

February 3rd ----- UST #8 *White Rock Classic 50 Km*
 February 17th ----- UTS # 9 *Sylamore Trail 25/50 Km*
 February 24th ----- UTS#10-*The Big Rock Mystery Run*

The ARKANSAS ULTRA RUNNER

February 2007 AD

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 renew your AURA membership. Don't become an AURA Limbo member.

MESSAGE FROM THE BIGSHOT – With this issue of the Arkansas Ultra Runner, we begin our 19th year of the Arkansas Ultra Running Association. Let me begin by thanking AURA brother, David Samuel, for starting off the new year with the Athens-Big Fork Trail Marathon. Runs like the A-BF are what got me hooked on trail running in Arkansas. While I am thanking people, I will thank the race directors of the Sylamore 50K, 3daysofsyllamo, the Ouachita Trail 50 and the Arkansas Traveller 100 for the financial contribution that each has made to the AURA this year. At the beginning of each year we are charged a fee to be a member of the Road Runner Club of America. With these four races contributing \$1.00 per entrant, we were able to meet this obligation.

I look forward to the new running year and the White Rock Classic 50 Km on February 3rd. I hope to see all my brothers and sisters there.

B-TEAM REPORT

The following newsletter articles have been published in years past. Because they would not meet the standards for website eligibility, the BS is offering them upon your request. To receive them in a WORD attachment, email chrlypytn@aol.com and request by name.

Available Now!

AURA Etiquette, "What AURA members should say and how they should act!" Ask for the accompanying article: "Why Race Directors Go Crazy."

1. *Why Race Directors Go Crazy*" (AVN)*
2. *The Bigshot's Lament*, How one became a BS. (AVN)
3. *Six Keys For Marginal Runners to Finish The Arkansas Traveller 100*.(AVN)
4. *AURA Etiquette*. What AURA brothers and sisters should say(and act.)(AVN)
5. *HOBO, A Tribute To A Running Dog*. (NYAV)**
6. *The Arkansas Traveller Trilogy*. A Story of Redemption, Romance and Reconciliation at the Arkansas Traveller 100. (NYAV)

* Available Now---

** Not Yet Available

2006/2007 ULTRA TRAIL SERIES

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

White Rock Classic 50K-UTS 8

Saturday, February 3, 2007

9:00 am

No Fees, No frills, No WIMPS!

Race begins at 9:00 am on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass). Please sign-in by 8:30 am at the Turner Bend Store.

This is Race #8 of the 2006 - 2007 Ultra Trail Series
A \$5.00 donation is suggested to cover costs

Brought to you by Jamie & Jay Huneycutt
and the Arkansas Ultra Running Association
Refreshments will be near the finish line starting at 1:00 pm

Please keep your own time and sign in at the finish. This is a run/walk and not a bike ride.

The 50K course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained forest road. Aid is set up approximately every 5 – 6 miles.

Approximate cumulative elevation changes:

Out/up: 3500' total climb, 1900' total descent

Back/Down: 1900' total climb and 3500' total descent

You may also run the 25K ascent (fun run) only, but you will need to find your own ride back.

Course closes by 5 pm. Early starts are excepted if you are unable to complete the 50K under 8 hours.

Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Every attempt will be made to hold the race but the Turner Bend Store Management and Jamie & Jay Huneycutt will make the final decision about whether the race course is safe for runners, monitors, and vehicular traffic. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation.

Questions: Jamie & Jay Huneycutt - Home Phone: 479/444-8955

E-mail: jhuneycutt@nw-health.com or hjhuney@uark.edu

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.

Athens-Big Fork Trail Marathon-UTS#7

Ouachita National Forest

Big Fork, Arkansas

January 6, 2007

Overall Male

| | |
|----------------------------|---------|
| 1. Darby Benson, 36 | 4:55 |
| 2. Stan Ferguson, 43 | 4:57:09 |
| 3. Kevin Dorsey, 36-TN | 4:57:37 |
| 4. Pablo Lowrey, 43 | 5:04 |
| 5. Bill Coffelt, 47 | 5:16 |
| 6. Paul Schoenlaub, 47 | 5:18:34 |
| 7. Darin Hoover, 42 | 5:36:50 |
| 8. Steve Appleton, 34 | 5:40:35 |
| 9. Bill Richardson, 46-OK | 5:50:49 |
| 10. Michael Terrell, 39-TN | 6:03:26 |
| 11. Scott Rogers, 42-TN | 6:08 |
| 12. J.B. Mullins, 27 | 6:10 |
| 13. Gary Gehrki, 52 | 6:21 |
| 14. Stuart Johnson, 47-KS | 6:24:26 |
| 15. Mike Samuelson, 41-TN | 6:26:01 |
| 16. Alex Eaton, 24-OK | 6:40 |
| 17. Pete Ireland, 66 | 6:53:48 |
| 18. Maurice Robinson, 65 | 6:53:58 |
| 19. Guy Patteson, 46 | 7:18 |
| 20. Todd Matthews, 33 | 7:19 |
| 21. Mike Snyder, -OK | 7:35:43 |
| 22. Brian Hoover, 40-OK | 8:07:43 |
| 23. Ken Childress, 47-OK | 8:16 |
| 24. Greg Bourns, 67 | 8:57:21 |
| 25. Dennis Crosby, 69-OK | 8:59:45 |



A-BF Run Leader, David Samuel gives pre-race instructions at the BS Community Center

Overall Female

| | |
|-------------------------|---------|
| 1. Susy Phillips, 28 | 6:12 |
| 2. Andrea Creasy, 25-TN | 6:36 |
| 3. Ilona Peterka, 42 | 6:38 |
| 4. Blair Dean, 36-TN | 7:16 |
| 5. Jamie Huneycutt, 48 | 7:35:43 |

A-BF Trail Marathon Comments:

"I just wanted to thank all of you and everyone else who helped to put on this fabulous race. We TATURS (Tulsa Area Trail and Ultra Runners) had a blast. I wrote up a race report with some pics that I would love for you to share. Please let me know if I made any errors or you would like me to change anything".

Brian Hoover, TATUR (and AURA brother.)

Editor: For Brian's story and some great pictures taken at the Athens-Bigfork Trail Marathon, look at the TATUR website: www.tatur.org.

"I would like to say that I have a renewed respect for these guys and any other person who ran the ABF Marathon. I've run Pikes Peak three times and the Grand Canyon once, and this marathon is ranked right up there with those in difficulty. It's my first race that I have not completed (I set out to do the marathon, only to quit at mile 18) since I started running in 2001. I'm somewhat disappointed but I will have to make it a point to finish it in the future. It's definitely not for the faint of heart of the untrained trail runner wannabe. Very steep and difficult (you cross over 8 mountains and back again), lots of water crossings, limited aid stations and the opportunity to get lost if you're not really watching where you're going. But what a great trail, to test your abilities and to even train on. The scenery was fabulous."

Linda (Wood) Williamson, AURA sister.

Blaylock Creek 17 Mile Fun Run

Ouachita National Forest
Big Fork, Arkansas
January 6, 2007

Overall Male

| PL | Name | Time | (Credits)* |
|-----|----------------------|---------|------------|
| 1. | PoDog Vogler, 40 | 3:43 | (50) |
| 2. | Joey Woodfield, 41 | 3:43 | (40) |
| 3. | Phillips Carr, 40 | 3:54 | (30) |
| 4. | Larry Wagner, 44 | 3:53 | (25) |
| 5. | Ken Barton, 48 | 4:14 | (20) |
| 6. | David Reagler, 40 | 4:20 | (15) |
| 7. | Bob Marston, 56 | 4:33:05 | (10) |
| 8. | Perry Broyles, 42-OK | 4:40 | (7) |
| 9. | Ron Gimblett, 59 | 4:58 | (5) |
| 10. | Terrance Vazel, 42 | 5:01 | (3) |
| 11. | Bob McKinney, 63 | 7:24:40 | (1) |
| 12. | David Samuel, 63 | 7:29:30 | (1) |
| 13. | David Bowen, | NTA | (0) |

Overall Female

| | | | |
|-----|---------------------|---------|------|
| 1. | Natalee McBee, 33 | 3:48 | (50) |
| 2. | Shirley Hyman, 39 | 4:14 | (40) |
| 3. | Debbie Lashley, 46 | 4:27 | (30) |
| 4. | Betty Sobeski, 58 | 4:59 | (25) |
| 5. | Luise Armstrong, 46 | 5:17 | (20) |
| 6. | Connie Scherz, 47 | 5:40 | (15) |
| 7. | Lou Peyton, 62 | 5:57:03 | (10) |
| 8. | Elaine Gimblet, 59 | 6:30 | (7) |
| 9. | Donna Duerr, 51 | 6:30 | (5) |
| 10. | Rosemary Marston | 7:21:46 | (3) |
| 11. | Ann M. Moore, 65 | 7:24:40 | (1) |

Other Participants

| PL | Name | Distance | Time | (units)* |
|-----|-------------------------------|----------|------|----------|
| 1. | Rhonda Ferguson, 51-19 Miles | | 6:33 | (10) |
| 2. | Patty Groth, 51-19 Miles | | 6:33 | (9) |
| 3. | Kim Johnson, 38-19 Miles | | 6:33 | (8) |
| 4. | Carrie Dupriest, 49-19 Miles | | 6:33 | (7) |
| 5. | Eunika Rogers, TN-18 Miles | | 5:00 | (6) |
| 6. | Linda Williamson, 45-18 Miles | | 5:33 | (5) |
| 7. | Steve Chaney, 13 Miles | | NTA | (4) |
| 8. | Steve McBee, 9 Miles | | 2:45 | (3) |
| 9. | Bill Thornton, 9 Miles | | 2:45 | (2) |
| 10. | Jennifer Smedlund, 4.5 Miles | | NTA | (1) |

* - Credits/Units—A-BF Trail Marathoners will earn Ultra Trail Series points. **Blaylock Creek Fun Runners** and **Other Participants** are awarded credits and units. Don't confuse points with credits and units. The One who awarded you your AURA Number also awarded you with credits and units. May you count your blessings!



Class of 2007 - Athens-Big Fork Trail Marathon

Athens-Big Fork Marathon

*1999 Thru 2007**

| | | | |
|---------------------|---------|---------------------|---------|
| Tom Brennan(05) | 4:34:42 | Greg Eason(04) | 5:14:31 |
| John Hughes(05) | 4:44:00 | Pablo Lowrey(05) | 5:16:00 |
| Steve McBee(05) | 4:45:00 | Bill Coffelt(07) | 5:16:XX |
| Chuck Campbell(05) | 4:46:00 | Steve Kirk(05) | 5:17:00 |
| Tom Brennan(04) | 4:48:57 | Paul Schoenlaub(07) | 5:18:34 |
| Stan Ferguson(03) | 4:50:13 | Tom Aspel(04) | 5:20:49 |
| John Gaston(00) | 4:53:07 | John Jones(99) | 5:35:58 |
| Stan Ferguson(05) | 4:53:29 | Darin Hoover(03) | 5:36:26 |
| Darby Benson(07) | 4:55:XX | Rob Wistrand(04) | 5:36:31 |
| Craig Zediker(03) | 4:55:23 | Tom Brennan(02) | 5:36:35 |
| Stan Ferguson(02) | 4:56:07 | Darin Hoover(07) | 5:36:50 |
| Stan Ferguson(07) | 4:57:09 | John Jones(00) | 5:40:12 |
| Kevin Dorsey(07) | 4:57:37 | Steve Appleton(07) | 5:40:35 |
| Stan Ferguson(04) | 4:57:43 | John Vogler(05) | 5:44:22 |
| Stan Ferguson(00) | 5:01:39 | Darin Hoover(02) | 5:44:36 |
| Pablo Lowrey(07) | 5:04:XX | Raton Parmain(00) | 5:50:26 |
| Jon Bitler(05) | 5:05:32 | Bill Richardson(07) | 5:50:49 |
| Paul Schoenlaub(05) | 5:09:22 | Israel Holby(05) | 5:53:33 |
| Steve Kirk(04) | 5:11:50 | Steve Lee(00) | 5:55:29 |
| Tom Aspel(05) | 5:12:24 | Rick Utley(00) | 5:58:52 |

| | |
|----------------------|---------|
| Kevin Dorsey(05) | 5:59:15 |
| Murry Chappelle(04) | 5:59:30 |
| Michael Terrell | 6:03:26 |
| Mario Martinez(02) | 6:04:00 |
| Scott Rogers(07) | 6:08:XX |
| J.B. Mullins(07) | 6:10:XX |
| Rick Utley(05) | 6:12:50 |
| Tim King(04) | 6:13:13 |
| Tim Whitside(04) | 6:13:14 |
| Raton Parmain(04) | 6:13:15 |
| Gary Gehrki(07) | 6:21:XX |
| Stewart Johnson(07) | 6:24:26 |
| Stewart Johnson(05) | 6:25:40 |
| Mike Samuelson(07) | 6:16:01 |
| Raton Parmain(05) | 6:26:04 |
| Tim King(05) | 6:26:10 |
| Mario Martinez(04) | 6:27:28 |
| Maurice Robinson(03) | 6:27:35 |
| Mario Martinez(03) | 6:30:25 |
| Mike Dupriest(03) | 6:38:48 |
| Alex Eaton(07) | 6:40:XX |
| Jesse Wilson(03) | 6:42:35 |
| Tony Bailey(05) | 6:46:45 |
| Mike Dupriest(00) | 6:48:35 |
| John Jones(02) | 6:49:19 |
| Pete Ireland(07) | 6:53:48 |
| Maurice Robinson(07) | 6:53:58 |
| Maurice Robinson(04) | 6:54:00 |
| Mario Martinez(05) | 6:59:00 |
| Jimmy Sweatt(00) | 6:59:00 |
| Ron Gimblitt(00) | 6:59:00 |
| Randy Davidson(00) | 6:59:00 |
| Jimmy Sweatt(02) | 7:10:10 |
| Jimmy Sweatt(03) | 7:13:00 |
| Guy Patteson(07) | 7:18:XX |
| Todd Matthews(07) | 7:19:XX |
| Kim Childress(04) | 7:20:08 |
| Pete Ireland(05) | 7:33:10 |
| Mike Snyder(07) | 7:35:43 |
| Pete Ireland(03) | 7:37:22 |
| Pete Ireland(00) | 7:38:30 |
| Mike Dupriest(99) | 7:43:00 |
| George Peterka(05) | 7:44:00 |
| Maurice Robinson(02) | 7:59:08 |
| Jimmy Sweatt(04) | 8:00:00 |
| Brian Hoover(07) | 8:07:24 |

| | |
|-------------------|---------|
| Pete Ireland(02) | 8:12:59 |
| Ken Childress(07) | 8:16:XX |
| Greg Bourns(07) | 8:37:21 |
| Don Higgins(00) | 8:47:00 |
| Steve Chaney(00) | 8:47:00 |
| Dennis Crosby(07) | 8:59:45 |
| Jim Beach(02) | 9:14:20 |
| Brandon Neal(02) | 9:14:20 |
| Steve Eubanks(02) | 9:21:58 |

Girlz

| | |
|------------------------|---------|
| Natalie McBee(05) | 5:53:33 |
| Barbara Bellows(02) | 6:01:00 |
| Susy Phillips(06) | 6:12:XX |
| Ilona Peterka(05) | 6:17:00 |
| Barbara Bellows(04) | 6:20:03 |
| Kim Pavelko(Riley)(02) | 6:23:00 |
| Kim Pavelko(Riley)(00) | 6:25:00 |
| Andrea Creasy(07) | 6:36:XX |
| Ilona Peterka(07) | 6:38:XX |
| Barbara Bellows(05) | 6:47:00 |
| Kimmy Riley(03) | 7:07:00 |
| Blair Dean(07) | 7:16:XX |
| Kim Morton(05) | 7:19:19 |
| Jamie Huneycutt(07) | 7:35:43 |
| Carrie Dupriest(00) | 7:38:00 |
| Kim Pavelko(Riley)(99) | 7:45:00 |
| Dianne X Seager(04) | 8:00:00 |
| Lou Peyton(00) | 8:00:56 |
| Lou Peyton(02) | 8:17:00 |
| Lou Peyton(99) | 8:17:50 |
| Lou Peyton(05) | 8:24:00 |
| Patty Groth(03) | 8:35:00 |
| Carrie Dupriest(03) | 8:35:00 |
| Lou Peyton(03) | 8:57:00 |
| Kim Fischer(02) | 9:21:58 |

- In 2001 the race was abbreviated due to snow and ice and not recorded as a full marathon.
- Report errors to Chrlypytn@aol.com

AURA's February Horoscope

Making a deal with the Devil to finish your next ultra-marathon could have unintended consequences. A financial blessing might be in your pipeline. Your year of indecision, despair and self-doubt is probably over. A new relationship might be vulcanized in a spring-time ultra-marathon.

2006-2007 Ultra Trail Series Standings - Women

| Rank | Name | Age | Md/N | Netbo | AT100 | Den | Gorg | BufF | ABF | Total |
|------|-----------------------|-----|------|-------|-------|-----|------|------|-----|-------|
| 1 | Susy Phillips | 27 | 50 | 20 | 11 | 44 | 50 | 47 | 55 | 277 |
| 2 | Natalie Meeber | 32 | 72 | 70 | 59 | | | | | 201 |
| 3 | Eonika Rogers | 35 | 22 | 10 | | 21 | 61 | 30 | | 144 |
| 4 | Tamara Ziegustin | 39 | 61 | | | | | 58 | | 119 |
| 5 | Andrea Cressy | 25 | 38 | 14 | | | | | 44 | 96 |
| 6 | Shirley Hyman | 38 | 11 | 30 | 17 | 33 | | | | 91 |
| 7 | Kathleen Danner | 31 | | | 70 | | | | | 70 |
| 8 | Aofie Cooke | 19 | | 59 | | | | | | 59 |
| 9 | Jen Smedlund | 26 | | | | 55 | | | | 55 |
| 10 | Saili Scott Young | 33 | 10 | 5 | | | 39 | | | 54 |
| 11 | Debbie Lashley | 46 | 12 | 11 | | 27 | | | | 50 |
| 12 | Dianne Seager | 49 | 26 | | 24 | | | | | 50 |
| 13 | Patty Groth | 50 | 6 | | 30 | | 13 | | | 49 |
| 14 | Erin Combs | 25 | | 48 | | | | | | 48 |
| 15 | Laurel Valley | 44 | | | 48 | | | | | 48 |
| 16 | Deb Johnson | 46 | 44 | | | | | | | 44 |
| 17 | Chressy Ferguson | 45 | | | 42 | | | | | 42 |
| 18 | Kayla Waldrop | 20 | | 42 | | | | | | 42 |
| 19 | Brianna Greene | 20 | | 36 | | | | | | 36 |
| 20 | Diane Diebold | 43 | | | | | | 36 | | 36 |
| 21 | Jen Foster | 34 | | | 36 | | | | | 36 |
| 22 | Catherine Chambers | 34 | | | | | 33 | | | 33 |
| 23 | Ilona Petekha | 42 | | | | | | 33 | | 33 |
| 24 | Kathy Sager | 46 | 32 | | | | | | | 32 |
| 25 | Mona Mizell | 55 | 9 | | | | 8 | 12 | | 29 |
| 26 | Carra DuPriest | 49 | 5 | | 10 | | 13 | | | 28 |
| 27 | Jamie Humeycunt | 48 | | | 7 | | | | 21 | 28 |
| 28 | Adrienne Shelton | 41 | 13 | | 14 | | | | | 27 |
| 29 | Blair Deam | 36 | | | | | | | 27 | 27 |
| 30 | Silver Valovich | 50 | | | | 27 | | | | 27 |
| 31 | Kristen Smith | 39 | | 24 | | | | | | 24 |
| 32 | Lon Peyton | 62 | 3 | 8 | | | 5 | 8 | | 24 |
| 33 | Magdalena Faut | | | | | | | 24 | | 24 |
| 34 | Erin Eckman | 25 | 4 | | | | | 18 | | 22 |
| 35 | Alana Wakefield | 28 | | | | | 21 | | | 21 |
| 36 | Robin Meagher | 26 | | | 20 | | | | | 20 |
| 37 | Carla Branch | 54 | 19 | | | | | | | 19 |
| 38 | Stephanie Parker | 22 | | 17 | | | | | | 17 |
| 39 | Emily Hartman | 38 | 16 | | | | | | | 16 |
| 40 | Angie Crellano-Fisher | 56 | | | 9 | | | | | 9 |
| 41 | Kim Johnson | 37 | 7 | | 2 | | | | | 9 |
| 42 | Molly Fleming | 20 | | 9 | | | | | | 9 |
| 43 | Dorrie Ren | 54 | | 6 | | | 2 | | | 8 |
| 44 | Rhonda Ferguson | 51 | 8 | | | | | | | 8 |
| 45 | Rosemary Evans | 53 | | | 8 | | | | | 8 |
| 46 | Carol Addison | 48 | | 7 | | | | | | 7 |
| 47 | Kimberly Sergeant | 47 | | | 6 | | | | | 6 |
| 48 | Holly Lynch | 45 | | | 5 | | | | | 5 |
| 49 | Julie Kelly | 44 | | | 4 | | | | | 4 |
| 50 | Charlote Patrick | 42 | | 3.5 | | | | | | 3.5 |
| 51 | Linda Gibson | 50 | | 3.5 | | | | | | 3.5 |
| 52 | Hironi Hata | 45 | | | 3 | | | | | 3 |
| 53 | Jessica Robinson | 21 | 2 | | | | | | | 2 |
| 54 | Theresa Motley | 48 | | 2 | | | | | | 2 |

2006-2007 Ultra Trail Series Standings - Men

| Rank | Name | Age | Md/N | Netbo | AT100 | Den | Gorg | BufF | ABF | Total |
|------|-----------------|-----|------|-------|-------|-----|------|------|-----|-------|
| 1 | Darby Benson | 36 | | 74 | | 72 | 69 | 74 | 75 | 364 |
| 2 | Sean Ferguson | 42 | 80 | 46 | | 22 | 47 | | 64 | 259 |
| 3 | Tom Brennan | 35 | | | 111 | 32 | | 63 | | 206 |
| 4 | Kevin Dorsey | 35 | 69 | | 41 | | | | 53 | 163 |
| 5 | Steve Kirk | 46 | | 89 | | | 35 | 12 | | 136 |
| 6 | Bill Maze | 38 | | 14 | | 26 | 41 | 52 | | 133 |
| 7 | Peo Dog Vogler | 40 | 41 | 40 | | | | 40 | | 121 |
| 8 | Paul Schonlaub | 47 | 63 | | | 19 | | | 35 | 117 |
| 9 | Kyle Baldwin | 34 | 45 | | 52 | | | | | 115 |
| 10 | Chuck Campbell | 43 | 51 | 63 | | | | | | 114 |
| 11 | Pablo Lowrey | 42 | 57 | | 51 | 61 | | | 47 | 108 |
| 12 | Rick Howson | 32 | | | | | | | | 108 |
| 13 | George Petekha | 46 | 38 | 11 | 39 | | 19 | | | 107 |
| 14 | Greg Eason | 36 | | | 100 | | | | | 100 |
| 15 | Gary Gedhki | 52 | 29 | | 47 | | 8.5 | | 14 | 98.5 |
| 16 | David Wakefield | 31 | 91 | | | | | | | 91 |
| 17 | David Washnku | 52 | | | | 83 | | | | 83 |
| 18 | John Mur | 28 | | | 65 | | | 13 | | 78 |
| 19 | Jim Musseman | 46 | | | 77 | | | | | 77 |
| 20 | Jeffrey Welsh | 52 | | | 71 | | | | | 71 |
| 21 | Jason Thomas | 32 | 35 | | 31 | | | | | 66 |
| 22 | Kyle Krueger | 24 | 13 | 13 | 40 | | | | | 66 |
| 23 | Ted Bidwell | 57 | | | 61 | | | | | 61 |
| 24 | Andy Mathews | 45 | | | 58 | | | | | 58 |
| 25 | Graig Zediker | 39 | | | 55 | | 58 | | | 58 |
| 26 | Brian Kuhn | 33 | | | 55 | | | | | 55 |
| 27 | Chris Harper | 29 | | 52 | | | | | | 52 |
| 28 | Mike Parker | 49 | | | 43 | | | 8 | | 51 |
| 29 | Mark Sison | 21 | | | 50 | | | | | 50 |
| 30 | Steve Noone | 48 | | | 50 | | | | | 50 |
| 31 | Elmer Norvell | 47 | | | 49 | | | | | 49 |
| 32 | Ted Grunert | 37 | | | 48 | | | | | 48 |
| 33 | Butch Allmon | 51 | | | 46 | | | | | 46 |
| 34 | Mark Clay | 28 | | | 34 | | | 46 | | 46 |
| 35 | Mike Samnelson | 41 | | | 45 | | | 12 | | 46 |
| 36 | Greg Lannan | 38 | | | 45 | | | | | 45 |
| 37 | John Kelly | 40 | 22 | | | 23 | | | | 45 |
| 38 | Darin Hoover | 42 | | | | | 23 | | | 44 |
| 39 | Greg Genhart | 50 | | | 44 | | | 15 | | 44 |
| 40 | John Hughes | 39 | | | | 44 | | | | 44 |
| 41 | Mark Walker | 33 | | | 42 | | | | | 42 |
| 42 | Bill Coffel | 47 | | | | | | | 41 | 41 |
| 43 | Ken Barton | 47 | | 12 | 29 | | | | | 41 |
| 44 | Tom Aspel | 51 | | 28 | | | 13 | | | 41 |
| 45 | Peie Ireland | 66 | 11 | | 17 | | | 2 | 10 | 40 |
| 46 | Alex Eaton | 23 | 28 | | | | | | 11 | 39 |
| 47 | Jon Biler | 35 | | | | 38 | | | | 38 |
| 48 | David Cortman | 44 | | | 37.5 | | | | | 37.5 |
| 49 | Thomas Thornton | 36 | | | 37.5 | | | | | 37.5 |
| 50 | Guy Patteson | 46 | | | | 29 | | | 8 | 37 |
| 51 | Al Kershner | 53 | | | 36 | | | | | 36 |
| 52 | Mike Howard | 53 | | | 35 | | | | | 35 |
| 53 | Billy Simpson | 51 | | | | | | 34 | | 34 |
| 54 | David Partridge | 45 | | 34 | | | | | | 34 |

2006-2007 Ultra Trail Series Standings – Men (continued)

| Rank | Name | Age | MdN | Neto | ATT100 | Den | Gorg | Buff | ABF | Total |
|------|-------------------|-----|-----|------|--------|-----|------|------|-----|-------|
| 55 | Gary Speers | 53 | | | 33 | | | | | 33 |
| 56 | Gary Dudney | 53 | | | 32 | | | | | 32 |
| 57 | Rodney DeChue | 41 | 32 | | | | | | | 32 |
| 58 | Stuart Johnson | 47 | 19 | | | | | 13 | | 32 |
| 59 | Kenny Royster | 57 | 31 | | | | | | | 31 |
| 60 | John Taylor | 44 | | | 30 | | | | | 30 |
| 61 | Maurice Robinson | 64 | 21 | | | | | 9 | | 30 |
| 62 | Randy Ellis | 54 | 30 | | | | | | | 30 |
| 63 | Steve Hobbs | 50 | 23 | | | | | 7 | | 30 |
| 64 | Jay Hansen | 32 | 20 | | | 9 | | | | 29 |
| 65 | Ken Childress | 46 | 6.5 | | 18 | | 7 | 4 | | 28.5 |
| 66 | George McDonald | 53 | 10 | | | 11 | | | | 28 |
| 67 | Marvin Fritzeland | 63 | | | 28 | | | 28 | | 28 |
| 68 | Mike Ferryell | 26 | | | | | | | | 28 |
| 69 | Eli Perez | 42 | | | 27 | | | | | 27 |
| 70 | Jon Perez | 44 | 27 | | | | | | | 27 |
| 71 | Aaron Pierce | 32 | | | | 16 | 10 | | | 26 |
| 72 | Jacob Wells | 37 | 26 | | | | | | | 26 |
| 73 | Randy Saxon | 46 | | | 26 | | | | | 26 |
| 74 | Scott Rogers | 42 | | | | | 10 | 16 | | 26 |
| 75 | Isaac Eppy | 43 | | | 25 | | | | | 25 |
| 76 | Josh Bornhurst | 31 | | 9 | | | 16 | | | 25 |
| 77 | Steve Appleton | 34 | | | | | | 25 | | 25 |
| 78 | Todd Matthews | 33 | 18 | | | | | 7 | | 25 |
| 79 | Todd Porter | 34 | 25 | | | | | | | 25 |
| 80 | Billy Mills | 44 | | 24 | | | | | | 24 |
| 81 | Herb Jarrell | 62 | 24 | | | | | | | 24 |
| 82 | John Bradley | 39 | | | | | | 24 | | 24 |
| 83 | Steve Blake | 49 | | | 24 | | | | | 24 |
| 84 | Ray Bunn | 52 | | | 23 | | | | | 23 |
| 85 | Bill Richardson | 46 | | | | | | 22 | | 22 |
| 86 | Casey Lopez | 39 | 16 | | | | | 5 | | 21 |
| 87 | Brian Hoover | 39 | | | | | | | | 21 |
| 88 | Chisholm Daepree | 40 | | | | | | 21 | | 21 |
| 89 | Jessie Abbott | 21 | | 21 | | | | | | 21 |
| 90 | Mike Snyder | 39 | 15 | | | | | 6 | | 21 |
| 91 | Randy Dietz | 56 | | | 21 | | | | | 21 |
| 92 | Paul Schardt | 54 | | | 20 | | | | | 20 |
| 93 | Michael Terrell | 39 | | | | | | 19 | | 19 |
| 94 | Shannon Johnson | 38 | | | 19 | | | | | 19 |
| 95 | John Tolan | 42 | | 18 | | | | | | 18 |
| 96 | Jay Hameycant | 45 | | | 7 | 10 | | | | 17 |
| 97 | Mike Smets | 50 | 17 | | | | | | | 17 |
| 98 | Doug Wielgart | 50 | | | 16 | | | | | 16 |
| 99 | Jim Sweatt | 50 | 4 | | | | 6 | 6 | | 16 |
| 100 | Israel Holby | 27 | | | | | | | | 15 |
| 101 | J.B. Mullins | 27 | | 15 | | | | | | 15 |
| 102 | Ricky Pramps | 31 | | | 15 | | | | | 15 |
| 103 | Dale Powell | 55 | 14 | | | | | | | 14 |
| 104 | John Hargrove | 62 | | | 14 | | | | | 14 |
| 105 | Mike Heard | 47 | | | | | 14 | | | 14 |
| 106 | David Reagler | 40 | | | | | 8.5 | 5 | | 13.5 |
| 107 | Ben Kallio | 26 | | | 13 | | | | | 13 |
| 108 | John Dolan | 43 | | | | 13 | | | | 13 |

| Rank | Name | Age | MdN | Neto | ATT100 | Den | Gorg | Buff | ABF | Total |
|------|-----------------|-----|-----|------|--------|-----|------|------|-----|-------|
| 109 | Bob Engel | 51 | | | 12 | | | | | 12 |
| 110 | Johnny Michum | 59 | 12 | | | | | | | 12 |
| 111 | Roger Rains | 41 | | | | 12 | | | | 12 |
| 112 | David Calhoun | 48 | | 4 | | 3 | 4 | | | 11 |
| 113 | Dennis Rankie | 39 | | | | | | 11 | | 11 |
| 114 | Michael Thienes | 32 | 9 | | | 2 | | | | 11 |
| 115 | Nathi Natoro | 43 | | | 11 | | | | | 11 |
| 116 | Jim Ball | 49 | | | 10 | | | | | 10 |
| 117 | Paul Herms | 65 | | 10 | | | | | | 10 |
| 118 | Jeanie Golteier | 56 | | | | | | 9 | | 9 |
| 119 | Jon Howe | 38 | | | 9 | | | | | 9 |
| 120 | Brad Knight | 36 | 8 | | | | | | | 8 |
| 121 | Rick Zachery | 36 | | 8 | | | | | | 8 |
| 122 | Spencer Kinsey | 35 | | | | 8 | | | | 8 |
| 123 | Steve Bunch | 23 | | | 8 | | | | | 8 |
| 124 | Dave Gotschalk | 44 | | | | 7 | | | | 7 |
| 125 | Janus Crbill | 46 | | 7 | | | | | | 7 |
| 126 | John Hinbanks | 36 | 5 | | | | 2 | | | 7 |
| 127 | Kenny Stumpson | 52 | 6.5 | | | | | | | 6.5 |
| 128 | Greg Melton | 29 | | | 6 | 6 | | | | 6 |
| 129 | Paul Braun | 35 | | | 6 | | | | | 6 |
| 130 | Ronnie Addison | 48 | | 6 | | | | | | 6 |
| 131 | Chris Block | 25 | | | 5 | | | | | 5 |
| 132 | Greg Bouras | 66 | 2 | | | | | | 3 | 5 |
| 133 | James Hasston | 39 | | | | 5 | | | | 5 |
| 134 | Nick Avery | 53 | | | | | 5 | | | 5 |
| 135 | Paul Matlocks | 58 | | 5 | | | | | | 5 |
| 136 | Don Weber | 40 | | | | 4 | | | | 4 |
| 137 | Jasper Mueller | 38 | | | 4 | | | | | 4 |
| 138 | Ted Bowden | 52 | | | | | 4 | | | 4 |
| 139 | Alston Jennings | 58 | 3 | | | | | | | 3 |
| 140 | David Hughes | 60 | | | 3 | | | | | 3 |
| 141 | David Samuel | 63 | | 3 | | | | | | 3 |
| 142 | Kevin Bennah | 36 | | | | | | 3 | | 3 |
| 143 | Ronnie Daniel | 36 | | | | | | | | 3 |
| 144 | Bob McKloney | 63 | | 2 | | | | | 2 | 2 |
| 145 | Dennis Crosby | 69 | | | | | | | | 2 |
| 146 | Leonard Martin | 53 | | | 2 | | | | | 2 |

AURA's FAB-4

Stan Ferguson-President/Web Master/UTS Coordinator
 Michael DuPriest-Vice President
 Lou Peyton-Secretary
 Charley Peyton-Treasurer/Newsletter

ULTRA CORNER

Sunmart 50 Mile and 50 Km

Huntsville, Texas

December 9, 2006

50 Miler

| Place | Name | Time |
|------------------|-----------------|---------|
| 26 th | Paul Schoenlaub | 7:46:16 |
| | 193 finishers | |

50 K.m

| | | |
|-----|---------------|----------|
| 246 | Connie Scherz | 6:33:58 |
| 326 | Bob Marston | 7:01:12 |
| 471 | Ken Saveth | 8:24:41 |
| 501 | Ann Moore | 9:07:52* |
| 502 | Bob McKinney | 9:07:52 |

*1st Female(65-69)

517 finishers

To: The Bigshot
From: Kimmy Riley

After succumbing to the will of my period at the Powerline aid station in the 2006 AT-100 (yes, a woman's period has a will of its own—just ask any woman you know!), I decided to do the 2007 Rocky Raccoon 100 on February 3rd in Texas to redeem myself. I asked several friends if they wanted to go with me to do the 50 miler there or the 100 miler because I didn't want to go by myself. After lots of e-mails and conversations, I was unable to get anyone to go with me and will not be going myself. Here is a list of reasons for not doing the Rocky Raccoon, which also include reasons given in years past (you guys know who you are!):

1. Too many loops.
2. Too many roots.
3. It's a one time deal.
4. My butt hurts.
5. I have a stress fracture in my foot.
6. I fell and broke a bone in my hand.
7. I can't get off from work that weekend.
8. It is too close to the Sylamore 50K.
9. I am doing the White Rock 50K.
10. I have wanted to do it for several years but it just never seems to work out, maybe next year.
11. If it were a month later, I likely would go.
12. I don't want to go by myself.

2007 Swamp Stomper(S)

Memphis, Tennessee

January 14, 2007

| Pl. Name | Time |
|---------------------|---------|
| 1 Geno Phillips | 4:50:47 |
| 2 Marty Clarke | 5:02:47 |
| 3 Bill Maze 5:0 | 4:10 |
| 4 Billy Simpson | 5:21:52 |
| 5 Mark Williams | 5:31:52 |
| 6 John Scheidhauer | 5:33:56 |
| 7 Stan Ferguson | 5:38:09 |
| 8 Scott Eason | 5:42:45 |
| 9 Cal Hill | 5:53:08 |
| 10 Michael Harlow | 6:07:28 |
| 11 Chris Smith | 6:12:44 |
| 12 Paul Turner | 6:20:33 |
| 13 Edward Pledger | 6:28:00 |
| 14 Keith Woodall | 6:33:00 |
| 15 Scott Huddleston | 6:35:00 |
| 16 Wade Lewis | 6:36:00 |
| 17 Bob Batzer | 6:42:48 |
| 18 Todd Porter | 6:48:02 |
| 19 Mary Jones | 6:54:15 |
| 20 James Holland | 6:54:35 |
| 21 A.J. Wolfe | 6:54:36 |
| 22 Chuck Parks | 7:29:56 |
| 23 Kevin Dorsey* | 7:37:59 |
| 24 Mike Samuelson* | 7:37:59 |
| 25 Mike Montgomery | 7:41:42 |
| 26 Bill Dey | 7:41:59 |
| 27 Mike Howard | 8:02:26 |
| 28 Chrissy Ferguson | 8:02:27 |
| 29 Steve Durbin | 8:02:28 |
| 30 Diane Taylor | 8:05:31 |
| 31 Todd Hinton | 8:09:36 |
| 32 Duane Grigg | 8:23:16 |
| 33 Rob Apple | 8:26:44 |
| 34 John Hazen | 8:31:19 |
| 35 Leslie Forjet | 8:31:22 |
| 36 Bob Haugh | 8:55:02 |
| 37 Robert Kyle | 9:06:36 |

2007 Swamp Stomper 25 K

| Pl Name | Time |
|-------------------|---------|
| 1 Seth Parrish | 2:16:01 |
| 2 Mike Cooley | 2:30:55 |
| 3 Michael Hooks | 2:38:53 |
| 4 Lauren Coffelt | 2:40:33 |
| 5 Scott Germain | 2:40:41 |
| 6 Bruce Keisling | 2:45:39 |
| 7 Greg Russell | 2:49:43 |
| 8 Joe Coffelt | 2:52:38 |
| 9 Nelson Lowhim | 2:53:00 |
| 10 Andrea Creasey | 2:56:40 |
| 11 Chris Irving | 2:58:23 |
| 12 Ted Hill | 3:02:01 |
| 13 Brian Wamble | 3:02:33 |
| 14 Kelsey Markham | 3:04:08 |

| | |
|----------------------|---------|
| 15 Roger Markham | 3:04:09 |
| 16 Joe Harsh | 3:05:16 |
| 17 Bryan Cooper | 3:09:44 |
| 18 Tony George | 3:09:53 |
| 19 Ron McCrayer | 3:11:54 |
| 20 Jerry Denley, Jr. | 3:12:36 |
| 21 Joel Rutledge | 3:13:58 |
| 22 Ali Rutledge | 3:13:59 |
| 23 Joshua Tate | 3:14:01 |
| 24 Eddie Anderson | 3:14:20 |
| 25 Jim Mirda | 3:14:35 |
| 26 Michael Mobley | 3:18:21 |
| 27 Barbara Blum | 3:21:38 |
| 28 Billy Bilbrey | 3:24:00 |
| 29 Rick Eddleman | 3:25:07 |
| 30 Greg Gann | 3:30:48 |
| 31 Brad Knight | 3:35:49 |
| 32 Jerry Mincey | 3:39:14 |
| 33 Rodney Diggons | 3:39:52 |
| 34 Bill Butler | 3:39:53 |
| 35 Chris Werner | 3:41:13 |
| 36 Allen Sills | 3:41:17 |
| 37 Ulla Mansdorfer | 3:41:51 |
| 38 John Greenwald | 3:43:01 |
| 39 Bill Luton* | 3:45:51 |
| 40 Jon House* | 3:45:01 |
| 41 Mike Yates | 3:47:21 |
| 42 Angie Yates | 3:47:22 |
| 43 Pam Scheidhauer | 3:48:17 |
| 44 Phil Miller | 3:48:19 |
| 45 Randy Stepherson | 3:50:07 |
| 46 Jack Edmonds | 3:56:08 |
| 47 Andy Gattas* | 4:01:12 |
| 48 Tom Webb | 4:03:55 |
| 49 Ben Crunk | 4:06:39 |
| 50 April Crunk | 4:06:40 |
| 51 Susan Davis | 4:06:52 |
| 52 Mike Wallace | 4:08:20 |
| 53 Diane Jones | 4:17:24 |
| 54 Cliff Sanders | 4:21:29 |
| 55 Elizabeth Sanders | 4:24:20 |
| 56 Terry Bishop | 4:31:40 |
| 57 Jan Show | 4:35:00 |
| 58 Andy Oglesby | 4:35:08 |
| 59 Tracy Banks | 4:36:52 |
| 60 Leland Haugh | 4:41:10 |
| 61 Gary Phillips | 4:41:11 |
| 62 Susan Diggons | 4:45:39 |
| 63 Jack Bickerest* | 4:45:47 |
| 64 Barty Cresap* | 4:45:47 |
| 65 Carole Foster* | 4:45:47 |
| 66 Paula Luton* | 4:45:47 |
| 67 Ann Willis* | 4:45:47 |
| 68 Ben Pennington | 4:54:39 |
| 69 Janet Wallace | 5:01:18 |
| 70 Trisha Bilbrey | 5:01:19 |
| 71 Ann Simmons | 6:28:00 |
| 72 Margaret Westlake | 7:41:05 |

*Race day volunteer,
ran course on January 7, 2007

A True Swamp Stomp Race Report by AURA's Mike Samuelson

Elvis is always the King in Memphis. Most running events in the Memphis area have at least one running Elvis. Of course, most of the runs in the Memphis area are road 5Ks. Well, Elvis was not King at the 2007 Shelby Forest Friends of the Forest Swamp Stomper 50K/25K which took place on January 14th just miles from the Memphis city limits. The weather was King. Rain which had fallen prior to the race start combined with the rain that fell during the race turned much of the beautiful forest trail into – shall I say it – a swamp. Yes, runners got what they paid for - a stomp through the swamp.

Yet, the 2007 Swamp Stomper was a first class event. I might be biased since I am a member of the race committee, but I beg to differ. An excellently marked trail, nice signs on the roads to direct runners to the start/finish location which is off the beaten path, a fine goody bag, super shirts, fantastic sponsors, top flight enthusiastic volunteers, tasty and diverse aid station goodies, aid stations located about 3 miles apart, unique finisher awards, a lodge with fireplace to relax in after the race and enjoy pasta, chili and more, and outstanding runners coalesced together to create a quality event.

Speaking of outstanding runners, Chattanooga runner Geno Phillips, Huntsville, AL runner Marty Clarke and Russellville, AR, runner Bill Maze ran near to each other all morning before Geno pulled away for the win over the final 3.7 miles, finishing in 4:50:47. Marty and Bill finished second and third in 5:02:47 and 5:04:10 respectively, running an absolutely superb race in tough, tough conditions. Although the course is - really it is - on the easy side of 50K courses when there is no water on the trail, swampy shoe-sucking muddy conditions definitely slowed everyone. For the women, Mary Jones took the lead from the start and was never challenged. Finishing in a fine 6:54:15, she finished 1 hour and 8 minutes ahead of second female Chrissy Ferguson who was closely followed third place finisher Diane Taylor.

There were 65 runners entered into 50K. Due to the predicted bad weather, there were only 48 50K starters. Of those starters, 11 stopped at the 25K point to claim a 25K finisher award and call it a day. Hence, there was a total of 37 50K finishers. Yes, the weather was indeed King that day.

As a result of this run, the Race Committee is most proud that it is donating [won't know the answer to this until after everyone is reimbursed and we decide how much to donate – you might want to leave it as “... a donation to”] to the Friends of the Forest. The stated mission of the Friends is to assist the Shelby Forest State Park personnel in maintaining the ecological pleasures of the park and enhance the recreational activities for current and future generations. This donation would not be possible without the participation of the runners or the generous giving of the numerous sponsors. Thanks to all. Hope to see old friends and meet new ones next January at the 2008 Swamp Stomper.

Other AURA's Report

“I hope that is the hardest 50K I'll run in my life. I took me about an hour longer than my recent 50K average. Not that the course profile was that difficult, but the conditions were nuts for running. You either sunk in below the ankle or slid right across the top and tried not to fall or do the splits. Making forward progress was secondary to staying upright. It never really felt like I was running. Ouch, I am stiff and sore everywhere. Anyone that continued past the first aid station at around 3 miles deserves some credit.” Scott Eason – Conway, Arkansas

“Made it but dropped down to the 25K as it was muddy, muddy. Took 3:56 to do the 25K and I wasn't going to stay another four hours.....” Jackie Edmonds-Mountain Home, Arkansas

“A classic” Kevin Dorsey –Cordova, Tennessee

Sylamore 50K Volunteer?

The BigShot will be on duty at the Gunner Pool Aid Station at the Sylamore 50K. If you would like to assist him for all or part, do Chrlfypyt@aoi.com and we can iron out the details.

2007 Regional Ultra Calendar

(Report your ultra-marathon race times to chrlypytr@aol.com)

- Feb 3, 2007 **Rocky Raccoon 100 Mile/50 Mile** Huntsville, Texas
[www. Tejastrails.com/Rocky.html](http://www.Tejastrails.com/Rocky.html)
- Feb 17, 2007 **Sylamore Trails 50Km and 25Km** Allison, Arkansas
[www. Runarkansas.com](http://www.Runarkansas.com) (S)
- Mar 10, 2007 **Mississippi Trail 50 Mi, 50 Km and 20 Km** Laurel, Mississippi
www.ms50.com
- Mar 10, 2007 **Waco Five-0** Waco, Texas www.runnerone.com
- Mar 10, 2007 **Land Between the Lakes 50 K, 50 Mile.** Grand Rivers, KY
www.wkrc.org
- Mar 16/18, 2007 **3 Days of Syllamo.** Allison, Arkansas.
www.3daysofsyllamo.org (S)
- Mar 24, 2007 **The Grasslands 50 Mile Run** Decatur, Texas www.nttr.org
- Mar 31, 2007 **Umstead 100 Miler** Raleigh, North Carolina.
www.Umstead100.org
- Apr 21, 2007 **Ouachita Trail 50 Km/50 Mile** Little Rock, Arkansas
www.runarkansas.com (S)
- Jun 2, 2007 **Kettle Moraine 100 Miler, 100 Km and 38 Miler.** La Grange, Wisconsin.
www.kettle100.com
- October 6/7, 2007 –Arkansas Traveller 100 Miler. Perryville, Arkansas
www.runarkansas.com (S)

(S) – Supported by the *Arkansas Ultra Running Association*

BY Rx ONLY- The COACH DOCTOR'S CLINIC

With the new running year at full speed, the **Coach Doctor** would like to address our AURA brothers concerning their New Year's Resolution of losing weight. If you did not make this resolution, He wants you to take a short, easy test. Go into the bedroom, walk past the mirror and scales and open your closet door. If your "go to" pair of trousers are the expandable waist, buffet style, take the BMI test (Body Mass Index) that follows. Go back to the scales and weigh in. Multiply your weight by 704.5. Divide the result by your height in inches. Divide that result again by your height in inches. The result is your BMI.

BMI Categories endorsed by the National Heart, Blood and Lung Institute:

Underweight= Less than 18.5
 Normal weight=18.5 – 24.9
 Overweight = 25 – 29.9
 Obesity= 30 or greater.



If you fall into the high normal or higher range, the Coach Doctor wants you to lose three (3) pounds before the Ouachita Trail 50. Do it the easy way: No chips or sweets. Only three little pounds and your clothes will fit better and you'll feel "buff". At the OT-50 when you get to the North Shore Landing Aid Station at 15 Miles, the BigShot* will tell you, "*Congratulations you've made the cut-off, continue on.*"

* - The BS's BMI was 26.5. He hopes to see 23.5 in 2007.

UTS #10

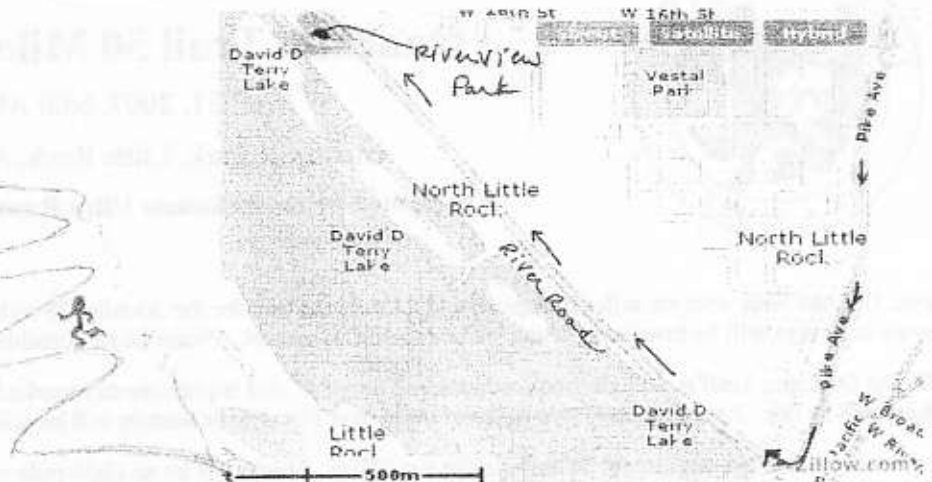
AURA HOT FLASH!

Big Rock Mystery Run

Riverview Skateboard Park

Feb 24, 2007 at 8:00am

12 to 13 miles on Asphalt/Trail



- I40 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

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