

UTS # 7
Athens-Big Fork Trail Marathon
and
Blaylock Creek 17 Mile Fun Run
January 5th, 2008

The ARKANSAS ULTRA RUNNER

December 2007 – The Post-Halloween Edition

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

WWW.RUNARKANSAS.COM

Gentle Reader: If your name is highlighted on the address label,
your AURA re-enlistment papers are in the mail.

THE BIGSHOT'S PAPER TRAIL – At the Arkansas State Road Runner Club of American meeting in Hot Springs on January 17th, the Runners of the Year categories were announced. The tabulations for Ultra Runners of the Year are coordinated by our AURA brother, Bob Marston. Bob does an exceptional job of keeping track of what AURA members run and how they placed. In the ULTRA CORNER of this newsletter are listed the winners.

Ultra Trail Series Coordinator, President Ferguson, has informed me that the trail series run listed for Northwest Arkansas for November was canceled. He added that it is possible that a trail run in the area might be added in the spring.

The next UTS run is the Athens-Big Fork Trail Marathon on January 5th. Run Leader David Samuel has sent a description of the marathon which includes some very important information about this event that everyone, especially first timers, should read. I have reprinted it under the Ultra Trail Series heading.

Word from Steve Kirk, Race Director 3 Days of Syllamo: *"I am proud to announce that we have a new website and the 2008 entry forms are up. New this year we will be a Team Stage event where teams of two will run each day together throughout the stage. Awards will be given to both individuals and team stage winners as well as individual days run winners. The distances again are 50K/50 mile/ 20 and, as always, the courses change every year. WWW.3daysofsyllamo.org/"*

AURA HOT FLASH! On November 17th, 2007, AURA brother, Larry Mabry, completed the *John F. Kennedy 50 Miler* in Washington County, Maryland, in a time of 13:00:07. He placed 993rd out of 1070 finishers. Larry is a *Grand Slam* finisher, Class of 1989

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.

ULTRA CORNER

Arkansas – Road Runner Club of America

Ultra Runners of the Year



Male - Scott Eason



Female- Kimberly Riley

Masters Ultra Runners of the Year



Male – George Peterka



Female- Chrissy Ferguson

AURA TRAIL SERIES

2007/2008 Ultra Trail Series Schedule

(This is subject to changes or additions)

- | | |
|-------------|--------------------------|
| 1. 7-21-07 | Midnight 50 Km |
| 2. 8-11-07 | Bartlet Park(Tennessee)* |
| 3. 8-25-07 | Mount Nebo |
| 4. 10-06-07 | Arkansas Traveller 100 |
| 5. xxxxx | xxxxxxxxxxxxxxxxxxxxx* |
| 6. 11-10-07 | Gulpha Gorge Run |
| 7. 1-05-08 | Athens-Big Fork Marathon |
| 8. 2-02-08 | White Rock Classic 50Km |
| 9. 2-16-08 | Sylamore 50Km |
| 10. ?? | Big Rock Mystery Run |
| 11. 3-14-08 | 3Days of Syllamo |
| 12. 4-19-08 | Ouachita Trail 50 |
| 13. 5-2-08 | The Catsmacker |

Directions to the Big Fork Community Center from Little Rock.

I-30 thru Benton to Hwy 70 West, the Hot Springs highway. Follow Hwy 70 west. Approaching Hot Springs turn onto the Hot Spring by-pass. Continue west on the by-pass to the Glenwood/Hwy 70 exit. Follow directions to Glenwood. At Glenwood, turn right onto Hwy 8. The Big Fork Community Center is on Hwy 8 about 32 miles west of Glenwood. The BS allows 3 hours driving time.

From David Samuel, Athens-Big Fork Trail Marathon Run Leader

Folks,

It appears that we are all set for the A-BF and 17 Mile Blaylock Creek Fun Run on Saturday, January 5th, 2008. Coffee, a warm fire and registration will be available beginning at 06:30 in the Big Fork Community Center. No entry fee, no t-shirt, no awards. However, the toughest marathon course east of the Rocky Mountains will satisfy the thirst of our addicted A-BF veterans*

Eight mountains down and eight mountains back for the marathoners. Five mountains down and five back for the fun runners. All cross the Little Missouri River and Blaylock Creek along with many other small streams.

The marathon is for experienced ultra runners. Please, no first time marathoners or first time trail runners.

Any runner that has not completed a trail run or marathon should register for the 17 miles Fun Run this year

Should the roads be unsafe to travel due to ice or snow the event will be cancelled. However, if you get to downtown Big Fork safely the event is a go regardless of the temperature. Should there be ice or snow on the mountaintops, the event may be modified to a shorter ten mile run over one mountain (Missouri Mountain)

We should have excellent communications between checkpoints and the base station since the Ouachita Mountain Amateur Radio Association will be joined by Steve Porter's group, the Central Arkansas Radio Emergency Network.

Aid Stations are all set with Road 25(3.6/22) staffed by TATUR; Road 106(8.6/17.7 mile by AURA and 13.1 mile by Steve Chaney and Don Higgins.

This will be my last year as the Coordinator. Hopefully, someone will take the baton and keep this challenging event going in the future.

* Although this is a no entry fee event, participants are encouraged to make a donation to the Big Fork Community Center. A suggested figure is \$5.00. 100% of your donation goes to the Community Center.

Gulpha Gorge Run

November 10, 2007
Hot Springs, Arkansas

17.5 Miles +/- (2007-2008 UTS Race #5)

Place	Name	Gen	Age	City	Time
1	Darby Benson	M	37	Fayetteville	2:05:55
2	Jon Bitler	M	36	Fayetteville	2:15:14
3	Paul Turner	M	44	Conway	2:18:24
4	Scott Eason	M	42	Conway	2:19:04
5	Po Dog Vogler	M	41	Russellville	2:20:42
6	Stan Ferguson	M	44	Conway	2:28:03
7	Derek Huddleston	M	25	Sherwood	2:30:35
8	Jeff Foes	M	42	Alton, MO	2:33:46
9	Steve Kirk	M	47	North Little Rock	2:37
10	Tom Aspel	M	52	Russellville	2:38:56
11	Katie Helms	F	30	Fayetteville	2:40
12	Pablo Lowrey	M	43	Fayetteville	2:42
13	Alison Jumper	F	32	Fayetteville	2:50:45
14	Andrea Creasy	F	26	Memphis, TN	2:51
15	George Peterka	M	47	Hot Springs	2:53:17
16	Guy Patteson	M	47	Jonesboro	2:53:19
17	Josh Bornhorst	M	33	Little Rock	2:58
18	Jennifer Smedlund	F	27	Fayetteville	3:06
19	Bill James	M	38	Hot Springs	3:12:50
20	Kimmy Riley	F	46	Mabelvale	3:14
21	David Reagler	M	41	Hot Springs	3:16 and Fozzy Bear
22	Bob Marston	M	57	Roland	3:10 (late starter)
23	David Caillouet	M	49	Little Rock	3:42
24	Nancy Kirk	F	50	Mountain View	3:45
25	Lacey Kelley	F	30	Little Rock	3:45
26	Phil Brown	M	40	Little Rock	3:49
27	Carrie DuPriest	F	50	Little Rock	3:54:35
28	Patty Groth	F	51	Ward	3:54:37
29	Chrissy Ferguson	F	46	Conway	3:54:37
30	Rose Rogers	F	60	Maumelle	4:30:27
31	Ron Gimblet	M	59	North Little Rock	4:30:27

Other Runners at the Gulpha Gorge Run

Susy Phillips	15 Miles	Donna Duerr	15 Miles
Jayne Sturgeon	15 Miles	Lou Peyton	8 Miles
Elane Gimblet	15 Miles	Linda Wood	8 Miles

AURA HOLIDAY SPECIAL

THE AT100 X-FILE

A Story of the Paranormal at the Arkansas Traveller 100

Prolog

Every year at the Arkansas Traveller 100, runners report a strange phenomenon on the race course. They say that in the waning hours of the race when fatigue has enveloped them and doubt as to whether they can continue consumes them, a dim light appears in the distance. Standing in the shadows of the light is an old man offering water and encouragement. They report that he has a crippled leg and a deep scar across his forehead. But despite his foreboding appearance, his demeanor shines of kindness and thoughtfulness and, without his intervention, they could not have gone on.

I am that man.

Chapter One

He grew up in an idealic setting in the south end of Perry County. He was an only child nurtured by a single mom, Manny. She barely subsisted by raising produce and gathering eggs which she sold to the neighbors. Her reputation for hard work and dedication was without question. His earliest memories were of helping with the chores during the week and on weekends his mother and he went to the river, the Fourche LaFave, for summer swims and picnics on the river's banks. It was a great time to be a kid. That is, until the whirlwind came.

It happened in the early spring following evening church services. As they were walking home his mother noticed a change in the sky and told him to run ahead and wait in the cellar. She was to join him after securing the livestock. He was alone in the cellar when he heard the sound of the wind screaming as it approached. Or, at least, he thought was the wind. Huddled against the damp stones of the cellar, he waited for his mother. Somehow he must have dozed because he was startled to hear loud voices above him. Looking up he caught the glimpse of a stranger and the morning sunlight. The stranger talked to others with him and soon they were helping him from the rubble.. Frightened

and dazed by the trauma, he was wrapped in a blanket and placed into the arms of his rescuer, a deputy sheriff. His mother had been swept away and he was being placed in the county orphanage.

He grew of age at the orphanage where he lost his innocence. In its place he found anger. He was angry for the circumstances that brought him to this place and angered at those in the orphanage that took advantage of him. He hardened and vowed that at the first opportunity to escape he would and, somehow and at some place, get revenge.

Chapter Two

At age 16 while on kitchen duty, he took a meat mallet and hid it in the waist band of his trousers. Later that night, when all was quite in the orphanage barracks, he quietly crept into the anteroom where the supervisor slept. Stealthily approaching bed number one he drew the meat mallet and crushed the skull of Marvin Miller, his tormentor. Satisfied with his deed, he left the weapon at the foot of the bed and walked out of the institution and began a new life. A life of revenge; a life on the run.

He crossed the river at Memphis knowing what he wanted to do. Because of his handsome build and boyish good looks, he quickly found work mending fences for an unsuspecting, elderly widow. Building up trust he found out where her money and valuables were stashed. One day while she was away, he filled his pockets and, once again, was on the move. The scene was repeated time and again as he made his way south toward New Orleans. He was amazed at how easily he could charm the elderly and con the unsuspecting. In Greenville he was taken in by an elderly couple who upon hearing how he had run off from an abusive mother, told him that they wanted to adopt him. The next day he stole their meager possessions and covered his tracks by framing the retarded neighbor. He was a bad seed.

By the time he hit Natchez, he had built up his stake so that he could do what he had intended to do all along: Riverboat gambling. Being quick with numbers and fast with his knife, he became a player in the high stakes games of chance. He soon had a reputation as one to be feared if he lost a stake and it was rumored that several unsuspecting men went over the side after a game he failed to win.

His day of reckoning came on the muddy banks of New Orleans. He had had the upper hand in an all night game of cards when in the wee hours of the morning, he found himself surrounded. Surrounded by men of the law. The charges? The murder of Melvin Miller, 10 years earlier at the Perryville orphanage. The sentence – 50 years at hard labor.

50 years in hard labor will break any man. When his time was served and the gates were opened, out walked the shadow of the man that had walked in. He was stooped and gaunt. His slick, black hair was now thin and gray.. With no one to turn to and no where to go in his new world, he headed north to the only thing that held the faintest of memories. North to the Fourche LaFave and the southern part of Perry County.

Chapter Three

The journey was long and difficult. It was now early in the fall and rain and snow fell throughout the morning. Briefly the sun shown through the darken clouds as he glimpsed

the first landmark that he could remember as a young boy. The Fourche LaFave. He was tired after walking several days but knew he had to cross before dark. Recalling a fording place where he played as an innocent child, he struggled on. Nearing the ford he could hear the river roaring through the rock steps that had placed there long ago by the early pioneers. Crossing the ford did not go well. When he was about midstream, a log broke loose from a downed tree and crashed into his leg and he was swept downstream. Thrashing against the current he tired quickly and felt himself being drawn into the blackness of the river.

When he awoke he was lying on the river bank. He felt a deep gash on his forehead where he had struck some rocks and his left leg was aching. Stunned and confused he looked out into the woodlands where off in the far distance he could just make out the dim light of a lantern hanging on a cabin's front porch.

The door was opened by a plump, elderly woman with white hair tied neatly in a bun. Without hesitation she ushered him inside and to a chair by the fireplace. For the first time in days he felt welcome and safe. After offering him a warm drink, the matron explained that she was a widow woman and new to the area. Then she asked about him. Disarmed by his host's openness and kindness, he broke down and told her his story; all of it. He explained that he had been consumed by anger as a young man after his mother had died and then being placed in the orphanage. But with all his time incarcerated, he had learned the error of his ways and now he was guilt ridden by the deeds of his youth.. He told her about all the innocent victims he had taken advantage of and felt that he was beyond redemption. He thought that he observed a radiant glow about the woman as she took a deep breath and told him how he might redeem himself even in the later stages of his life. She explained that it was too late to go back and repay those he had fleeced in Mississippi as all of them now had gone on. But, she explained, he could still have a new beginning by doing good deeds to those he would meet in the future. He pondered this for days as his wounds mended. By the time he was well enough to continue his traveling, he had decided to take her advice and begin this journey of redemption. He asked her where he might start and she explained that there was a 100 mile footrace that was to be held in a week or so and that there was always a need for someone to help the runners with water and encouragement.

The next morning he said goodbye and sat off to find the Arkansas Traveller 100 and his new beginning,

Epilogue

The matron fixed me a hardy breakfast and, after several weeks of mending, sent me on my way. Before reporting for duty at the Arkansas Traveller, there was a place that I wanted to visit. Finding it was difficult but in time I made my way into the little cemetery where my mother was buried. As I stood overlooking her grave I pondered the events that sent me down the path that I have traveled. A moment sooner; a moment later, my life would not have been as I know it now. After a short pause, I turned to go. That is when I noticed a newly dug grave next to my mother. How could I have missed it? I stooped down to read the inscription. The name on the tombstone was MINE!

The End, and Happy Halloween!

The BigShot and the Coach Doctor

(A Satirical Look At Arkansas Ultra Runners)

*We found these
Hats on the run this morning
laying on the side
of the road*



*You think they might have
blown out of his truck?*



*My diagnosis:
Houston Dale Nutt
Memorabilia!*



AURA Potpourri

FYI – For those of you planning on running the Sylamore 50K and have stayed at Angler’s Resort at Allison, I am told that Angler’s has changed management and are no longer “rolling over” room reservations from year to year as they have done in the past. You will need to contact them (same number) ASAP for a reservation

2007-2008 Ultra Trail Series Standings - Women

Rank	Name	Age	Midnt	BP	Nebo	ATT100	GGorg	Total	Rank	Name	Age	Midnt	BP	Nebo	ATT100	GGorg	Total
1	Kimmy Riley	46	64	26		29	27	146	28	Patty Groth	51	21		25	8	29	
2	Kate Helms	29			59		61	120	29	Silver Valovich	51					8	25
3	Salli Scott Young	34		64	37			101	30	Cassandra Ralls	38	21	24				24
4	Eunika Rogers	36	53		31			84	31	Kim Johnson	50			9		21	21
5	Chrissy Ferguson	46	42			23	8	73	32	Nancy Kirk	55		8			21	21
6	Barbara Hitzfeld					63		63	33	Dorrie Rea	40						17
7	Casey Rodgers			54				54	34	Monica Scholz	30					15	17
8	Elizabeth Holliday			53				53	35	Lacey Kelley	30					15	15
9	Terrt Johnson			53				53	36	Diane Jones	27	12.5	14			14	14
10	Susy Phillips	28				52		52	37	Laura Jennings	27		11			12.5	12.5
11	Alison Jumper	32					50	50	38	Carolina Williams	36				10		11
12	Gena Bonni	44		36		13		48	39	Rochelle Frazier	63	3		6		8	10
13	Kathin Bounds	15			48			48	40	Lou Peyton	50					8	9
14	Susan Donnelly			43				43	41	Carrie DuPrest	64	4	4			8	8
15	Lisa Combs			42				42	42	Hilde Haynes	39	8				8	8
16	Sarah Harris	57		42		41		42	43	Shirley Hyman	47					7	7
17	Lorraine Lavelle	26						41	44	Kathy Hoover	55		5				5
18	Andean Creevy	47	5	18			39	39	45	Betsy Kinnane	55						4
19	Elizabeth Sanders	57	36		13			36	46	Leslie Hale	54		3				3
20	Mona Mizell	51				35		35	47	Patti Pair	46			2			3
21	Dianne Seager	27					33	33	48	Rosemary Evans	60					2	3
22	Jennifer Smedland			32				32	49	Hironi Hiata	53	2					2
23	Ann Burke	35	12.5		19			31.5	50	Jan Show	60					2	2
24	Jenny Foster	47	30					31	51	Rose Rogers	53						2
25	Lisa Zaccarelli			30				30	52	Sharon Ward	42						2
26	Cindy Gronstedt			30				30									
27	Terrt Clarke							30									

2007-2008 Ultra Trail Series Standings - Men

Rank	Disp. Name	Age	Midnt	BP	Nebo	ATT100	GGorg	Total	Rank	Disp. Name	Age	Midnt	BP	Nebo	ATT100	GGorg	Total
1	Po Dog Vogler	41	65		54	92	36	247	20	Harry Camp	36		60			59	60
2	Darby Benson	37	76		65		70	211	21	Jon Butler	36						59
3	Scott Eason	41	48		36		42	126	22	Kevin Dorsey	36				57		57
4	Jeff Foes	41	36		17		20	122	23	Brian Davies	47	54	55				55
5	Jeff Browning	36				103		103	24	Bill Coffelt	53				53		54
6	Guy Paterson	47	24.5	14	12	26	9	85.5	25	Jeffrey Welsh	42		30		22		53
7	Brian Robinson	41	30	83		27	6	83	26	David Pontious	46		52		50		52
8	David Reagler	29		20		81		81	27	Richard Martin	46				50		50
9	John Muir	46			76			76	28	Robert King	45		49				49
10	James Bressette	29				75		75	29	Feb Boswell	43			48			48
11	Mat Clay	52	16	22		35		73	30	Billy Mills	37		26		19.5		47
12	Ted Bowden	43		72				72	31	Rick Cook	46				44		47
13	Eric Charette	42			42			69	32	Jeremy Bolt	43						45.5
14	Stan Ferguson	44	20			69		68	33	Andy Mathews	47		43				44
15	Mark Lantz	26			10			62	34	Benn Daley	48	42					43
16	Paul Turner	47	13			29		61	35	George Hitzfeld	41						43
17	Wyman Hamilton							62	36	Joe Pulver	42						42
18	George Peterka							61	37	Mike Samuelson	42						42
19	Mike Wrobel							61	38	Kevin Stroud	42						41

2007-2008 Ultra Trail Series Standings - Men (continued)

Rank	Disp_Name	Age	Midnt	BP	Nebo	ATI00	GGorg	Total
39	Mike Hudson	42		41		40		41
40	John Dove	32				39		40
41	Rick Mayo	37				38		39
42	Jamie Hammond	33		38		37		38
43	John Manley	33				37		38
44	Carey Smith	24	12	37		36		37
45	Chris Smith	35				36		37
46	Derek Huddleston	23				34	24	36
47	Gabe Bevan	52				34		36
48	Logan Vaughn	39			20	33	14	34
49	Tom Aspel	34				32		34
50	David Glass	45				31		34
51	Michael Hooks	47				30		34
52	Brian Kuhn	54		33		28		33
53	Todd Porter	38				25		33
54	Steve Corbin	66				25		32
55	Bob Walsh	53				24		32
56	John Powers	24	10		8	23		32
57	Al Kershner	36	24.5			23		31
58	Franklin Baker	45		23		21		31
59	Jacob Wells	36				20		31
60	Mike Hopton	23				19.5		30
61	Pete Ireland	21				18		30
62	Gary Gebtkl	36			23	17		30
63	Aaron Jeanes	44				17		28
64	Philip McCoil	36				17		28
65	Dalton Wilson	24				17		27
66	John Dolan	55				18		27
67	Jon Bearden	24				18		27
68	Scott Oltner	24				18		26
69	Tom Baker	23				18		26
70	Ronnie Nelson	21				19		25
71	Isaac Espy	20				19.5		25
72	Jason Cooper	19				19		25
73	Dale Humphrey	20				19		25
74	Michael Poole	21				19		25
75	Ian Maddeson	21				19		25
76	Maurice Robinson	21				19		25
77	Steve Durbin	21				19		25
78	Steve Kirk	21				19		25
79	Ben Simmons	21				19		25
80	Kevin Vioral	21				19		25
81	Murry Chappelle	21				19		25
82	Zach Turney	21				19		25
83	Chuck Clawson	21				19		25
84	David McCormick	21				19		25
85	Robert Williamson	21				19		25
86	Willie Lambert	21				19		25

Rank	Disp_Name	Age	Midnt	BP	Nebo	ATI00	GGorg	Total
87	Axel Reissnecker	34		8	2	14		14
88	Cliff Sanders	57	4					14
89	David Partridge	46			14			14
90	Josh Bornhorst	32			6			14
91	Thomas Chapin	29	14				8	14
92	Wesley Brown	14						14
93	Chase Squires	41		14				14
94	Michael Hartow	13						13
95	Wesley Collins	15			13			13
96	Gabriel Weiss	39	7	12	5			13
97	Phillip Hall	57						12
98	Randy Dietz	11						12
99	Ian Bergin	11						12
100	Ken Barton	48	11					11
101	Manuel Centeno	39						11
102	Pablo Lowrey	43					11	11
103	Scott Warrior	52			11			11
104	Bill Heidenbrand	61				10		11
105	Travis Self	10						10
106	Jim Pechanall	9						10
107	Michael Moye	63						9
108	Paul Butler	35			9			9
109	Steve Hobbs	51	9					9
110	Terry Hawkins	46	8					9
111	Vicente Ledesma	56				8		8
112	Bill James	38					7	7
113	Charles Felscher	49		7				7
114	David Cailouet	23			3		4	7
115	Ken Saveth	7						7
116	Nick Avery	54		7				7
117	Phil Brown	40	3					6
118	Walker Williams	27		6				6
119	Rich Shaver	5.5						5.5
120	Rob Shaver	30	5.5					5.5
121	Bob Marston	57						5
122	David Lintington	5					5	5
123	Eddie Joutle	44				5		5
124	Bob Drake	50				4		4
125	Mike Apple	29			4			4
126	Phil Min	4						4
127	Randy Saxon	4						4
128	Darrell Green	3						3
129	Katsuyuki Hata	43				3		3
130	Alston Jennings	59	2					3
131	Johany Eagles	49		2				2
132	Michael Matteson	59				2		2
133	Ron Gimblet	59					2	2