena Font	44	5:37:39
30.	Wade Lewis	54	5:43
31.	Rodney DeClue	42	5:44
32.	Carey Smith	32	5:47
33.	Les Jones	48	5:50
34.	Scott Rogers	42	5:50
35.	Mark Carter	33	5:51
36.	Joy Johnson	30	5:53
37.	Mike Samuelson	41	5:54
38.	Brian Ropp	43	5:55
39.	James Holland	30	5:55:30
40.	Jonathon Reeves	33	5:58
41.	Mary Jones	43	5:58:50
42.	Jerry Frost	51	5:59:30
43.	Susy Phillips	28	6:01
44.	Gaylon White	-	6:02
45.	Jay Ruby	41	6:03
46.	Ilona Peterka	42	6:05
47.	Jeremy Bolt	36	6:06
48.	Barry King	39	6:09
49.	Dathan Atchison	37	6:10
50.	Kendall Combs	48	6:10
51.	Seamus Buckley	37	6:16
53.	Laura Scherff	40	6:17
52.	Susan Booth	42	6:17
54.	Sherri Schultz	37	6:17
55.	Chris Castillo	28	6:19
56.	Deb Johnson	47	6:23
57.	Amanda Perron	33	6:25
58.	Nancy Mincey	40	6:27
59.	Mike Wintroath	36	6:28
60.	Jim Sweatt	51	6:29
61.	Steve Hobbs	50	6:32
62.	Jim Baxtar	54	6:33
63.	Diane Diebold	43	6:35
64.	Tom Mayfield	68	6:36
65.	Alexis Racheottes	33	6:36
66.	Richard Martin	44	6:38
67.	Ted Bowden	52	6:39
68.	Fletcher Golden	58	6:39
69.	Kimmy Riley	45	6:44
70.	Tony George	59	6:44:30
71.	Michael Mayo	35	6:45
72.	Kris French	26	6:46
73.	John Hazen	53	6:50:30
74.	Anthony Cauche	34	6:50:45
75.	Eunika Rogers	36	6:50:45
76.	Bill Luton	51	6:53
77.	Christopher Clark	31	6:54
78.	Charles Hurst	49	6:55
79.	George McDonald	54	6:56
80.	Bob Hunthrop	37	6:56:10
81.	John Montgomery	29	6:58:30
82.	Jamie Wynne	33	6:58:30
83.	Guy Patteson	46	7:00:15
84.	John Phillips	47	7:00:30
85.	Stephanie Stewart	26	7:00:40
86.	Joshua Bornhorst	32	7:02:27
87.	Chally Sims	40	7:02:40
88.	David Swenson	52	7:02:45
89.	Carol Izadi	47	7:03
90.	Tim Brayfield	49	7:03:50
91.	James Crabill	46	7:07
92.	Pete Ireland	66	7:09
93.	Salli Young	34	7:12
94.	Stephanie Parker	23	7:13
95.	Adrienn Shelton	41	7:13
96.	Kristin Smith	39	7:13
97.	Lee Hess	57	7:14
98.	Earl White	45	7:15
99.	Ellis James	50	7:18
100.	Shane Cantin	37	7:23
101.	Rodney Diggons	59	7:24

102. Ron McCrarey	59	7:24
103. Ulla Mausdorfer	48	7:28
104. Rhonda Ferguson	51	7:29
105. Kim Johnson	38	7:29
106. Chelsea Yendegna	23	7:30
107. Brandy Pledger	33	7:31
108. Matt Pledger	33	7:31
109. Jamie Huneycutt	48	7:31:40
110. Bob Marston	56	7:34
111. Brenda Bonner	45	7:36
112. Carla Branch	55	7:36
113. Jim Ingalls	62	7:41
114. Jonathon House	38	7:45
115. John Greenwald	64	7:48
116. David Caillouet	48	7:52
117. Diane Seager	50	7:53
118. Carmelita Angeles	33	7:53:30
119. Brad Bledsoe	42	8:03
120. John Kelly	40	8:03
121. Patty Moncada	37	8:03
122. Mary Legoria	47	8:05
123. Karen VanDonge	40	8:08
124. Carrie DuPriest	49	8:09
125. Chrissy Ferguson	46	8:09
126. Patty Groth	51	8:09
127. David James	56	8:10
128. Melissa Rhoads	36	8:11
129. Phil Rhoads	37	8:11
130. Stuart Mitchell	51	8:11:30
131. Jan Shaw	53	8:12
132. Shannon Beasley	39	8:14
133. Hal Mabray	49	8:15

134. Terry Bishop	62	8:18
135. Gena Bonini	43	8:19
136. Phillip Jones	58	8:20
137. Rand Stephenson	54	8:24
138. Andy Hill	54	8:26
139. Janet Scott	46	8:26
140. Roger Williams	65	8:27
141. Barty Cresap	53	8:30
142. Paula Luton	53	8:30
143. Kenny Simpson	52	8:30
144. Alaina Wakefield	28	8:35:45
145. Donna Duerr	51	8:46
146. Michele Hedrick	44	8:46
147. Dottie Rea	54	8:49
148. Carole Foster	55	8:50
149. Ann Willis	41	8:51
150. Diane Jones	52	8:59
151. Charles Stroud	63	9:05
152. Terri Clarke	50	9:06
153. Sheila Harris	41	9:06
154. Cheryl Roe	46	9:06
155. Ashley Roberson	24	9:08
156. Brianne Smith	25	9:08
157. Susan Diggons	58	9:09
158. Sarah Harris	41	9:10
159. Hilde Haynes	64	9:18
160. Carl Hotchens	37	9:18
161. Tommy Martin	42	9:21
162. Randall Swaney	49	9:23
163. Lou Peyton	62	9:30
164. Clinton Lindsey	30	9:37

25K Results

1. Andrew Karandjeff	35	2:23
2. Forrest Owens	38	2:30
3. Ann Sanders	25	2:48
4. David Mann	37	2:50
5. Gary McBride	43	2:51
6. Scott Klazmer	46	2:55
7. Jeffrey Foes	41	2:58
8. Joe Coffelt	41	3:05
9. Danielle Brunnworth	37	3:06
10. Steve Hern	53	3:08
11. Kathy Abela	40	3:13
12. Erik Olson	30	3:13
13. Jay Huneycutt	45	3:14
14. Patrick Dodd	29	3:18
15. Mitch Frost	20	3:18
16. William Woodley	54	3:22
17. Eddie Anderson	46	3:26
18. Cynthia Petty	42	3:27
19. Richard Clarke	48	3:29
20. Hillary Looney	32	3:30

21. Lauren Doubrava	23	3:31
22. Steve Giles	53	3:32
23. Chris Bettis	50	5:48
24. Tom Singleton	53	3:48
25. Julie Martin	28	3:54
26. Christina Williams	33	3:54
27. Roger Williams	35	3:54
28. Casey Hayes	16	3:55
29. Tom Webb	62	3:59
30. Carol Maxwell	43	4:03
31. Kelli Gay	32	4:05
32. Bob Johnson	39	4:07
33. Greg Holland	43	4:08
34. Carmen Call	28	4:11
35. Becky Hern	52	4:12
36. Mike Lipin	28	4:12
37. Michael Wallace	42	4:19
38. John Dodd	60	4:23
39. Clint Gervis	48	4:29
40. Phil Brown	40	4:35

41. Leigh Tanner	45	4:35
42. Jonna Hartwick	32	4:36
43. Jody Swaffar	42	4:36
44. Bob McKinney	64	4:41
45. Lorri Cordelli	48	4:45
46. Dennis Gay	35	4:47
47. Jane Gay	12	4:47
48. Janet Wallace	39	4:50
49. David Morgan	15	5:07
50. Betsy Phillips	47	5:07
51. Phillip Morgan	50	5:10
52. Jennifer Jeansonne	32	5:22
53. Yvonne Thomas	63	5:22
54. Stephanie Carter	50	5:45
55. Tatiana Oramas	42	5:45
56. Rosemary Marston	59	5:46
57. Emily Harris	19	5:46
58. Monica Speecht	19	5:56
59. Sarah Roe-Hasty	48	6:20
60. Kevin Davis	37	6:24:15
61. Janice Owens	52	6:57
62. Cliff Shrader	48	6:57
63. Patrick Thomas	73	7:23



Guy Patteson - Jonesboro, Arkansas

Sylamore Trail 25K

AURA Soldiers
(Gunner Pool Aid Station)

Sylamore Trail 50K



Ted Bowden, Little Rock



**Jim Sweatt, North Little Rock
And
Tom Mayfield - Snowball, Arkansas**

3DaysofSyllamo

Saturday, March 17th

50 Mile-Male

1. David Wakefield, 32	8:40.03
2. Jeff Christain, 33	8:59.53
3. Paul Schoenlaub, 47	9:03.16
4. Rick Howton, 32	9:07.54
5. Michael Farryall, 36	9:10.33
6. Kevin Dorsey, 36	9:11.00
7. Mike Samuelson, 41	9:11.01
8. Jeffery Garstecki, 38	9:22.23
9. Ricky Pampo, 32	10:13.53
10. Carey Smith, 33	10:14.18
11. George Peterka, 47	10:28.51
12. Scott Rogers, 42	10:29.32
13. Stuart Johnson, 47	11:00.15
14. Jerry Frost, 51	11:00.17
15. Ed Brickell, 47	11:42.23
16. David Peterson, 39	11:48.34
17. Matt Bickhard, 44	11:48.35
18. Dale Humphrey, 47	11:50.15
19. Terry Bishop, 62	12:03.04
20. Patrick Perry, 42	12:04.25
21. Maurice Robinson, 65	12:10.03
22. Jim Sweatt, 51	12:18.26
23. Lynn Ballard, 50	12:25.25
24. Marshall King, 37	12:51.23
25. Earl White, 45	13:27.30
26. Bill Heldenbrand, 60	14:47.50

50 Mile -Female

1. Ashley Nordell, 27	9:07.53
2. Sue Johnson, 41	9:23.20
3. Amanda Perron, 33	10:13.54
4. Diana Widdowson, 40	10:14.18
5. Jenny Foster, 34	11:00.16
6. Kimmy Riley, 46	11:36.46
7. Susy Phillips, 28	12:08.55
8. Salli Scott Young, 34	12:08.56
9. Patty Groth, 51	12:43.40
10. Kim Johnson, 38	12:43.41
11. Carrie Dupriest, 49	13:02.05
12. Rhonda Ferguson, 51	13:02.06



AURA's Johnny Eagles finishes the Syllamo 50Km



Donna Duerr/Syllamo 50Km



AURA sisters, Elaine Gimblet(front) and Luise Armstrong(back) finish the Syllamo 50Km

3daysofSyllamo March 18th

20K Results – Male

1. David Wakefield, 32	2:01.53
2. Paul Schoenlaub, 47,	2:05.18
3. Scott Eason, 41	2:06.03
4. Jeff Christain, 33	2:08.09
5. Jeffrey Garstecki, 38	2:18.42
6. Greg Eason, 35	2:21.01
7. Bill Dillard III, 36	2:21.36
8. Stuart Johnson, 47	2:23.17
9. Guy Patteson, 46	2:23.48
10. Jerry Frost, 51	2:24.55
11. Patrick Perry, 42	2:39.36
12. Dale Humphrey, 47	2:4.064
13. David Peterson, 39	2:4.074
14. Chuck Dale, 38	2:4.084
15. Andy Sarjahari23	2:4.204
16. Steve Hobbs, 50	2:44.37
17. Charley Dunn, 65	2:41.58
18. Scott Robers, 42	2:55.20
19. Jim Sweatt, 51	2:53.68
20. Tom Zaloudek, 53	2:54.09
21. Jonathon Shaver, 31	3:0.502
22. Carey Smith 33	3:02.56
23. Lynn Ballard, 50	3:05.55
24. Paul Mattocks, 59	3:08.19
25. Maurice Robinson, 65	3:08.45
26. Tim Tennant, 32	3:24.50
27. Marshall King, 37	3:36.15
28. Earl White, 45	3:36.16
29. Bill Heldenbrand 60	3:44.21

20k Women

1. Ashley Norwell, 27	2:23:20
2, Mary Wells, 33	2:23:32
3. Sue Johnson, 41	2:24.55
4. Ilona Peterka, 42	2:31.26
5. Shanda Rogers,35	2:40.48
6. Mikah Felkins,31	2:40.49
7. Bridgette Imboden,38	2:40.50
8, Diana Middowson, 40	2:42.32
9. Lindsey Frances	2:45.01
10. Cindy Gronstedt, 46	2:48.15
11. Sonia Burdett, 41	3:01.39
12. Mindy Goreman, 26	3:02.56
13. Kimmy Riley, 46	3:03.13
14. Jenny Foster, 34	3:08.42
15. Pat Cook, 55	3:12.46
16. Pam Myers, 38	3:12.47
17. Susy Phillips, 28	3:21.46
18. Salli Scott Young, 34	3:30.19

20K Women-continued

19. Dianna Brackeen,39	3:44.21
20. Melissa Kohler, 42	3:49.27
21. Dana Yates, 36	3:49.28
22. Bail Torbett, 56	3:54.43
23. Lou peyton, 62	4:05.00
24. Rosemary Marston,	4:14.17
25.Elaine Gimblet, 59	4:14.21
26. Corky Zaloudek, 61	4:15.05
27. Lou Winthroath, 65	4:18.36
28. Vicki Mabry, 47	4:19.16
29. Sara Olney, 28	4:40.00



Race Director Steve Kirk gives Syllamo 20Km prerace 20K instructions.



Scott Eason, AURA, at Syllamo 50 Mile Aid Station

ULTRA CORNER

March 10, 2007 *Mississippi Trail 50* Laurel, Mississippi

50K

Chrissy Ferguson 5:52:30 15th Place 46 finishers

50 Mile

Stan Ferguson 7:29:33 3rd place 61 finishers

March 24, 2007 *Run To The Sun 36.2 Mile* Kahulu, Maui, HI

Chrissy Ferguson 8:40

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. Wear something to identify yourself as a runner. Old newspaper clippings and scrap books are always a treat.*

Arkansas Ultra Running Association
41 WhiteOak Lane
Little Rock, AR 72227