

Check your Ultra Trail Series  
Position at [www.runarkansas.com](http://www.runarkansas.com)

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**The Catsmacker UTS #13**  
**May 19<sup>th</sup>, 2007**  
**Lake Sylvia/O.T. Trail Parking Lot.**  
**7:00 a.m. Start.**

## **The ARKANSAS ULTRA RUNNER**

May 2007

A Newsletter For Members and Friends Of The Arkansas Ultra Running Association

[WWW.RUNARKANSAS.COM](http://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.

### ***AURA HOT FLASH!***

AURA's Steve Kirk has resumed his weekly trail runs in Burns Park. Every Tuesday night – April 3<sup>rd</sup> thru May 29<sup>th</sup>. 8 Mile Trail Run on Fast single track trail. Start time is 6:00 pm sharp! Course will be marked with ribbon. No entry fee/no aid/ no awards. Just show up and run! Start and finish is at the pavilion on Arlene Laman Drive. Directions to the pavilion: Burns Park exit off of I-40, North Little Rock. Go west on Championship Drive toward the golf course. The first black top road on the right is Arlene Laman Drive. The pavilion will be on your right. See the Burns Park trail map at [www.runarkansas.com](http://www.runarkansas.com)

**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.**

**MESSAGE FROM THE BIGSHOT** – The BS wants every AURA member and running friend to mark June 2<sup>nd</sup> on your running calendar. The AURA will be celebrating National Trails Day with UTS -#14, the **2006/2007 Ultra Trail Series** finale The 20 mile **Big Tom Challenge**. There will also be an 11 mile **Little Mo Fun Run** along with hiking and mountain bike activities. The runs will start at 8:00 a.m. from the Albert Pike Campground, Ouachita National Forest, which is near Glenwood. An embroidered National Trails Day patch (3.5" by 2.5") will be presented to the first 250 participants in the running, hiking and biking events.

All National Trails Day (NTD) events will start and finish at the new pavilion at the north end of Albert Pike Recreation Area. (area D) where the pavement ends on Road 43.

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## National Trails Day Order of Events

07:00 Registration/Waiver to sign. No entry fee.

07:30 Opening Ceremony

08:00 All events start.

**Big Tom Challenge** run course – Start on Rd 43 and then to Rd 106 for 2.5 miles to the *Winding Stairs Trailhead*. Follow single track *Little Missouri Trail* along Little Missouri River to *Viles Branch Trail* to *Athens-Big Fork Trail* over Big Tom Mountain to Road B23F and return the same route

Aid Stations: 2.5 mile, 5.5 mile (11 mile *Little Mo Fun Run* turnaround), 10 mile **Big Tom Challenge** turnaround, 14.5 and 17.5 mile

Directions to National Trails Day From Little Rock – I-30 thru Benton. Outside of Benton take the Hot Springs exit, Hwy 70. Just before entering Hot Springs, take the Hot Springs bypass and follow to the Hwy 70 south exit. Follow Hwy 70 thru Glenwood. Continue past Glenwood for seven miles to the community of Salem and Hwy 84. Turn right on to Hwy 84 and go 13 miles to Langley. At Langley turn right onto Hwy 369 and it is six miles to the Albert Pike Recreation Area and campground.



Embroidered *National Trails Day* patch to be given to the first 250 finishers.

## An AURA Cartoon

*I'm Sorry, #150, but there won't be a Ho Dog Award this year!*

*Dang!—that was the only award I ever WON!*

*The Bigshot could lose his AURA position!*

### **BIGSHOT and the COACH DOCTOR**



In the early days of the AURA/Ultra Trail Series, in addition to the King and Queen of the Trail Awards, the BS also presented several "off-color" awards. Among these were the 1<sup>st</sup> Bitch Award, the Red-ass Award and the Ho-dog Award

## 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      |
|          |                                    |            | The Big Tom Challenge – 20 Miler |

### **The Catsmacker – 19 mile +/- UTS #13**

May 19<sup>th</sup>, 2007

7:00 a.m. Start

The run will use the Ouachita Trail, portions of the Arkansas Traveller 100 race course, some well groomed Forest Service roads and other interesting paths.

Directions to the start of the Catsmacker from Little Rock: Hwy 10 west approx 31 miles to Williams Junction (Hwy 9 and Hwy 10. Continue on Hwy 9/10 for 1.5 miles to Hwy 324. Turn left and go four miles to Lake Sylvia and the Ouachita Trail parking lot.

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## ***Ouachita Trail 50***

April 21<sup>st</sup>, 2007

Little Rock, Arkansas

### **50 Mile Results**

1. Paul Schoenlaub, 47	8:29:03
2. Stan Ferguson, 43	8:30:28
3. Scott Eason, 41	8:34:31
4. Thomas Boyd, 35	9:18:31
5. Rick Howton, 32	9:56:02
6. Kevin Dorsey, 36	9:57:48
7. Gary Gehrki, 52	10:09:47
8. Susy Phillips, 28	10:12:47
9. Matt Walker, 33	10:29:18
10. Jamie Hamond, 36	10:34:34
11. Murry Chappelle, 47	10:36:12
12. William Ansick, 20	10:41:16
13. Amanda Perron, 33	10:59:50
14. Rene Villalobos, 48	11:03:27
15. Michael Perryall, 26	11:03:59
16. Kimmy Riley, 46	11:18:55
17. Dale Humphrey, 47	11:34:13
18. Jay Ruby, 41	11:55:45
19. Tracy Fink, 35	11:59:37
20. Guy Pateson III, 47	12:08:28
21. Ricky Pampo, 32	12:17:07
22. George Peterka, 47	12:22:52
23. Robert Williamson, 40	12:28:59
24. Paul Mollica, 46	12:40:50
25. Bob Conner, 24	12:41:06
26. Ryan Allred, 32	12:56:42
27. Dianne Seager, 50	12:59:38
28. Kenny Simpson, 52	13:21:48
29. Jonathon Mast, 43	13:31:14
30. Patty Groth, 51	13:31:16

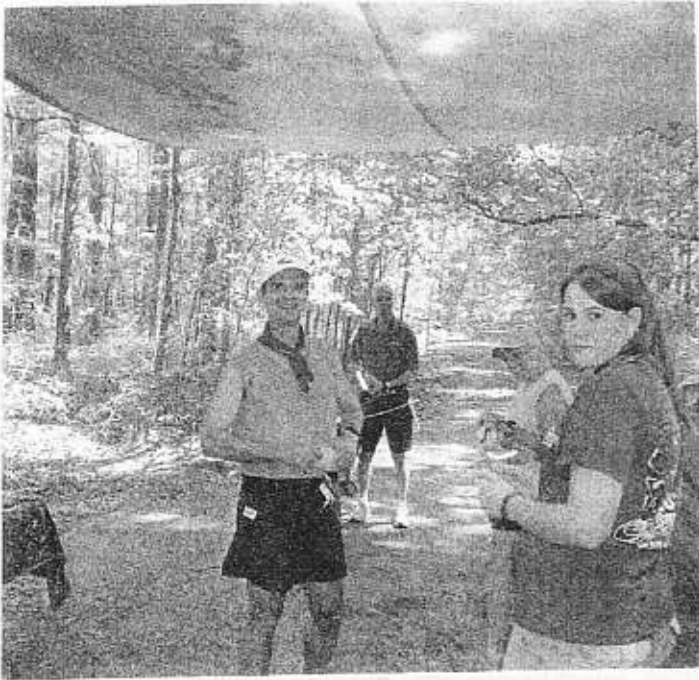
### **50 Km Results**

1. Tom Brennan, 35	4:46:20
2. Hap Seliga, 36	4:51:49
3. Steve Kirk, 46	5:09:46
4. Robert Cowan, 46	5:10:48
5. Kimberly Morton, 34	5:28:40
6. Derek Huddleston, 24	5:35:28
7. Darin Hoover, 42	5:37:34
8. Clay Wagner, 34	5:40:35
9. David Mann, 37	5:47:59
10. Jay Perry, 35	5:56:04
11. John Kelly, 40	5:57:46
12. Brett Bassham, 46	6:10:21
13. Ted Bowden, 52	6:15:50
14. Joshua Bornhorst, 32	6:37:10
15. Joe Banks, 43	6:40:44
16. Robert Carr, 46	6:42:53
17. Tom Bell, 35	6:44:31
18. Mike Samuelson, 41	6:48:05
19. Steve Hobbs, 51	6:53:05
20. David Pearson, 39	6:53:43
21. Carla Branch, 55	7:05:25

22. Earl Blewett, 42	7:06:33
23. Eunika Rogers, 36	7:09:20
24. Salli Scott Young, 34	7:09:35
25. Shayne Smith, 38	7:16:33
26. Jerry Evans, 59	7:25:05
27. Mark Roth, 45	7:25:06
28. Ulla Mansdorfer, 49	7:25:52
29. Pete Ireland, 66	7:29:02
30. Paulette Brockinton, 58	7:34:42
31. Bob Marston, 56	7:36:29
32. Duane Grigg, 56	7:39:56
33. Bill Luton, 51	7:47:52
34. Ted Bearden, 38	7:51:25
35. Nick Hays, 37	7:51:25
36. Michael Knox, 36	7:51:25
37. Brad Knight, 36	7:55:47
38. Craig Bills, 54	7:57:18
39. Jorge Rivera, 26	7:58:21
40. Connie Scherz, 47	8:03:12
41. Jon House, 40	8:05:27
42. Andrew Colee, 60	8:06:23
43. Jack Edmonds, 59	8:15:33
44. Carol Foster, 55	8:18:43
45. Shawna Brown, 54	8:19:19
46. Catherine Chambers, 34	8:20:14
47. Robert Hanle, 54	8:20:44
48. Debbie Rigsby, 50	8:26:41
49. Paula Luton, 53	8:28:46
50. Jim Ingalls, 62	8:30:39
51. David Caillouet, 48	8:30:39
52. Ron Gimblet, 59	8:33:22
53. Karen McCoul, 47	8:37:13
54. James McCoul, 53	8:37:13
55. Elaine Gimblet, 59	8:38:03
56. Donna Duerr, 51	8:38:03
57. Warren Kastner, 46	8:43:19
58. John Spriggs, 52	8:50:34
59. Jennifer Holland, 34	8:56:12
60. Jesse Burks, 37	8:56:14
61. Jack Bickerest, 60	8:57:39
62. Johnny Eagles, 55	9:01:35
63. Deborah Sexton, 49	9:01:54
64. Ray Gildea, 53	9:02:36
65. Larry Sharp, 57	9:06:02
66. Ken Childress, 47	9:06:02
67. Dottie Rea, 54	9:07:04
68. Phil Brown, 40	9:09:16
69. Ron Nichols, 37	9:13:52
70. Cindy Langley, 35	9:13:54
71. Bruce Adib-Yazdi, 44	9:27:15
72. Lou Peyton, 62	9:45:36
73. Holly Lynch, 46	10:05:50
74. Timothy Mo9steller	10:05:51
75. Kathryn Wishard, 39	10:08:16
76. Kerry Walker, 39	10:08:16
77. Brian Taylor, 25	10:09:15
78. Alston Jennings, 59	10:31:40
79. Ann Moore, 66	10:39:09
80. Bob McKinney, 64	10:39:10
81. Rosemary Marston, 59	11:02:32
82. Corky Zaloudek, 61	11:02:33

## Pictures From The Ouachita Trail 50

**Left-50 Miler Winner Paul Schoenlaub Pauses  
At The North Shore Aid Station-Mile 36.7**



**Right-First Female, Susy Phillips  
at the North Shore Station.**




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## *Great North Little Rock Clean-Up*

*Saturday, May 5, 2007*

This bulletin/notice was sent to area running organizations as well as churches, business, biking clubs, etc.

On May 5<sup>th</sup>, North Little Rock is organizing a clean-up of the Arkansas River shore line and River Trail.

The following is an edited version of the e-mail sent to our AURA 1<sup>st</sup> Lady, Chrissy Ferguson,

*"Since you guys probably have the best lung capacity of the bunch, I would like to have the primary area for you to be to start at the FOP(Fraternal Order of Police) building on River Trail and then go up and over the Emerald Park Trail behind FT. Roots and then back down to the FOP. "* Bert Tanner, an event coordinator.

For more information and sign-up, contact Chrissy at [StanChrissy@earthlink.net](mailto:StanChrissy@earthlink.net)

## ULTRA CORNER

### *The Barkley Marathons*

March 31<sup>st</sup>, 2007

Frozen Head State Park, Tennessee

### Results - AURA's At the 2007 Barkley Marathons

Greg Eason – Completed the Barkley Fun Run (three loops; 60 miles)

David Horton- One Loop

Pete Ireland – Partial loop

The Barkley Marathons 60 Mile Fun Run and 100 Miler – After seven trips to the Barkley Marathons as a crew, I have given a lot of thought on what to tell the AURA what the Barkley Marathon is. In year's past I have written extensively about the race; this year I am going to *bottom line* it. The following is my short version.

To understand the Barkley you must understand the one who directs it—Gary Cantrell. The two are inseparable. I don't claim to know him well. I do have observations. Gary is a congenial, quick-witted, mischievous ultra-running personality. His persona strikes me as not unlike a “cult” leader. For years Gary wrote a column for *ULTRARUNNING* magazine. With this in, he was able to “hype” the Barkley to almost mythical proportions. Despite the quirky Barkley traditions, this is not a haphazard administered event. As such, it attracts the “heavy hitters” in ultra adventure running. The race course is incredibly difficult. After the first 20 mile loop, the remaining loops become exponentially more difficult due to fatigue and sleep deprivation. Incredibly difficult does a poor job of telling how hard the three loop *Barkley Fun Run* is. To finish the 100 miler one must be super fit, highly motivated and lucky. My only criticism of the Barkley is that it is so tough that I get the feeling that a large percentage of the 35 entrants are looking for a way to dropout even before the start of loop one..

Why do runners from all around the country try to get into Barkley and then want to return every year knowing that they'll never complete it? I believe it is the allure of wanting to test oneself against the most difficult challenge they will face in the sport.

Would I recommend the Barkley to an AURA brother or sister? Here is how I would rate your chances: A sub-30 hour 100 miler should be able to finish one loop within the 13:20 hour cut-off; a sub-24 hour 100 miler should be able to complete two loops and a sub-20 hour 100 miler, if determined, could conceivably complete the 60 mile fun run. To complete the 100 miler read what I wrote in the second paragraph.

For the latest information on the *Ultra Trail Series* Point standings, go to [www.runarkansas.com](http://www.runarkansas.com) and follow the link

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## Team AURA

On April 7<sup>th</sup>, Adventure Racing Team, *Team AURA*, was awarded 1<sup>st</sup> Masters Team at the *Toad Suck Challenge Adventure Race* in Conway. The Toad Suck Challenge was directed by our AURA brothers Dave Cawein and Jim Schuler of Morrilton.



Photo: Team Captain, Pete Ireland, Lou Peyton and Donna Duerr.

## By Rx Only –The Coach Doctor’s Clinic

### AURA Etiquette – *Gloating.*

Mr. Manners would like to approach a sensitive subject about which he has taken note of at recent ultra marathons. Our subject is: *Gloating after an Ultra Marathon.* Although it is natural to be pleased with one’s performance, to exclaim so could be taken as prideful and boastful to other finishers. Mr. Manners would like to offer examples of things to say about one’s self as well as one’s competition immediately following the race. Keep in mind that every participant looks at the results; every participant will know how you performed. Exclaiming how good or fast one was will not help a struggling brother or sister and could brew up animosity. Mr. Manners suggests the following tact in dealing with your performances: Phrases like *“I felt good today”* or *“I had a good*

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day" are disarming to your competition. Complimenting your competition will endear them to you. Consider the following, "*when we passed, you were really looking strong or good*". "*I was lucky to hold on*" is also appropriate.

Mr. Manners urges you to be humble in victory and save any gloating to the confines of ones closest confidants. Doing so, you bring honor to one's self, and, the AURA.

AURA SPECIAL

## RACE REPORT



### McNaughton Parks Trail 100 Mile Run

Pekin, Illinois  
April 13, 2007

By AURA's Jeff Genova-Bentonville, Arkansas

This weekend I ran in the *McNaughton Parks Trail 100 Mile Run*. I ran with three friends from Team Sherpa. Sherpa John and Hans Baur from New Hampshire and Chrissy Wiess from California. I knew all of them from past Ultras and then we keep up on the internet through email. I also met a lot of new friends at the race. The people are what make the ultra running community so special. I got to meet Karl Melzer, the *Ultra Runner of the Year* for *UltraRunning* magazine. Karl is just a regular dude. He spent 20 minutes before his race talking to me and Sherpa John about racing. Wow! Very cool. How many elite athletes spend time with the common folk?

I met David Goggins, navy seal and fifth place finisher at *Badwater* last year. I would later learn that, yes, he is human as during the day on Sunday as the course had humbled him to a 30 minute per mile pace. I also got to see Diane Van Deren win the woman's 150 mile run. Her son was deployed to Iraq on Sunday morning while she was running. He had told her that it just wasn't cool for a Mom to kiss their baby goodbye when they are in the Marines. So he told her to go run and she told him that she would win it for him. She did as the only 150 mile female finisher. That was a very emotional finish for everyone.

This weekend started many months back when Sherpa John told me about the race. Andy Weinberg the race director had talked him into running his first 100 mile run at *McNaughton Park*. Well, since I didn't have better things to do, I decided to sign up for the race and help my friend finish his first 100 mile ultra marathon. So the main goal for the weekend was set--*help Sherpa John get a buckle*.

The run started Friday night at 6 pm for the 150 milers and so I needed to leave my house in Arkansas early Friday as soon as I got the kids off to school. Well, that almost happened and I left around 9 am. On the way to the run I stopped at my friend Jeff Feid's house in Normal, Illinois. He had agreed to pace for us at the end of the run which I had hoped would be early Sunday morning. I got to spend a little time catching up with Jeff and his new wife which was great. I set a time for him to meet me since he was going to pace me for at least one lap on Saturday, also. After a great visit with him and his wife I was on my way and I arrived at the McNaughton Park around 5 pm. This gave me enough time to set up my tent and watch the start of the 150 mile run. Then after eating

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too much pasta, I set up my race gear for the next day and then it was time to watch the 150 milers that were coming though for a second lap. Some of them were going way too fast and made me excited to get running in the morning. Then it was off to bed so that I could get up for the next days run in the rain, according to the weather forecast.

We woke up on Saturday morning to the sound of people discussing the fact that it was snowing!!!! Oh what a fun day this is going to be, I thought. Well, the snow changed to ran fairly quickly to make for some really muddy conditions.

The mud holes were just one of the fun obstacles that we were faced with on our 100 mile journey as well as huge hills that we had to climb, literally. One of the hills was even equipped with a rope assist. I think that some of the hardest parts of the course were the sheer drop down hills that were covered with very slick mud. On one down hill slide, I told Sherpa John that it was like boot skiing! But the mud was only part of the challenge. Every lap we got to cross two very cold creeks in about shin deep water that by the end of the day, Sunday, was down to ankle deep water and felt good on our aching feet.

Sherpa John and I started the race together and at a pace I knew we should not try to hold if we were going to finish the race. We ran the first lap in two hours and six minutes I slowed down on the next lap and Sherpa John couldn't slow down so he left me. He went on and I met up with my pacer Jeff at the end of the lap so I had someone to run the next lap with me. Thank goodness because I would have quit then. Jeff was great he kept telling me how crazy I was for running in these conditions and if the trail wasn't so muddy how great the running would be. He kept me running for the whole lap. I am sure glad he came out as we had some great talks about the old days when we worked together and how thing had change since.

I think that it was the combinations of the difficult condition and my lack of sleep I decided to try to quit the race and just pack up my belongings and go home wishing that I had never heard of the *McNaughton Park Trail Run*. But after some arm twisting and the thought of letting down all of my friends, I pressed on. I tried to drop from the race as Jeff Feld, my pacer, and I finished our 3<sup>rd</sup> lap giving me 30 miles. He had to leave and my other running partner, Sherpa John, had left me for a faster pace. I was alone and tired. I did not want to run so I called my wife and girls and told them I was lying down for a little while. My wife Kristie called me up in 30 minutes and told me to get up and go back out and run a least two more laps to make it 50 miles. I agreed and went back out for 30 more miles until I met up with Sherpa John and Hans who were not running together. We took one more lap and I could tell that John's feet were really in pain. He wanted me to look at his feet since they were killing him. Hans and I looked at them and decided that he needed to do something about his feet so Hans tried to find a doctor or foot specialist which he couldn't find at that time of night. Andy Weinberg, the RD, came over and checked on Sherpa John and gave him some *Injinji* toe socks to try. By this time John had pretty much been beaten down enough that he wanted to quit. I was ready to quit also so we laid down in our tents for some sleep and Hans went out for another lap since we was doing the 150 mile run. The next thing that I did was text my wife, my pacer, and my pastor to tell them that I had dropped on Sunday morning. This did not work When the sun came up Andy the RD came around and woke us up. He kept pestering us to get back out there and finish. He said mathematically you can still do it. Once Sherpa John saw the buckle for finishing the race he decided to head back out for

more. I could not let him do it alone so I jumped in there with him and we ran two fast laps and one really slow lap at the end to finish. I am so proud that Sherpa John got up and started running on Sunday morning and that I could help him finish his first ever 100 mile run. The race took us 34 hours and 15 minutes to finish but we did finish. Thanks to all of the great volunteers and to the Best RD that I have ever met for a super race. Until next time Good Bless and Good Running!

## AURA Horoscope-May

A nod from your Fantasy Companion could restore your *vim and vigor*. Playing dirty might get you the attention that you so crave. A financial windfall will soon be revealed to you by a trusted comrade. Taking a ultra risk might make you unstoppable.

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