

Heart of the Traveller Training Weekend.

September 1st and 3rd

The ARKANSAS ULTRA RUNNER

September- October 2007

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 paper is attached.

Heart of the Traveller Training Runs

Lake Winona Run

Saturday, September 1st, 6:30am

Distance: 25+ miles

NOTE: The section covered will be the same as last year (which is different than 2005 and prior years)

Course: Starting from the Lake Winona park, just above the intersection of FSR 114 (Lake Winona Road) and FSR 778, this out-and-back run starts out FSR 114 going North, following the AT100 course through the Rocky Gap (FSR 212), Electronic Tower, and Pumpkin Patch aid stations, and continuing to the intersection of FSRs 132C, 132, and 152--where you turn around and retrace your route.

Support: Water will be placed every several miles. Lunch will be provided at the finish. Donation can will be provided for lunch expenses.

Directions: Meet at Lake Winona park. **Please keep noise to a minimum when you arrive--to not bother the park superintendent.** Driving directions from Williams Junction (intersection of highways 10 and 9) : Go west on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive.

Smith Mountain Loop

Monday, September 3rd, 6:30am

Distance: 23-24 miles

Course: The start is near the Turnaround aid station of the AT100 (mile 58) and the route covers approximately 15 distinct miles of the race course, including about four miles on un-maintained 4-wheeler road over Smith Mountain. The remainder of the run is on well-maintained forest roads.

19th Edition; Number 8

The AURA - Showing us what you're made of.
Conceived 1989; Birthed into RRCA 2001

Support: Water will be placed every several miles. Donation can will be provided for aid station expenses.

Directions: The run starts at the intersection of Forest Service roads 114 and 2. Recommended driving directions to this location from Williams Junction (intersection of highways 10 and 9): Go west on Hwy 9 for approximately 3 miles. Right on FSR 132 (aka Winona Scenic Drive). Follow approximately 11 miles. Go left on FSR 75. Follow about 2 miles, and turn left at the intersection with FSR 114. It's about a quarter mile to the FSR 2 intersection. If you look on a map, taking FSR 114 looks inviting, but many people have been trained not to take that road because of the odds of winding up with a flat tire.

ULTRA TRAIL SERIES

Bartlett Park Ultras UTS # 2

August 11th 2007

Bartlett Park State Park, Tennessee

TENNESSEE'S HOTTEST TRAIL RUN

By Co-Race Director Mike Samuelson

The trails of Bartlett Park, also called Nesbitt Park and more commonly referred to as Stanky Creek by local runners and bikers, are considered by many to be the best trails to run in the Memphis area. Nearly one hundred percent shaded by trees, the trails are a slice of forest heaven in a suburban area. More than 9 miles of trails exist on this small parcel of land donated to the City of Bartlett by the Nesbitt family some years ago. The trails are very runnable with little elevation change, but throughout the trails there are many roots to trip the unwary runner, and there are numerous turns to cause the runners to expend more energy and take more time to complete each mile. Although it would have been nice to use all 9.07 miles of Stanky Creek trails, the math did not work out to include the fairly new "outhouse loop" as part of the course which consisted of the park's white, yellow, and blue trails. For the record, the course loop was measured by wheel as 8.00 miles.

Runners had a choice of completing 50K (32 miles), 40 mile, or 50 mile runs with the 50 milers completing 6 loops plus a one mile out and back to reach 50 miles. Although runners selected which distance they intended to complete on the entry form, runners were allowed to complete the distance of their choosing on race day. This event came about because of the desire of the race directors to direct a low cost low frills run which runners could use a training event for the Arkansas Traveller 100 Mile Run in October. Hence, August was chosen as the month to conduct this event even though the hot summer weather can be brutal. The race directors also knew that completing 50 miles on the Stanky Creek trails in August was doable as Kevin and Mike completed a 50 mile training run for the 2004 AT100 on these trails in August 2004. The Bartlett Park Ultras is an Arkansas Ultrarunning Association (AURA) event – one of the few AURA events ever held outside of the fine state of Arkansas. This event was given inspiration by and is a copy of the Dizzy Fifties event held in Huntsville, AL where runners also have a choice of completing 50K, 40M, or 50M runs on a loop course.

The slogan for the back of the race t-shirt "Tennessee's HOTTEST Trail Run" was thought up months ago. The slogan proved to be prophetic as the day was hot. According to weather.com, the high for

the day was 102 in Bartlett, TN which set a new record high for the day. Thankfully, the humidity was on the low side granting some reprieve to the hard working runners. A hearty well deserved congratulations to all the race finishers on this hot day.

The first Bartlett Park Ultras finisher was Brian Robinson from Huntsville, AL who started at the front of the pack and slowly built on his lead to the finish. Eric Charette finished second 15 minutes after Brian. The first female 50K finisher was Salli Scott Young. In the 40 Mile event, Elizabeth Holliday was the first female and overall finisher with Richard Martin as the first male finisher. In the 50 Mile event, Harry camp finished first overall and Casey Rodgers from Gulf Breeze, FL finished as the first female.

All finishers received a nice finisher's medal – a topic that takes me back in time. I remember finishing runs in the early to mid 90s and being presented with - I have to be honest – some small not-so-great looking finisher medals. Am I trying to slight some runs from yesteryear? No. I look at it this way, just as energy gels, salt tablets, recovery drinks, water bottles, running shorts, etc have improved, so have finisher awards at ultras and other running events. The top finishers did not receive any special awards. Rather, prior to the race runners were given the opportunity to guess the total finish time of the first 50K and first 50 mile finishers. The runner coming closest to the exact time would be offered a free entry to the 2008 event tentatively planned for August 2, 2008. Steve Durbin of Paducah, KY guessed 13:42 and he ended up being the closest to the total time of 13:44:24 for the first finishers.

Great thanks to all the race volunteers, Stanky Creek Cycling for their excellent maintenance of the trails, the City of Bartlett Parks Department, Bluff City Sports for offering online registration and making the super shirts, Racetrackers for manufacturing fantastic custom made safari ice-hats for the race, and Crown awards for nice finisher medals. Finally, it was very satisfying to see runners complete their first ultra, or first 40 mile or 50 mile runs, and all others simply completing a run in very challenging conditions. Co-Race Director Kevin Dorsey and I look forward to seeing everyone in the future at other ultras and marathons.

50 Miler

| | |
|---------------------|----------|
| 1. Harry Camp | 8:40:27 |
| 2. Feb Boswell | 9:26:16 |
| 3. John Manley | 10:24:13 |
| 4. Todd Potter | 10:44:42 |
| 5. Jeremy Bolt | 10:54:59 |
| 6. David Reagler | 10:55:32 |
| 7. Guy Pattenon III | 11:14:48 |
| 8. Casey Rogers | 11:23:58 |
| 9. Ben Simmons | 11:36:01 |
| 10. Susan Donnelly | 11:50:01 |
| 11. Charles Felsner | 12:08:21 |
| 12. Randy Saxon | 12:-9:21 |
| 13. Ann Burke | 12:25:02 |
| 14. Kimmy Riley | 12:31:10 |

40 Miler

| | |
|----------------------|----------|
| 1. Elizabeth Holiday | 8:47:25 |
| 2. Richard Martin | 9:23:30 |
| 3. Sarah Harris | 9:39:43 |
| 4. Lisa Zaccarelli | 10:08:45 |
| 5. Mike Hudson | 11:47:12 |

50 Kilometer

| | |
|-------------------|---------|
| 1. Brian Robinson | 5:03:57 |
| 2. Eric Charette | 5:19:15 |

50k continued

| | |
|------------------------|---------|
| 14. Tom Baker | 6:47:30 |
| 15. Ronnie Nelson | 6:48:05 |
| 16. Jason Cooper | 6:52:27 |
| 17. Michael Poole | 6:55:17 |
| 18. Steve Durbin | 6:55:43 |
| 19. Salli Scott Young | 6:58:28 |
| 20. Kevin Vioral | 6:59:47 |
| 21. Chuck Clawson | 7:05:15 |
| 22. Terri Johnson | 7:05:15 |
| 23. Lisa Combs | 7:08:20 |
| 24. Gena Bonini | 7:19:08 |
| 25. Wesley Brown | 7:23:30 |
| 26. Michael Harlow | 7:27:07 |
| 27. Gabriel Weiss | 7:27:07 |
| 28. Ian Bergin | 7:35:15 |
| 29. Travis Self | 7:43:58 |
| 30. Jim Pschandi | 7:47:44 |
| 31. Terri Clarke | 8:06:47 |
| 32. Clift Sanders | 8:28:13 |
| 33. Cassandra Ralls | 8:34:02 |
| 34. Elizabeth Sanders' | 8:35:31 |
| 35. Diane Jones | 8:43:24 |
| 36. Ken Saveth | 8:43:24 |
| 37. Walker Williams | 8:55:10 |
| 38. Carolina Williams | 8:55:11 |
| 39. Dottie Rea | 8:55:41 |

| | | | |
|--------------------|---------|---------------------|---------|
| 3. Mike Wrobel | 5:41:20 | 40. Betsy Kinnane | 9:10:40 |
| 4. Brian Davies | 5:48:50 | 41. Hilde Haynes | 9:17:36 |
| 5. Jeffrey Foes | 5:56:08 | 42. David Linington | 9:18:03 |
| 6. Benn Daley | 6:25:30 | 43. Phil Min | 9:19:08 |
| 7. Chris Smith | 6:25:56 | 44. Patti Pair | 9:21:58 |
| 8. Michael Hooks | 6:27:42 | 45. Jan Show | 9:23:55 |
| 9. David Pontius | 6:28:31 | 46. Darrell Green | 9:23:56 |
| 10. Franklin Baker | 6:36:12 | 47. Johnny Eagles | 9:30:04 |
| 11. Aaron Jeanes | 6:40:58 | | |
| 12. Jon Bearden | 6:40:59 | | |
| 13. Ted Bowden | 6:43:12 | | |

POSITIVELY HOT AT BARTLETT PARK

By Kimmy Riley

After checking the weather forecast for Memphis for the day of Saturday, August 11th and finding out that it was going to be a sunny day with a temperature of 100 degrees, strong feelings of dread overcame me when I thought about running the 50 miler at the Bartlett Park Ultras in the city of Bartlett, a suburb of Memphis. In the back of my mind all week long before the race was the vision of 100 degree weather and the fact that I had not done a race with triple digit weather. The promise of the race directors, Mike Samuelson and Kevin Dorsey, that the 8 mile trail loop was shaded kept me from not going. It turned out that it would reach 102 degrees, a record high for the town of Bartlett.

Due to a busy and tiring week at work, not reading my maps for the race properly, and not checking out Mapquest.com like the race directors suggested, I ended up missing the start of the race by about 26 minutes!!! Oh well, that's the way it goes sometimes. A very helpful volunteer steered me in the right direction and put my race packet next to my drop bag at the Start/Finish aid station. I would not have a chance to look at the goodies inside until I got home that night. It felt good to start running after the long drive in my car. It was weird running by myself for the first loop because of the late start, but a horsefly welcomed me to the course with a bite to the forehead right off the bat. Turns out that other than an encounter with a wasp guarding a big spider on the trail, there were not any more problems with insects. No ticks, mosquitoes, and not any snakes either. I did see one deer later on the fifth loop.

The trails were so shaded I didn't wear my visor and they were dirt-packed with a lot of roots, bridges, and trail bike ramps. There were also 3 or 4 short, steep hills with an aid station at 4 miles, 6.2 miles and the Start/Finish. Each 8 mile loop was very well marked and the aid stations had lots of fluids, food, ice, and a bucket with ice water and sponges in it. The buckets and I would become good friends as the day progressed. Mike and Kevin, experienced ultra runners themselves, had covered all the bases, but controlling the weather was impossibility for any race director.

The first runner I came up on was on the second loop and it was Dottie Rea, who was running the 50K. After checking out her pretty blue running outfit (Yeah, I'm a girl), I told her that I had heard from Dan McCullough that she was entered in the Arkansas Traveller 100 this year. She said she was going to see how far she could get and that she hadn't seen very many Arkies at the start of the race. I knew Ted Bowden was there to do the fifty miler to get ready for the Arkansas Traveller 100, which he wanted to finish for the first time just like Dottie. Dottie finished the 50K and Ted dropped down to a 50K finish due to blisters all over his feet. Johnny Eagles also finished the 50K. Way to go!! I wanted to do this race because it was a new race, was close to home and was good training for the Traveller, which was only two months from now. When I found out from Dottie that there weren't any other Arkie girls in the 50 miler, this motivated me a lot to finish, along with my husband, Jesse D. Riley, telling the other employees at his new job as a Chiropractic Assistant that I was running this race.

This 50 miler was definitely loopy as it would require 6 loops, with a run out to the one mile point on the seventh (that's right, seventh) loop and then turn around and run back to the Start/Finish aid station. Mike was overseeing that aid station and Kevin was at the 4 mile and 6.2 mile aid stations, which were very close to each other. I felt good and did the first two loops in about 1:45 each. The first 6.2 miles of

the third loop was where I got my usual low spell. For some reason it has happened between 15-20 miles in every 50 miler I have done this year. Beginning with the third loop, I would average about 2 hours to finish each loop. Also on the third loop, the sponge bath was starting to look very appealing at each aid station. One of the volunteers at the 4 mile aid station suggested that I put ice in my running bra. Concerned about chafing, she told me that usually perspiration caused chafing and it would be okay. Her name was Carole Foster, an ultrarunner from Memphis. This was something I hadn't tried before. I mulled this over to myself until I got to the start/finish aid station at the beginning of the fourth loop. At each aid station, I was getting Gatorade in my bottle and something to eat with sodium in it, drinking a cup of Gatorade with ice in it, and then sponging off with the ice water. What about the ice left over in the cup? Hey, why not, down it went into my running bra. Boy, it felt good and what an advantage over the guys, huh? So what if they can pee while they are running, we women can put ice in our running bras! What good advice from Carole!! If you haven't volunteered at an ultra, then get to it. You too can help someone finish a tough race.

After my low spell, I felt better at the start of the fourth loop and noticed that the first four miles of each loop was hotter than the rest of it. Once you got to the first aid station, then you just had 2.2 miles to the next and then 2 miles to the end of each loop. Breaking the loops down and focusing on how many loops I had finished so far was a positive way to look at it. It was also taking patience and a lot of stubbornness. There was a nice breeze, but in between the breezes it felt like a suffocating sauna. Okay, back to being positive again. Each time a negative thought came into my head (a frequent thing due to the heat); I had to turn it around to a positive thought. Like, hey, this course is shaded, I am on my fourth loop, there is a icy cold sponge bath at each aid station, etc. I became addicted to the sponge bath. The thought of cold icy water on my head and neck was getting me to the next aid station. That and focusing on getting my butt out of the aid station as quickly as possible. No more making small talk and relaxing like I used to do at aid stations until about a year ago, but instead thinking about what I was going to get before I got there, getting it, saying thanks, and then leaving.

The fifth loop went better in that it had started to cool off (I could actually feel it), plus then I would only have ten miles to go. It turns out though that the sixth loop was the hardest one even though I had been looking forward to it all day. It wasn't a pick me up like I thought it would be. I was wearing a pair of trail shoes that had worked really well for me. These shoes rocked and I planned on keeping them around after they were used up for running by wearing them to the store or walking my dog. I loved these shoes. I had already gotten the new version of these shoes, but I hadn't had a chance to wear them yet so I figured I could get another fifty miler out of them. Close, but no cigar, as I would get forty miles out of them instead! My feet hurt like hell on the sixth loop. It was reminiscent of how your feet feel at the end of a 100 miler. Yeah, THAT BAD. It was the aching feeling that won't go away and you just got to suck it up. Now, I just wanted to throw my beloved shoes off a cliff, into the ocean, or the nearest trash can!

Okay, keep positive, this is the last loop. Mike had told me calmly but firmly at the start of the loop, that I had 2 ½ hours to finish this loop and then 30 minutes to finish the last two mile out and back. Oh great, the cut-offs were looming now due to my late start. I also realized that I was in last place as volunteers asked if I had passed anyone (No!) and then started taking down the aid station after I went through. I know they wanted to go home too after being outside in this heat all day. Just got to stay steady and do it in two hours again. What if I slowed down? Not finishing because of the cutoffs was worrying me. This whole last loop I alternated between feeling sorry for myself and almost crying and then rallying with positive thoughts, patience and stubbornness. At least I didn't have any blisters, stomach problems, or cramping to deal with today. At the four mile aid station on the last loop, Carole told me I had plenty of time and not to worry about it. This helped a lot because I couldn't think straight now. It seemed to take longer to get to the aid stations and I couldn't wait to get to the cold, sponge bath each time. I sat down on a log a couple times, but just for a few seconds and then kept going. I managed to do this last loop in two hours and ahead of the cutoff and started the last two mile section. At the one mile turn around, I finally started smelling the barn and finished it in less than 30 minutes to avoid the cut off time again. As soon as I got done, I sat down and instantly felt great. Amazing, how all that misery was gone and now I had a finish in 12:05, which was 12:31 officially because of my late start.

I thought you got a shirt for finishing, but instead Mike gave me a nice finisher's medal. You got the great shirt and a really cool "safari ice-hat" in your race packet. The white hat has a zipper on the top where you can put ice, has a lot of vents, and a veil around the back that comes off with Velcro. I tried it

out the next weekend (without the veil) on a hot 16 miler on the Burns Park trails and the ice on your head makes you cooler and more alert mentally. Something we all need, huh? Of course, that's after your head goes numb from the ice! It also fit great and was comfortable. I will be using it at the Traveller if it is hot. The shirts were great, too with a very appropriate "Tennessee's HOTTEST Trail Run" on the back. All for just a \$35.00 entry fee. I bet the entry fee is more next year!! Thanks to Kevin and Mike for a great job on this event. I was the only Arkie to finish the fifty miler, but I was also the last finisher out on the course. Now I know firsthand that there is NOTHING wrong with finishing last!!

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. ?? | Northwest Arkansas Run(TBA) |
| 6. 11-10-07 | Gulpha Gorge Run |
| 7. 1-05-08 | Athens-Big Fork Marathon |
| 8. 2-02-08 | White Rock Classic 50Km |
| 9. 2-116-08 | Sylamore 50Km |
| 10. ?? | Big Rock Mystery Run |
| 11. 3-14--08 | 3Days of Syllamo |
| 12. 4-19-08 | Ouachita Trail 50 |
| 13. 5-?08 | The Catsmacker |

Annual AT-100 Smith Mountain Trail Clean-up – Call for Volunteers

This is the event you've heard of...
Earn brownie points!
Hang out with the heavy-hitters!!
Impress your friends!!!

--See the weeds during the Smith Mountain Training run
--Whack 'em on September 11th (you can pretend they're al-Qaida)



DATE/TIME: Tuesday, September 11, 2007 – 8:30 AM

PLACE: Meet at the Powerline Aid Station. This is on FSR 132 about three miles from Hwy 7, just north of the Iron Springs picnic area. Coming from Hwy 9 (on FSR 132 it is approximately 20 miles.

BRING: Water, weed-eater, gloves, safety glasses. Other tools such as clippers, brush-cutters, etc. could also be useful

LUNCH: Will be provided by the AURA and the rich and famous Susy Phillips

To RSVP or for more information, e-mail AT100@runarkansas.com or call Chrissy at 501-329-6688

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.

AURA EXTRA

The 2007 Badwater 135 by Jamie Huneycutt

"Living the Dream"

People have been asking me how I liked running the Badwater 135-mile Ultramarathon. I loved it! After talking about this race for literally years, I finally had the privilege of running it myself. In 2005 I was fortunate enough to be on Greg Eason's crew for this incredible event. I knew when I went out there that the experience would either have me clamoring for more or I'd hate it. Jay knew what would happen. For the 2006 event, I applied but was not picked to be among the 90 selected each year. I was lucky enough to be on the Medical Team which was a most gratifying experience. Helping those who were suffering to regroup, rest and head back out to finish was an awesome experience. Although everyone told me I would get in this year, I didn't believe it until I received the e-mail the day before the Sylamore 50K. I didn't want to be disappointed again if I wasn't selected. Prior to even going out to help Greg, I read everything I could get my hands on about Badwater. I figured preparation was the biggest key to success in such an epic adventure. Over the last 2 years, I continued to read and ask questions of those who had finished before me. I looked at it as sort of a science project and absorbed as much information as I could find.

When I first considered Badwater years ago, I didn't think I'd ever find enough people to be on my crew. I knew Jay didn't want to go, and the last thing you need out there is someone who doesn't want to be there. Jay has always been very supportive of my running and he encouraged me to take on this challenge. Crewing was another matter. I was pleasantly surprised when not only did Greg Eason, Natalie McBee, John Hughes and Stan Ferguson want to go - they were excited about it! Not only that, but Lou Peyton and Magdalena Font volunteered as backup Crew. I knew with their experience and friendship I had a winning team. How fortunate that these awesome individuals believed in me and my dream.

The Zombie Runners (Gilleen & Don) had told me that the preparation for this event is as time consuming as the training. That is true, but I loved every minute of it. Hotel rooms before, during and after, two crew vehicles, flights leaving on different days from different cities, etc. Coordinating 5 people, making lists and more lists. All paid off and I think the only thing I forgot about was the matches for the Coleman stove. It all worked out though. Each of my crew had many talents. Greg Eason was the obvious choice for my Crew Chief since he had run it before. He did an awesome job coordinating everyone and once I began the race I just left it up to Greg and my other amazing Crew.

My training was as unorthodox as the race itself. A week after the Hogeeye Marathon I stained my hamstring and had to take 2 weeks off from running and then slowly build up again. That was rather stressful, but perhaps it kept me from over-training. I started walking and swimming more during that time and went ahead and began my sauna training since I couldn't run. Heat training for Badwater is very important and the sauna at Fayetteville Athletic Club gets up to 190 degrees. I worked up to sitting in there an hour. By the time Badwater started I had sat in the sauna 52 times. An added benefit of sauna training is that I made some new friends sitting in there that I would not have made otherwise. I used the time to write, stretch, talk on the phone and talk to other people in the sauna. It was relaxing sitting in there sweating up a storm drinking liters of fluid and taking S-caps. The downside was that I was freezing at work and I'd have to turn on the heated seats when I'd ride in Jay's car and he had the air conditioning on.

Once I was able to run again, I built up quickly and ran 25 miles each on the 3 days of Memorial weekend. My next long run was a 50-mile training run in our hilly neighborhood. I did talk one of our neighbors into running 8 miles (4 loops) of it with me. I ran 25 loops of 2 miles each and my aid station was our front porch. Chrissy Ferguson then came up and we did a 24-hour walk all over Fayetteville. Steve McBee also walked with us for half of it. Unfortunately, it was not that hot and rained 6 hours and poured down rain for an hour and a half. Jay and Stan brought us pizza Friday night then came out again with Chrissy's foot kit in the wee hours of the morning. They also met us again as it began to rain around Lake Fayetteville. Chrissy and I also ran a 30-mile, then a 20-mile training run up and down White Rock Mountain. Stan ran and Jay biked out there during our 30-miler and Jay biked during our 20-miler. It was so great to have Chrissy to train with as I almost always run by myself. If you know us, then you know we never lacked for something to talk about.

John Hughes and I flew out to California on the Thursday before Badwater. We shopped Thursday night, and then continued to shop on Friday morning before heading out to Death Valley. We bought so much food that my credit card company got suspicious and temporarily cut me off. Apparently you are supposed to let them know when you go out of town. Oops. Greg, Stan and Natalie flew out on Friday. I was so relieved when we were all together finally at Furnace Creek. Saturday we got our food and other traveling aid station items organized in the room and Sunday we went to the pre-race meeting and visited with the other runners and crew.

The race begins at Badwater which is 282 feet below sea level. There are 3 different starting times and mine was the 8:00 am start. Jim Ingalls from Wichita Falls, TX and Don Falls of Hawaii (used to live in Arkansas) started at 6:00 am. The elite runners began at 10:00 am. We were very fortunate the first day in that there was cloud coverage for the most part until late in the day and the temperature was only 114. I arrived into Stovepipe Wells (mile 43) earlier than expected due to the "mild" temperature. I rested there for a little over an hour and then headed on up Towns Pass, an 18-mile hill climb. Towards the top I had a hot spot on my foot so Greg put Elasticon tape on it and it stayed the remainder of the race and I didn't have any other foot issues. At Stovepipe John and Natalie stayed to get some rest and then 6 hours later Greg and Stan traded out for some rest as well. The night was magnificent. The stars appeared to be right above our heads and Natalie reported seeing 28 falling stars and 3 satellites. It was so beautiful. As I had done with Lou Peyton in 2005, I turned Natalie on to Starbucks Espresso Shots. John, Natalie and I thoroughly enjoyed those while Greg and Stan were the more traditional Coke and Mountain Dew types.

The long climb up Father Crowley brought in a new beautiful day. At night I would wear normal running attire, but during the day I stayed covered up with my vented Sun-Precautions outfit. I was happy that I could "run" some the second day. I had some entertaining hallucinations the second afternoon. I saw a giant weather vane on the side of a mountain that looked like a rooster. Then I saw Chatty Cathy dolls dressed in costumes sitting in the desert. Of course my Crew didn't see them and when I looked closer they were just rocks.

The Darwin checkpoint came quickly. The only thing out there was a tent with a few people for miles and miles. Then the long, long road into Lone Pine began. I swear I saw the "19 Miles to Lone Pine" several times over 3 miles. It took forever and I'm sure my Crew will agree. This was the hottest part of the race (reported at 117) but again it was not as hot as the past 2 years. As we finally trudged closer to Lone Pine, Greg brought back some McDonald's hamburgers but food just didn't taste that great anymore. I never thought I'd get tired of eating but I didn't feel like I had any saliva left. I was getting more tired and so my crew was giving me more caffeine. Running with Mountain Dew in my handheld in the heat would produce a spray of Dew out the top hole from time to time. It would really shoot up and at this point a lot of things were pretty funny.

As we neared Lone Pine, Greg had a plan. He asked if I thought I could go without my pre-planned sock/shoe change and break when we would arrive at mile 122. Since my feet were doing great I thought that was a good idea. Then he asked if I could run all the way into Lone Pine without walking which he estimated would be about an hour. I told him that would be great but I wanted to change clothes so I was happy to change back into less clothing for the rest of the race. There was a horrible headwind coming into Lone Pine that was relentless. We finally came to the Lone Pine checkpoint where I hugged my good

happy to change back into less clothing for the rest of the race. There was a horrible headwind coming into Lone Pine that was relentless. We finally came to the Lone Pine checkpoint where I hugged my good friend Don Meyer from Phoenix who was the first person back in 2002 to tell me that I could indeed do this race. We reached Mt. Whitney Portals Road and began the last 13-mile climb to the finish at 8,360 feet. Very few run any of this climb and I didn't either. It was still light when we began the ascent. Fortunately, it was dark by the time we were on the steepest part so I could pretend that it wasn't that bad. The last checkpoint left 3.3 miles to go. My dedicated Crew was also getting tired and Natalie got into the wrong Crew vehicle at this point. I think she did this on purpose to make me feel better about being so goofy.

The last mile we all walked in together to the finish line. I can still feel the emotion just writing this almost 3 weeks later. I thought I would cry but I think I was too tired after being awake so long. It is beyond description to tell you how joyful and grateful I felt and still feel. Chris Kostman, the Race Director makes every finisher feel like they won the race with a ribbon finish. Lots of pictures were taken and if you saw them on the Internet you can tell that we were all very happy and tired. My first goal was to finish. My second goal was to break 48 hours and get a belt buckle. My third goal was to run around 46 hours and so when I finished in 41:24:10 it was difficult to comprehend. I think that is why I didn't have my big cry of joy until the following Saturday. My parents printed off all of the pictures of me from the Webcast, made a congratulatory sign and card and mailed them to me. When I opened up the envelope I cried for joy and also because I realized that they knew how important this was to me.

I know it takes a village to raise a child and it takes a village to run this race successfully also. I am so blessed to have had this opportunity. I have such great family support. Jay has been so encouraging and patient with my all consuming preparation. My parents and sister lived at the Webcast during the race. My Crew was so awesome and I'll never be able to tell them how much their help and friendship means to me. Chrissy Ferguson really gave me a lot of confidence when I trained with her and she told me that I could do it. Chrissy is not one to sugar coat and if she tells you that you will do it, you will. I have received lots of e-mails, cards and telephone calls and almost everyday someone brings up Badwater and it frequently is not me!

The only thing about this race that totally surprised me is that I went into this expecting this to be a one time event. Before I even finished I was already thinking about coming back and doing it again. I don't think that has ever happened to me before. We'll see. Until then, I am just Living the Dream.

THE BIGSHOT'S PAPER TRAIL – The BS would like to apologize to one of AURA's bravest soldiers, Jeff Genova, for implying on the Ultra Corner page last month that he "*might not be an AURA member.*" FYI: Jeff is always prompt with his reenlistment and very faithful in submitting his race accounts for the newsletter. The BS did a very poor job of proofreading last month's newsletter. Let this be a lesson to our new recruits – Once one enlists in the AURA, one is always an AURA brother or sister. You're a "lifer" as we used to say.

On the 100 Mile front, we report that our brother, Paul Schoenlaub, finished the Leadville 100 Miler on August 19th with a time of 27:13:29. Omitted from last month's AUR was Paul's finish at the Hardrock 100. We can also report that Stan Ferguson and Mike Samuelson successfully completed the Kettle Moraine 100 in Wisconsin on June 2nd of this year.

On Saturday, August 25th, trail favorite, Maurice Robinson, will report to the starting line of the Lean Horse 100 in South Dakota. I hope we can get an account of his race for the next issue of the AUR.

From AURA brother, Steve Kirk: He is organizing a "Three day late summer training camp" on the Syllamo and Sylamore Trails. Start and camp at Blanchard Springs campground. September 7th, 8th and 9th. Distances will be 20 miles on Friday; 30+ miles on Saturday and 20 miles on Sunday. Steve also reminded me of the weekly trail runs on Tuesdays at 6:00 p.m. on the Boy Scout Trails at Burns Park, North Little Rock. Runs start at the pavilion on Arlene Layman Drive. For more information contact Steve at stevekirk@mail.com

Time and race accounts (in **Word** format) are always welcomed. Report errors and omissions to the BS at chrlyp0ytn@aol.com.

AURA 100 MILER ARCHIVES

Kettle Moraine 100 Miler- La Grange, Wisconsin

| | |
|---------------------------|-----------------|
| Paul Schoenlaub(03) | 18:14:16 |
| Paul Schoenlaub(05) | 19:49 |
| Paul Schoenlaub(02) | 20:25:08 |
| <u>Stan Ferguson(07)</u> | <u>20:27:47</u> |
| <u>Mike Samuelson(07)</u> | <u>23:42:10</u> |
| Mario Martinez(04) | 26:06:8 |
| Barbara Bellows(04) | 26:06:8 |

Western States Achieves – Auburn, California

| | |
|----------------------|----------|
| Stephen Tucker(88) | 20:26:05 |
| Paul Schoenlaub(04) | 20:29:22 |
| Stan Ferguson(02) | 21:47:26 |
| Stan Ferguson(05) | 22:27:14 |
| Ray Bailey(97) | 22:34:25 |
| Bill Maxwell(91) | 23:48:41 |
| Chrissy Ferguson(97) | 23:18:08 |
| Roy Haley(90) | 23:36:08 |
| Roy Haley(84) | 23:44:14 |
| Darin Hoover(05) | 24:08:26 |
| Bill Coffelt(88) | 24:28:03 |
| Max Hooper(88) | 25:22:49 |
| Steve Kirk(04) | 25:53:41 |
| Larry Mabry(90) | 26:37:07 |
| Paul Schoenlaub(05) | 26:49:42 |
| Larry Mabry(89) | 27:06:31 |
| Roy Haley(91) | 27:10 |
| Roy Haley(88) | 27:17 |
| Nick Williams(91) | 27:33:45 |
| Max Hooper(86) | 28:13:13 |
| Max Hooper(89) | 28:20:57 |
| Lou Peyton(89) | 28:29:52 |
| Kevin Dorsey(06) | 28:35:11 |
| Mike Samuelson(06) | 29:24:30 |
| Bob Marston(93) | 29:34:18 |

| | |
|-----------------------------|-----------------|
| Bob Marston(96) | 29:36:33 |
| <i>Michael DuPriest(07)</i> | <i>29:42:23</i> |
| Bob Marston(94) | 29:45:02 |
| Bob Marston(97) | 29:51:09 |
| The Big Shot(86) | DNF |

Vermont 100 Miler

| | |
|-------------------------|-----------------|
| Stan Ferguson(01) | 17:01:37 |
| Kim Goosen(95) | 17:41:02 |
| Paul Schoenlaub(04) | 18:37:30 |
| Chrissy Ferguson(03) | 19:22:29 |
| Chrissy Ferguson(02) | 19:59:12 |
| Roy Haley(91) | 20:46 |
| Lou Peyton(90) | 21:17:03 |
| Kevin Dorsey(06) | 21:18:27 |
| Kevin Dorsey(05) | 21:34:46 |
| Chrissy Ferguson(04) | 22:22:36 |
| <u>Kevin Dorsey(07)</u> | <u>22:46:46</u> |
| William Gilli(90) | 23:34:53 |
| Michael Dupriest(05) | 23:47:28 |
| Lou Peyton(89) | 24:23:20 |
| Max Hooper(89) | 25:54:50 |
| Larry Mabry(89) | 25:54:50 |
| Bob Marston(96) | 26:06:20 |
| Mike Samuelson(06) | 26:30:03 |
| Chrissy Ferguson(06) | 27:13:07 |
| Bob Marston(97) | 27:19:25 |
| Brooke Touchstone(99) | 27:32:37 |
| Bob Marston(92) | 28:11:58 |
| Nick Williams(90) | 28:15:35 |
| Carrie Dupriest(05) | 28:36:47 |
| Bob Marston(94) | 28:50:19 |
| The BigShot(90) | DNF |

2006 Leadville Trail 100 – Leadville, Colorado

| | |
|---------------------|----------|
| STEPHEN TUCKER(89) | 21:32:45 |
| RAY BAILEY(94) | 22:37:34 |
| RAY BAILEY(92) | 22:39:29 |
| BILL LASTER(90) | 22:43:35 |
| BILL LASTER(91) | 22:55:45 |
| BILLY SIMPSON(03) | 23:41:49 |
| PAUL SCHOENLAUB(06) | 24:33:13 |

| | |
|----------------------------|-----------------|
| BILL COLFELT(90) | 24:43:11 |
| ROBERT ORR(03) | 24:43:34 |
| BILL LASTER((92) | 25:22:15 |
| STEVE MCBEE(03) | 25:26:08 |
| BILL LASTER (99) | 25:35:33 |
| BILL LASTER(97) | 25:36:29 |
| BILL LASTER(88) | 26:07:54 |
| RAY BAILEY(00) | 26:20:30 |
| PAUL SCHOENLAUB(05) | 26:41:32 |
| PAUL SCHOENLAUB(04) | 26:48:07 |
| <u>PAUL SCHOENLUAB(07)</u> | <u>27:13:29</u> |
| LARRY MABRY(91) | 27:27 |
| ELLIS JAMES(98) | 27:38:02 |
| DR. FEELGOOD(94) | 27:38:25 |
| BILL LASTER(98) | 28:08:24DR. |
| FEELGOOD(96) | 28:19:29 |
| JACK EVANS(95) | 28:24:57 |
| GREG EASON(01) | 28:29:13 |
| NICK WILLIAMS(88) | 28:31:37 |
| MAX HOOPER(88) | 28:31:40 |
| LARRY MARRY(88) | 28:37:24 |
| LARRY MABRY(92) | 28:40:12 |
| MIKE HEALD(92) | 28:40:13 |
| ROY HALEY(87) | 28:42: |
| GREG EASON(06) | 28:46:11 |
| LARRY MABRY(89) | 28:47:37 |
| LOUPEYTON(88) | 28:48:44 |
| LOU PEYTON(89) | 28:58:34 |
| MAX HOOPER(89) | 29:11:34 |
| KEVIN DORSEY(06) | 29:19:46 |
| MIKE SAMUELSON(06) | 29:19:46 |
| ROBERTA ORR(98) | 29:27:34 |
| BOB MARSTON(97) | 29:40:14 |
| CHRISSEY FERGUSON(05) | 29:43:42 |
| TOM HOLLAND(93) | 29:44:46 |
| ROY HALEY(91) | 29:47:58 |
| MARIO MARTINEZ(99) | 29:49:28 |
| ANGIE RANSOM(98) | 29:50:11 |
| ROY HALEY(90) | 29:56:52 |

MORRIS MILLER(99) 29:58:47

McNaughton Park 100 Miler
Pekin, Illinois

| | |
|---------------------------|-----------------|
| Mike Samuelson(06) | 26:09 |
| <u>Mike Samuelson(07)</u> | <u>26:29:26</u> |
| <u>Jeff Genova(07)</u> | <u>34:15:29</u> |

The Hardrock 100 Miler **Silverton,**
Colorado

2007 38th Place Paul Schoenlaub 37:09 98
finishers

| | |
|----------------------------|--------------|
| Billy Simpson(04) | 36:38 |
| <u>Paul Schoenlaub(07)</u> | <u>37:09</u> |
| Robert Orr(04) | 37:36 |
| Nick Williams(93) | 41:26 |
| Greg Eason(04) | 43:08 |
| Dr. Feelgood(94) | 43:41:47 |
| Roberta Orr(04) | 43:55 |
| Nick Williams(94) | 46:49:10 |
| Dr. Feelgood(97) | 46:51:09 |

The Badwater 135-Death Valley,
California

| | |
|----------------------------|-----------------|
| <u>Jamie Huneycutt(07)</u> | <u>41:24:10</u> |
| Greg Eason(06) | 42:52:35 |



AURA HOT FLASH!

MORE ULTRA TRAIL SERIES

Mount Nebo Trails Run

August 25, 2007
Dardanelle, Arkansas

14 Miles (+/-) (2007-2008 UTS Race #3)

| P1 | Name | Age-Sex | City | Time |
|----|-------------------|---------|--------------|---------|
| 1 | James Bresette | 46-M | Clinton | 1:37:14 |
| 2 | Darby Benson | 37-M | Fayetteville | 1:40:13 |
| 3 | Po Dog Vogler | 41-M | Russellville | 1:41:48 |
| 4 | Sandbagger Mills | 45-M | Russellville | 1:43:45 |
| 5 | Stan Ferguson | 43-M | Conway | 1:47:12 |
| 6 | Scott Eason | 42-M | Conway | 1:49:58 |
| 7 | Bob Walsh | 47-M | Fayetteville | 1:52:28 |
| 8 | Jacob Wells | 38-M | LR | 1:57:19 |
| 9 | John Dolan | 45-M | Springdale | 1:57:36 |
| 10 | Tom Aspel | 52-M | Russellville | 2:00:42 |
| 11 | Jeff Foes | 41-M | Alton, MO | 2:00:58 |
| 12 | Zach Turney | 16-M | Russellville | 2:01:13 |
| 13 | David McCormick | 52-M | Dardanelle | 2:03:42 |
| 14 | Katie Helms | 29-F | Fayetteville | 2:07:17 |
| 15 | David Partridge | 46-M | New Blaine | 2:07:18 |
| 16 | Wesley Collins | 15-M | Pottsville | 2:09:09 |
| 17 | Guy Patteson | 47-M | Jonesboro | 2:12:56 |
| 18 | Scott Warrior | 52-M | Conway | 2:12:57 |
| 19 | Kaitlin Bounds | 15-F | Russellville | 2:13:08 |
| 20 | George Peterka | 47-M | Hot Springs | 2:17:49 |
| 21 | Paul Butler | 35-M | Russellville | 2:18:13 |
| 22 | Salli Scott Young | 34-F | Memphis | 2:20:02 |
| 23 | Pete Ireland | 67-M | Benton | 2:35:00 |
| 24 | Eunika Rogers | 36-F | Memphis, TN | 2:38:17 |
| 25 | Nick Avery | 54-M | Mt Pine | 2:40:17 |
| 26 | Silver Valovich | 51-F | Hot Springs | 2:40:23 |
| 27 | Josh Bornhorst | 32-M | LR | 2:43:17 |
| 28 | Phillip hall | 39-M | Stigler, OK | 2:48:55 |
| 29 | Mike Apple | 29-M | Stigler, OK | 2:48:56 |
| 30 | Jen Foster | 35-F | LR | 2:53:45 |
| 31 | David Caillouet | 49-M | LR | 2:56:42 |
| 32 | Elizabeth Sanders | 47-F | Memphis | 3:02:48 |
| 33 | Dothe Ray | 55-F | Vilonia | 3:07:02 |
| 34 | Cliff Sanders | 57-M | Memphis, TN | 3:07:03 |
| 35 | Lou Peyton | 63-F | LR | 3:12:58 |

AURA ULTRA CARTOON FROM THE PAST-September 1993

"A Satirical Look At The Arkansas Ultra Running Association"



What Your Crew Might Be Thinking

* -Rob Apple is an unnaturally attractive ultra runner from Tennessee who seemingly enters every ultra race including an appearance at the Arkansas Traveller 100

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