

UTS #6
Lake Ouachita Vista Trail Marathon(+/-)
December 6th, 2008

The ARKANSAS ULTRA RUNNER

December 2008- The Winter Solstice Edition

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

WWW.RUNARKANSAS.COM

Dedicated Reader: If your newsletter label is highlighted, it is time to reconnect. Avoid a shutoff by renewing your AURA membership.



THE BIGSHOT'S PAPER TRAIL

At the Arkansas State RRCA convention in Hot Springs over the weekend of November 22nd, it was announced the "Ultra Runners of the Year" awards.. Congratulations to Stan and Chrissy are winners of the 2008 "Ultra Runners of the Year". And to Po Dog Vogler and Kimmy Riley who won the Masters Ultra Runners of the Year.

AT100 race director, Chrissy Ferguson, has sent me a notice that there are many Arkansas Traveller runner jackets(**yellow**) left over from this years race. Jacket sizes left are small, medium and large. The cost is \$20.00 She also has Arkansas Traveller window stickers for \$6.00. You can contact her through the AURA website(www.runarkansas.com) or by phone at 501 329-6688 to arrange your purchase.

In last months newsletter, there was a lot of news and photo's from the Chicken Gap community. The BS knows that every aid station, volunteer and runner has a story to tell. And, there are people eager to hear it. You are always invited to write your story for the newsletter. You can send it to 41 Whiteoak Lane, little Rock, Arkansas 72227 or as a Word attachment to chrlypytn@aol.com. This month, AURA brother, Steve Kirk, has sent a notice on the conditions of the trails in the Syllamo/Sylamore and opportunities available to build and maintain the trails in that area.

Applications are out for the Syllamore 50K scheduled for February 21st, 2009. You can download one or register online by going to www.sylamore50k.com/

RETREADS

(Retired Runners Eating Out). Join us the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. We line up at 11:30 a.m. sharp. Wear something to identify yourself .as a runner. Pass the word. Remember, you are still somebody.

Message From AURA's 1st Lady

Hey AURA Gals! We are going to put together a women's team for the **2009 Grand Prix Series** and would like to have you on the **AURA Team** even if you plan on running a couple of the races. It doesn't matter how fast or slow you may be, we need you!

Please see the link(www.arkrrca.com) for the application to join and race dates for the 2009 season.

Our plan is to get get enough girls together to have a showing at each of the races next year and score and maybe even place! We will try to arrange to carpool when possible to help save gas and for moral support.

If you think you might be interested or have a friend or family member that might be, or you have questions, please e-mail(Stanchrissy@earthlink.net) or call 501-472-9162.

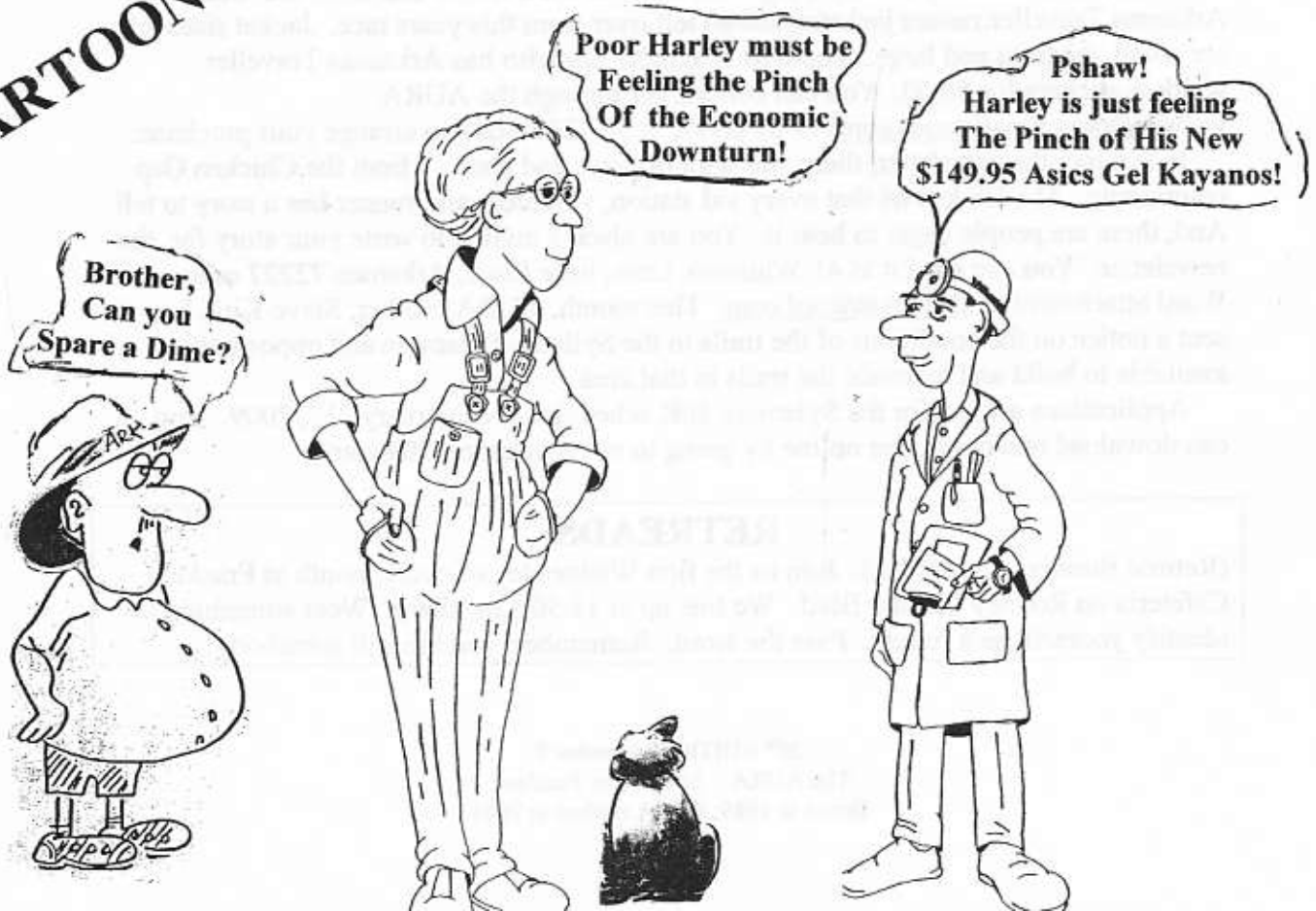
R.S.V.P. if you plan to sign up and I will add you to the **Grand Prix Series e-mail** address book, updates, races, get togethers, etc.

Hope to have you on our AURA TEAM!
Chrissy Ferguson

CARTOON TIME

The Bigshot and the Coach Doctor

A Satirical Look At Ultra Runners



2008/2009 ULTRA TRAIL SERIES

1. Midnight 50K	7-19-08	Susy Phillips
2. Bartlett Park Ultras	8-2-08	Mike Samuelson
3. Mt. Nebo Trail Run-14 miles	8-23-08	Tom Aspel
4. Arkansas Traveller 100	10-4-08	Chrissy Ferguson
5. Gulpha Gorge Challenge(17+ miles)	11-8-08	Pete Ireland
6. Lake Ouachita Vista Trail Run 50K?	12-6-08	Phillip Carr
7. Athens-Biog Fork Trail Marathon	1-3-09	Steve Appleton
8. The Swampstomper 50K	1-18-09	Leigh Tanner
9. White Rock Classic 50K	2-07-09	Jamie and Jay Huneycutt
10. Sylamore 50 K	2-21-09	Greg Eason
11. 3daysofsyllamo	3-??-09	Steve Kirk
12. Big Rock Mystery Run	-??-09	Chrissy Ferguson
13. Ouachita Trail 50	4-18-09	Chrissy Ferguson
14. UTS Finale(TBD)	?-??-09	TBD

Gulpha Gorge Run

November 8, 2008
Hot Springs, Arkansas

17+ Miles +/- (2008-2009 UTS Race #5)

Place	Name	Gender	Age	City	Time
1.	Paul Turner	M	45	Conway	2:39
	Po Dog Vogler	M	42	Russellville	2:39
3.	Mark Denherder	M	44	Westfork	2:53
4.	Khafiz Gondry	M	29	Albuquerque, NM	2:53:36
5.	Stan Ferguson	M	45	Conway	3:02:38
6.	Katie Helms	F	31	Fayetteville	3:08:00
7.	Guy Patteson III	M	48	Jonesboro	3:08:10
8.	George Peterka	M	48	Hot Springs	3:21
9.	Nick Alsbrook	M	29	Jonesboro	3:23:42
10.	Dale Powell	M	57	Mena	3:26:20
11.	Tina Coutu	F	44	Little Rock	3:45
12.	David Bourne	M	54	Little Rock	3:47
13.	Karen Call	F	55	Little Rock	3:48:30
14.	Tim Harrington	M	38	Conway	3:48:32
15.	Josh Bornhorst	M	33	Little Rock	3:52
16.	James Silverstone	M	50	Hot Springs	3:58
17.	James Barber	M	58	Lonoke	4:17:45
18.	Gary Speas	M	55	Little Rock	4:18

Gulpha Gorge results continued

	Chrissy Ferguson	F	48	Conway	4:18
20.	Rhonda Ferguson	F	53	Little Rock	4:25
	Kim Johnson	F	39	Harrison	4:25
	Patty Groth	F	52	Ward	4:25
	Carrie DuPriest	F	51	Little Rock	4:25
24.	R.C. Fason	M	63	Little Rock	4:30
25.	Diana Marty	F	46	Little Rock	4:34
	David Caillouet	M	50	Little Rock	4:34
27.	Lou Peyton	F	64	Little Rock	4:48
28.	Bill Brass	M	69	Little Rock	5:12
29.	Lloyd Moore	M	63	Little Rock	5:18

Other Distances

Ron Gimblet	M	60	North Little Rock	3:30	10+ miles
Elaine Gimblet	F	61	North Little Rock	4:00	12
Bob Taylor	M	67	Sherwood	4:00	12
Ann Moore	F	60+	Little Rock	--	8+
Bob McKinney	M	60+	Little Rock	--	8+

UTS NEXT UP**LOViT Trail Marathon UTS # 6**

(Lake Ouachita Vista Trail Marathon)

Saturday, December 6th, 2008- 8:00 a.m.

Distance: Approximately 26.2 miles.

Directions: Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida. Off of hwy 270. Look for signs posted for the run. Registration will be set up approximately 500 feet down OLD hwy 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.

Aid: There will be a total of 6 stations set up along the trail, all will have water and Gatorade, along with various goodies. Drop bag service will be available. There is no application or entry fee. There will be a waiver to sign and a can for donations to cover the expenses. You will keep your own time and please check in at the finish.

Race Contact: Phil Carr – bpcarr@windstream.net

UTS On Deck (baseball lingo)

Athens-Big Fork Trail Marathon UTS #7

Blaylock Creek 17 Mile Fun Run

Saturday, January 3rd, 2009 – 8:00 a.m.

Big Fork, Arkansas

For the Athens- Big Fork website and complete information go to
www.athensbigforkmarathon.com/

IMPORTANT REMINDER

UTS #8 is on January 18th, 2009. *The Swampstomper 50K* is one of our AURA sponsored races and is directed by Leigh Tanner of Memphis. You must enter this race and an application was in your November newsletter. You can register online at www.runarkansas.com and link to the Swamp Stomper. **DO NOT DELAY YOUR ENTRY IF YOU WANT TO RUN THE SWAMP STOMPER.** The field is limited to 150 and it will fill up and close.

ULTRA CORNER

Report your ultra times to chrlypytn@aol.com

Mother Road 100 Miler

November 8th, 2008

Route 66 / Elk City to Fort Reno, Oklahoma

17 th	Randy Ellis	21:36:19
47 th	Maurice Robinson	26:40:00

(81 male finishers)

AURA Horoscopes

Your monthly guide to money, power and more.

Playing the new Arkansas Lottery using your AURA number could result in a huge financial windfall that you will want to share with your close friends. Your many failures in the past have set you up for redemption and greatness. A new runner from parts unknown will soon enter your training circle and upset all of the old alliances.

2008-2009 Ultra Trail Series Standings through Five Races

Women									Men								
	Name	Age	Midnt	BP	Nebo	AT100	GGorg	Total		Name	Age	Midnt	BP	Nebo	AT100	GGorg	Total
1	Carol O'Hear	33				119		119	1	PoDog Vogler	42	65		60	94	63.5	282.5
2	Chris Fagan	43				103		103	2	Paul Turner	45	17		82		63.5	162.5
3	Katie Helms	31	36				60	96	3	Tom Brennan	37				157		157
4	Monica Scholz	41				89		89	4	Perry Edinger	47				141		141
5	Kim Johnson	39	30	29		5	17.5	81.5	5	Jerry Turk	50				127		127
6	Teresa Cox	47			47	30		77	6	Guy Patteson	48	14	28	21	29	29	121
7	Gaynor Bourgeois	40				76		76	7	Mark Denherder	43	42		32		47	121
8	Tammy Walther	37	58			16		74	8	Kevin Dorsey	37				114		114
9	Cheryl Zwarkowski	50				65		65	9	Scott Eason	43				103		103
10	Lisa Fisher	39		62				62	10	Jeffrey Welsh	54				86		86
11	Erin Harper	28			58			58	11	Ted Bowden	53	11	34		36		81
12	Christine Daly	46		57				57	12	Dan Brenden	57				80		80
13	Robin Saenz	52				56		56	13	Michael Poole	27		45		35		80
14	Carrie DuPriest	51			36		17.5	53.5	14	John Muir		76					76
15	Sara Kniffen	33		51				51	15	Bill Terlecki	36		74				74
16	Tina Coutu	44					49	49	16	Brian Kuhn	35				74		74
17	Susan Kokesh	42				48		48	17	Stan Ferguson	45				37	35	72
18	Patty Groth	52			30		17.5	47.5	18	Chris Harper	31			71			71
19	Kathy Hoover		47					47	19	Marty Fagan	45				65.5		65.5
20	Diane Jones	53	8	34		3		45	20	Steve Corbin	45				65.5		65.5
21	Suzie Spangler	38				42		42	21	James Holland	31		63				63
22	Diane Carpenter	51		40.5				40.5	22	Miles Krier	56				58		58
23	Julie Younce	39		40.5				40.5	23	Harry Camp	50		57				57
24	Iva Lightsey	47		40				40	24	Matthew Miller	25		56				56
25	Karen Call	55					38	38	25	Billy Mills	46			54			54
26	Kristina Irvin	50				36		36	26	Nolan Ming	33				54		54
27	Chrissy Ferguson	48					32	32	27	Matt Mason	36		52				52
28	Rosemary Rogers	60	12		18			30	28	Aaron Mulder	33				50		50
29	Laura Carucci	46		28				28	29	George Peterka	48	9		17		23	49
30	Kimmy Riley	47				25		25	30	A.J. Wolfe		48					48
31	Kathryn Varden		24					24	31	Randy Suxon	47		28		18.5		46.5
32	Melinda Davenport				24			24	32	Jim Musselman	48				46		46
33	Jen Barker	26		23				23	33	Joe Mann	45		46				46
34	Mindy Randall	48		22				22	34	Mike Wrobel	35		46				46
35	Jen Foster	36				20		20	35	David Norris	18			45			45
36	Cindy Schoenlaub		18					18	36	Michael Norris	18			45			45
37	Rhonda Ferguson	53					17.5	17.5	37	Sam Landry	47				43		43
38	Lori Ladd	42		17				17	38	Michael Courtney	52				42		42
39	Annie King	49		16				16	39	Khafiz Gondry	29					41	41
40	Anita Fromm	37				12		12	40	Nelson Armstrong	34				41		41
41	Jan Show	54		12				12	41	Bill Baker	57		40				40
42	Diane Taylor	51		11				11	42	Geoffrey Foote	40				40		40
43	Linda Whiteside	49			10			10	43	Rob Cowan	48				39		39
44	Misty McGuier	31			10			10	44	Dale Humphrey	49				38		38
45	Elizabeth Sanders	48		9				9	45	Michael Talbert		36					36
46	Joni Fontana	46				8		8	46	Zach Turney	17			36			36
47	Diana Marty	46					7	7	47	Jeffrey Foes	42		35				35
48	Deborah Botkin	37		6				6	48	Charles Felsher	41		16		18.5		34.5
49	Lou Peyton	64					4	4	49	David Kimler	41				34		34
50	Tracy Thomas	47				4		4	50	Richard Martin	45		34				34
51	Holly Lynch	47		3				3	51	Willie Lambert	46				33		33
52	Cheryl Murdock	58		2				2	52	Allan Holtz	58				32		32
53	Rosemary Evans	55				2		2	53	Bill Webb	43				31		31

2008-2009 Ultra Trail Series Standings through Five Races

Men (continued)

Name	Age	Midnt	BP	Nebo	ATI100	GGorg	Total	Name	Age	Midnt	BP	Nebo	ATI100	GGorg	Total
54 Les Ellsworth	54				30		30	107 Jacob Wells		10					10
55 Randy Ellis		30					30	108 Manual Centeno	40			10			10
56 Chris Triko	36		29				29	109 Tim Harrington	38					10	10
57 Ken Childress	49	5			24		29	110 David Pearrow	47			9			9
58 Nick Alsbrook	29		10			19	29	111 Keith Hallmark	52		9				9
59 Michael DuPriest	52		13.5	15			28.5	112 Greg Bourns	68	2		6			8
60 Scott Springman	31				28		28	113 Herb Jarrell		8					8
61 Jerry McGath	70				27		27	114 James Silverstone	50					8	8
62 Martin Fritzhand	65				26		26	115 John Wood	58				8		8
63 Paul Schoenlaub		26					26	116 Phil Brown	41			8			8
64 Tom Aspel	53			26			26	117 Steve Hughes	59		8				8
65 Arnold Begay	45				25		25	118 Cliff Sanders	58		7				7
66 Todd Porter	36		24				24	119 James Barber	58					7	7
67 Enoch Lee	44		23				23	120 Paul Mattocks	60			7			7
68 Lee Epperson	34			23			23	121 R.C. Fason	63			2		5	7
69 Rob Philip		23					23	122 Vincent Swendsen	46				7		7
70 Robert Williamson	42	12	11				23	123 Bill Brass	69			3		3	6
71 Thomas Skinner	62				23		23	124 Gary Speas	55					6	6
72 Cort Mills	51		22				22	125 Graham Gallemore	65		6				6
73 Michael Siltman	39				22		22	126 John Palmer	53				6		6
74 Steve Hern	54			22			22	127 Dan Belanger	64			5			5
75 Gregg Holst	50				21		21	128 Mike Hudson	41		5				5
76 Josh Bomhorst	33			12		9	21	129 Murvin Norgaar	52				5		5
77 Michael Yarbrough	34		21				21	130 Alston Jennings		4					4
78 David Partridge	47			20			20	131 Bryce Davenport				4			4
79 Michael Bernstein	49				20		20	132 David Caillouet	50					4	4
80 Pete Ireland	68	6		14			20	133 Leonard Martin	55				4		4
81 Steve Kirk		20					20	134 Mike Wallace	43		4				4
82 Ken Barton	49			19			19	135 Charlie Surran	57		3				3
83 Jason Thomas	34			18			18	136 Joseph Cichon	44				3		3
84 Jeremy Bolt	38		18				18	137 Kenny Simpson		3					3
85 Anton Kleparek	27		17				17	138 Eugene Bruckert	73		2				2
86 Collins Cogbill	39				17		17	139 Katsuyuki Hatta	44				2		2
87 Brian Hoover		16					16	140 Lloyd Moore	63					2	2
88 Dale Powell	57					16	16								
89 Jim Sweatt	52				16		16								
90 Murry Chappelle	49	7			9		16								
91 Wesley Collins	16			16			16								
92 Ian Maddison	66				15		15								
93 Michael Montgomery	61		15				15								
94 Alan Hunnicutt		14					14								
95 David Reagler		14					14								
96 Matthew Tumlin	28				14		14								
97 Eric Randall	48		13.5				13.5								
98 David McCormack	53			13			13								
99 David Bourne	54					13	13								
100 Tom Gladfelter	57				13		13								
101 Philip McColl	56				12		12								
102 Ryan Meschke	33		12				12								
103 Chad Henderson	34		11				11								
104 Edward Morin	36				11		11								
105 Paul Hernes	67			11			11								
106 Bentley Blackmon	36				10		10								

West Mountain Aid Station at the Gulpha Gorge Challenge



Photo: Aid Station Captain, Anna Peterka, left, and her Volunteer at the West Mountain Aid Station

AURA X-Training Report

#1 – Big Dam Bridge 100 – Lou Peyton

Cross Training? It's the only way now days. Yea, that I can still get out there with my ultra friends. The answer for me is by *Cross Training*.

On September 27th, 2008 at 7:30 a.m. Charley, Kim Fischer and I, among many others, lined up for the *Big Dam Bridge 100 Mile Bike Ride*. We started in North Little Rock at Broadway and ended in the same area eight plus hours later. What we got to accomplish was to stretch ourselves mentally and physically just like we have done ultra running in the past.

Nothing compares (to me) like the feeling I get from finishing a 100 miles on foot but the feeling that I got from finishing a 100 miler on a bike comes awfully close. Charley and I congratulated ourselves by indulging in a *Chocolate Elvis* from *Planet Smoothie* while Kim had a Root Beer Float from *Sonic* with not one feeling of guilt over the calories. What a glorious day to be alive.

#2 – The Phatwater Challenge – Charley Peyton

On Octobers 11th, Lou and I drove to Natchez Mississippi, for the *Phatwater Kayak and Canoe Challenge*, a 42.5 mile kayak and canoe race on the Mississippi River starting at Grand Gulf and ending at Natchez. We (Lou and Charley) grew up in Vicksburg and spent many of our days water skiing on the river. (We must have been out of our minds.) Since moving to Little Rock 40 years ago, I thought we had seen the last of the mighty Mississippi. So when a friend told us of the race, we jumped at the opportunity. No, we did not win it. Lou finished in six hours and Charley in about 6:30. Like all things worth doing, it was not easy. But it is doable with a little practicing. Spending six plus hours in the boat, I got to think a lot about growing up in the area. Some of the memories were good; some were bad. I had time to think about it all. If you are a paddler, I think you would enjoy your time on the Mississippi River. I hope to do it again next year and do some more thinking.

LETTER TO THE AURA

The State of Our Trails

By Steve Kirk

Over the past several months of trail running in Arkansas I have really noticed the condition of our trails. Some are groomed and maintained very well, but most are in dire need of help.

Weather this past winter and early spring has taken a toll on their condition. Between the heavy rains, wind, ice, snow and don't forget the tornados, the trails have taken a huge beating! We all love the Arkansas trails; they are some of the best in the country; as you

20th EDITION; Number 9

The AURA – *Life In The Fastlane*.

Bread in 1989; RRCA birthed in 2001

know. From the very remote trails of the Ozark Highlands to intercity parks like Burns and Allsop Park.

It would be great if the parks and forest service would take care of them and all we had to do was run and enjoy the trails. But we all know that is not going to happen! So it's time for us all to step up and do our part.

Many ultrarunning events around the country are requiring that entrants perform several hours of volunteer trail work as a part of the entry requirements. For 2009 the Three Days of Syllamo entrants will be required to perform 4-hours of trail volunteer service. For 2010 the requirement will be 8-hours.

We should all be happy and willing to perform a few hours of work and give something back to the trails. Once in a while during a run slow down and take the time to move a fallen tree or throw limbs from the trail; or build a simple water bar to direct water from the trail to prevent erosion or stacking rocks at a stream crossing. A couple of times a year instead of your regular Saturday run gather a few friends and commit a half a day to trail maintenance. These are all things that can be done easily by anyone; with or without trail building skills.

On Saturday, January 17, 2008, Three Days Of Syllamo, Sylamore 50k and Syllamo Revenge will sponsor a trail work day on the Sylamore and Syllamo Trail. The Sylamore Ranger District will provide all tools needed and will provide a chain saw crew for removing large downed trees located by volunteers. Volunteers will be divided into groups and will perform trail work for half the day; then scheduled guided runs and bike rides will take place in the afternoon. The sponsors will provide shuttle service for volunteers, energy drinks, snacks, burgers and drinks after. Camping will be available at Blanchard Springs campground. We hope you will be able to attend.

On a final note I have been working with the Sylamore Ranger District to set up an Adopt- A- Trail program for the Sylamore and Syllamo Trails. Information on adopting a section of trail is enclosed in this issue of the AURA newsletter and will also be available soon at www.Syllamo.org.

Lets all get out and do our part to save the trails in our city parks and beyond.

SPECIAL TO THE AURA

My Pike's Peak Ascent

by Lou Peyton

Saturday, August 16, 2008. I had run Pike's Peak Marathon 8 or 10 years ago and the experience was fine...It was not the greatest experience of my life but I did enjoy the event...I didn't feel that I had to return to the race. I have said that to get a good time at the Pike's Peak Marathon I would have to run well on the return (downhill). That is not me...I won't turn loose and run downhill with wild abandon..."Natta" End of that subject.

With our daughter, Jenny and family living in Colorado Springs and Charley not having been to visit them (I got to go out for a few days in March), combining Pike's Peak

Ascent and a visit seemed like a great idea to me. This gave me a goal and did get me up and training, again. I had let my training go to almost zero. I had let my training go to almost for running... This plan to go to Pike's Peak worked for me, mentally, too. About two months ago I started meeting Dianne Seager, Gary Speas, Jim Sweatt, and whoever else shows up at 5 a.m. at the church at the top of River Mtn. Rd. From the first time I joined this group I loved the way I felt after the run was over... Not during, notice, but after the run... I also trained for 10 weeks before going out to meet them... I could not and still can not keep up with them but I do start out with them and hang on for as long as I can... Then I beg them to leave me and let me run at my own pace. The endurance is there, hidden way beneath the layers.

Now on to the race weekend. When we got to Colorado it was raining, very cool, and cloudy the whole time we were there. We arrived on Wednesday evening. Race check-in was Friday morning... It was raining and very cool, about 50 deg. From Jenny's kitchen and dining room you can see Pike's Peak and the range of mtns. What a view. At packet pick-up on Friday the nice lady who helped me warned me that if it is 50 deg. In Manitou it will be 30 deg. or below on the top of the mountain. She convinced me to carry gloves with me and not just send them to the top in my drop bag, and to change into warm clothes after the race. All day Friday I kept thinking if it is raining and rain was predicted that it will be snow and or ice on top... I thought also they might cancel the race or turn us around early. I knew the R.D's make this decision... I trusted them to make the right decision for me and everyone. So, I decided, I'm going to give it a go and even if it is raining and if they make us turnaround it will be the right decision. I didn't fret about the race, or weather, etc. I just knew I was planning to start the race and see what happened.

It rained continuously Fri. night and Sat. morning. Temp. was about 50 deg. Not a hard rain but a continuous rain and one needed an umbrella or rain gear. I was wet when the race started. There was no way to not be wet. I had on a dry fit t-shirt, a good Pearl Izumi wind vest, a nylon jacket but it was not waterproof and a plastic poncho with hood. I wore shorts, gloves, baseball cap, a small waist pak with one water bottle and carried a handheld water bottle. I ran approximately ½ mile and then walked some and ran whenever the trail flattened or when I wanted to get by the person in front of me. This was not often. I do not know how many people ran but it looked like hundreds to me. I got warm about 15 min. into the race and started to pull off my poncho, and unzip the jacket and vest then pulled the jacket down and tied it around my waist. The rain didn't stop but would let up from time to time. I didn't talk but listened to other people and the conversations were interesting. About two miles into the event, Dottie Rae passed me and we chatted for 30 sec. Then Greg Bourns from Waldron passed me and we talked a few seconds. I watched both Dottie and Greg. They had on long sleeve Team Arkansas shirts. They were easy to spot on the switchbacks. I wanted darn bad to be with them but I dared not run or walk, as fast and they were going, at this time. A few miles later I was behind Greg and we talked about Arkansas. Greg pulled off the course for a pit stop and I kept going but shortly I made a stop and thought I'd like to stay behind him as long as I felt comfortable but I would cut the mental rope if I was working too hard. Then I was with Dottie Rae, again. We three ran/walked and passed and re-passed each other a couple of times. We were also with another AURA brother and chatted some. When we

got to Barr Camp there was thunder and some lightening and it intensified with each turn. The wind got cold, especially when we turned in (I don't know which direction but it was left to me from where I remembered Manitou below us. I pulled all of my clothes back on when the wind picked up and rain was heavy. We were still in the trees. The aid station after Barr Camp and before A frame gave us the news that the race had been called and we could go no further than A Frame. We were told that we needed to turn around. I asked one worker, "can we continue on to A Frame"? She, said, "yes, but they will turn you around. You cannot go further". People were starting to turn around. I was thinking they will probably pull our tags at A Frame to prove we got there and I want to be counted. I continued. It was getting colder and steeper. Lightening and thunder. Then a couple of race officials came down the trail screaming, "turnaround now, your numbers are not going to be taken. The race is closed. There are people with hypothermia at A Frame and we are getting search and rescue to them. Don't add to the problems". With that, I turned around. I know I was close to A Frame but I couldn't see A Frame. There appeared to be hundreds coming down the mtn. and fast. I thought, "oh, darn"...I didn't want to go down the mtn. I'm not a good downhill runner..BUT, Hey, I will get more miles. I'll get my money's worth, plus some. It was cold and scary and down I started. There was an Old Gal, like me sitting on a rock with race personnel working on her. There were asking her if she could get up and walk...She was responding to them. They told her she would get warm if she could walk down the mountain. She was very pale. I had to get ole #1 down the Mountain. Shortly thereafter there was a bottleneck and everyone came to a stop. A total stop. It was scary to come to a stop when moving would keep us warm. There was a four wheeler coming up the mountain. and runners were having to climb up on rocks to get around the four wheeler. How in the world they drove the four wheeler over the boulders, I don't know. I noticed the four wheeler had torn up a wooden bridge that we crossed shortly after getting around the machine. I thought about what Nick Williams said at Hardrock when Jimmy asked him, "what about Lou and Suzi and Nick said, "*I can't be worried about them, I've got to think about myself!*" I used that ole Nickism and tried to get myself out of there BUT after warming up just from moving I did have a good time throughout the event. Our race number (bottom portion) were torn off when we descended through Barr Camp. People were asking about our finisher shirts. Officials said they didn't know if we would get them or not. That decision was not made until mid afternoon. We did get finisher shirts and medals. I met a young man from Fayetteville who was running the Ascent. I met two girls from Prarie Grove and another town near Waldron. I never saw Jack Evans or Connie Scherz who were registered for the round trip on Sunday...I never saw any of them.. I did see Pat Cook from Missouri who has run the Arkansas Traveller, The ***Ouachita Trail 50 Miler*** and ***Badwater 135***. Pat was working the race on Sat. and was going to run the marathon on Sunday.

I think I had a good ***Ascent*** race going. I like rain if I am dressed correctly. I don't know how it would have been the last three miles to the top of the mountain. I did talk to one of the runners that reached the summit.. He said it was slushy and very cold on top. He was so cold that someone had to take his clothes off of him and put dry ones on. He could not move his fingers. I talked to this man in the food line after crossing the finish/start back in town.

I had a good time and would go back if I got the chance to do so. It was a good experience. I thought about Suzi Cope saying, DNF stands for "did nothing fatal". I enjoyed being at Pike's Peak and I'd like to go again.

p.s. I heard from one the race workers that the 80 year old nun who runs Pike's Peak was in the race and having a good race when the race was called to halt. The nun runs with the Peak Busters, a women's running group that trains for Pike's Peak. I would like to have met this 80 year old woman.

AURA HOT FLASH

At the Arkansas/Road Runners Club of America convention in Hot Springs over the weekend of November 22nd, AURA club president, Stan Ferguson, was voted "***Club President of the Year***". Congratulations to Stan for all of his hard work with ultra running in Arkansas.

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