

3daysofsyllamo -UTS #9

March 14/16, 2008

Big Rock Mystery Run - UTS # 10

March 22, 2008

The ARKANSAS ULTRA RUNNER

March/April 2008- The Go Out Fast; Die Last Edition

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

WWW.RUNARKANSAS.COM

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

THE BIGSHOT'S PAPER TRAIL –Thank to all of you who attended the February 24th AURA Meeting and Potluck Dinner. At the meeting officers for year 2008 were elected. Stan Ferguson (President), Michael DuPriest (Vice President), Lou Peyton (Secretary) and Charley Peyton (Treasurer) were reelected to serve. The food and fellowship was great as I knew it would be.

On February 16th, First Lady, Chrissy Ferguson, was inducted into the Arkansas Road Running Hall of Fame. Congratulations!

FYI An ultra running anniversary was overlooked last August. Ultra running in Arkansas celebrated its 30th year. In August of 1978, Little Rock's, Max Hooper completed the *London to Brighton Ultra Marathon* (50 + miles) in the UK.

There were several misstatements in last month's newsletter. There is a reason that I left out the 2006 finishers of the Athens-Bigfork Marathon. If you remember, I did that same mistake last year. I have tried to contact those involved but if I missed you, email or call me at chrlypvtin@aol.com or 225-6609 and I will send you a corrected copy. Also, I mistakenly listed the date of the 2008 Catsmacker, UTS #12. The date should have been May 31st, 2008.

The Power Room suffered another failure just after Christmas. I had made an extra effort of copy the important files after what happened the year previously. However, the BS did a poor job of updating the mailing addresses as they frequently change. Several newsletters have returned, perhaps others have been lost. If you notice something outdated on your address, let me know ASAP.

FROM OUR PRESIDENT – As you may be aware, the RRCA no longer mails its quarterly publication "*Footnotes*" to its members. It is now publicized and distributed electronically. To obtain *Footnotes*, you can go to www.RRCA.org and find the *Footnotes* link under the "*Resources*" tab. Also, you can always find a link to the latest edition of *Footnotes* on the homepage of the AURA website – www.runarkansas.com Thanks, Stan.

AURA HOROSCOPE

Your Monthly Guide for Money, Power and Sex

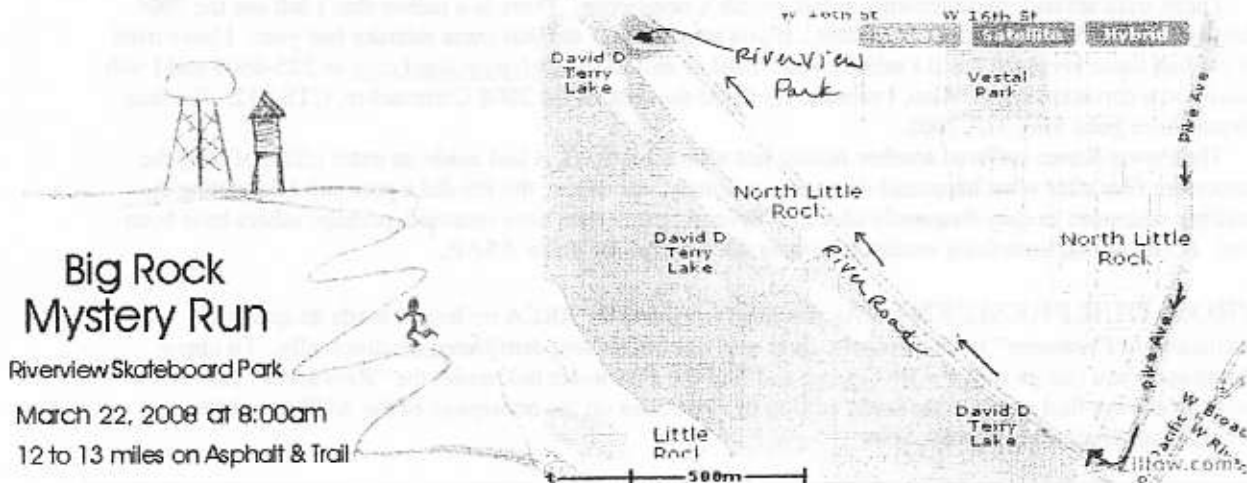
In your next Ultra, you could be given the keys to a get rich quick scheme by someone you least expect. Your fantasy companion is going to his lock box for a new training regimen that might put you on the road to fame and notoriety. Someone from your running past will put you in a position that you cannot refuse.

2008 Ultra Trail Series

7-21-07	Midnight 50K	UTS 1
8-11-07	Bartlett Park Ultras	UTS 2
8-25-07	Mt Nebo Trail Run	UTS 3
10-06-07	Arkansas Traveller 100	UTS 4
11-10-07	Gulpha Gorge Challenge	UTS 5
1-5-08	Athens-Big Fork Marathon	UTS 6
2-2-08	White Rock Classic 50k	UTS 7
2-16-08	Sylamore 50K	UTS 8
3-14/16-08	3Daysof Syllamo	UTS 9
3-22-08	Big Rock Mystery Run	UTS 10
4-19-08	Ouachita Trail 50k/50M	UTS 11
5-31-08	The Catsmacker (20 mi)	UTS 12



Big Rock Mystery Run Information



Big Rock Mystery Run

Riverview Skateboard Park

March 22, 2008 at 8:00am

12 to 13 miles on Asphalt & Trail

UTS Race #10

Directions to start:

- I40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road
- Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

White Rock Classic 50K

February 2, 2008
Cass, Arkansas



50K Run (2007-2008 UTS Race #7)

Overall Men

1.	Brian Hurley	27	Fayetteville, AR	4:23:23
2.	Doug Assenmacher	42	Springfield, MO	4:32:01
3.	Darby Benson	37	Fayetteville, AR	4:34
4.	Stan Ferguson	44	Conway, AR	4:37
5.	Po Dog Vogler	41	Russellville, AR	4:41
6.	Paul Schoenlaub	48	St. Joseph, MO	4:57:12
7.	Stephen O'Neal	29	Rogers, AR	4:59:32
8.	Jeffrey Foes	42	Alton, MO	5:07:16
9.	John Hughes	40	Fayetteville, AR	5:08
10.	Paul Turner	44	Conway, AR	5:31
11.	Gary Gehrki	53	Arkadelphia, AR	5:48*
12.	Scott Rogers	43	Memphis, TN	6:06
13.	Ryan Stalder	36	Rogers, AR	6:08*
14.	Ken Barton	49	Greenwood, AR	6:13*
15.	Jamie Hammond	37	Van Buren, AR	6:13:34
16.	Guy Patteson	47	Jonesboro, AR	6:22:54
17.	Ted Bowden	53	Little Rock, AR	6:27:49
18.	Josh Bornhorst	33	Little Rock, AR	6:33:00
19.	Pete Ireland	67	Benton, AR	6:48:20
20.	Nick Alsbrook	28	Jonesboro, AR	6:56
21.	Jim Sweatt	52	N. Little Rock, AR	6:58:59
22.	Keith Williams	46	Little Rock, AR	7:12
23.	Scott Smith	35	Beebe, AR	7:14
24.	Matt Bell	28	Tillar, AR	7:14
25.	Phil Brown	41	Little Rock, AR	7:53:56
26.	Greg Bourns	68	Waldron, AR	8:24:53*
27.	Alston Jennings	60	Little Rock, AR	8:32:01*

Overall Women

1.	Chrissy Ferguson	47	Conway, AR	5:57
2.	Jamie Huneycutt	49	Fayetteville, AR	6:05:57
3.	Sarah Stalder	35	Rogers, AR	6:08*
4.	Natalie McBee	34	Fayetteville, AR	6:11
5.	Kimmy Riley	46	Little Rock, AR	6:31:30
6.	Salli Scott Young	35	Memphis, TN	6:40
7.	Betty Sobeski	59	Mena, AR	6:50*
8.	Eunika Rogers	37	Memphis, TN	6:59
9.	Catherine Chambers	35	Hot Springs, AR	7:16
10.	Linda Wood	46	Malvern, AR	7:30*
11.	Lou Peyton	63	Little Rock, AR	8:23:15*
12.	Debbie Rigsby	51	Lonsdale, AR	8:30
13.	Shari Dillard	37	Hot Springs, AR	8:30

*Early Starters

White Rock 25K

February 2, 2008
Cass, Arkansas

Overall Men

1.	Tyler Johnson	25	Dallas, TX	1:55:19
2.	Jon Bitler	36	Fayetteville, AR	2:06:42
3.	Neal Andrews	33	Rogers, AR	2:08:59
4.	Kevin Griffith			2:14:21
5.	Jay Hansen	33		2:14:30
6.	Steve McBee	42	Fayetteville, AR	2:19
7.	Larry Caudle	43		2:19:54
8.	John Haddock	41	Springdale, AR	2:21
9.	Mark Moore	41	Fayetteville, AR	2:23:35
10.	John Dolan	46	Springdale, AR	2:29:35
11.	Greg Scharlau	51	Springdale, AR	2:31:43
12.	Ryan Kruse	42	Fayetteville, AR	2:38
13.	Mark DenHerder	43	West Fork, AR	2:38
14.	Shawn Gates	33	Springfield, MO	2:39
15.	Tom Aspel	52	Russellville, AR	2:44
16.	Mike Smets	52		2:45*
17.	Spencer Kinsey	36	Alma, AR	2:47:33
18.	Kyle Kruger	25	Fayetteville, AR	2:58
19.	Greg Lindley	34	Rogers, AR	2:59:25*
20.	Capt. Craig Bills	55	Springfield, MO	3:01
21.	Michael Brammer	34	Van Buren, AR	3:14@
22.	Randy McRoberts	45	Ft. Smith, AR	3:14@
23.	David Smith	46	Rogers, AR	3:16*
24.	Zach Simpson	25	Fayetteville, AR	3:30
25.	Jim Holt	49	Springdale, AR	3:38
26.	Donald Ulmer	62	Harrison, AR	3:49*

Overall Women

1.	Anna Assenmacher		Springfield, MO	2:20
2.	Ashley Harsh	26	Dallas, TX	2:23:44
3.	Alison Jumper	32	Fayetteville, AR	2:44
4.	Ann Sorenson	37	Fayetteville, AR	2:47:33
5.	Melody Zechiedrich	26	Rogers, AR	3:01
6.	Lynne Fender	39	Springfield, MO	3:15*
7.	Shirley Hyman	40	Ft. Smith, AR	3:15*
8.	Kenda Grover	37	Fayetteville, AR	3:15
9.	Kari Hamilton	20	Springdale, AR	3:30
10.	Karen Whitmore	25	Fayetteville, AR	3:40
11.	Lisa Crymes	34	Fayetteville, AR	3:40
12.	Joan Ulmer	58	Harrison, AR	3:49*
13.	Debbie Sobolewski	37	Greenwood, AR	3:55
14.	Kris Gill	43	Ft. Smith, AR	3:55
15.	P. Williams	34	Little Rock, AR	3:58
16.	Deanna DuPlanti	48	Springdale, AR	4:03@
17.	Janet Taylor	52	Springdale, AR	4:10@
18.	Linda Jones	47	Springdale, AR	4:10@
19.	Jennifer Smedlund	27	Fayetteville, AR	4:50
20.	Eleanor Wanslow	29	Fayetteville, AR	4:50

*Early Starters
@Late Starters

Sylamore Trail Run
 February 16, 2008
 Allison, AR

50K Results

Place	Name	Gen	Age	State	Time
1	Tom Brennan	M	36	OK	4:16:26
2	John Muir	M	29	AR	4:17:13
3	Matt Keeven	M	31	MO	4:27:25
4	Ben Creehan	M	32	MO	4:29:09
5	Darby Benson	M	37	AR	4:37:48
6	Scott Eason	M	42	AR	4:44:07
7	Jon Bitler	M	36	AR	4:45:00
8	Steve McBee	M	42	AR	4:45:25
9	Billy Simpson	M	53	TN	4:46:56
10	Doug Assenmacher	M	42	MO	4:47:45
11	Raton Parmain	M	39	OK	4:48:36
12	Paul Schoenlaub	M	48	MO	4:53:58
13	James Holland	M	31	TN	4:56:04
14	PoDog Vogler	M	41	AR	5:02:24
15	Laureen Coffelt	F	38	TN	5:07:45
16	Steve Appleton	M	35	AR	5:09:14
17	Brian Hurley	M	27	AR	5:10:59
18	Troy Pruett	M	47	TX	5:12:49
19	Steve Kirk	M	47	AR	5:15:43
20	Stuart Johnson	M	48	KS	5:15:51
21	Jeffrey Foes	M	42	MO	5:18:31
22	Marla Luckey	F	27	IL	5:21:57
23	Mike Baxter	M	53	MO	5:22:24
24	Carey Smith	M	33	MO	5:23:32
25	A.J. Wolfe	M	33	TN	5:26:51
26	Stan Ferguson	M	44	AR	5:28:46
27	John Bradley	M	41	MO	5:29:20
28	Clay Wagner	M	35	AR	5:29:20
29	Michael Cooley	M	39	TN	5:31:57
30	Natalie McBee	F	34	AR	5:33:21
31	Joe Coffelt	M	42	TN	5:36:08
32	Dave Krishock	M	48	KS	5:37:21
33	Jamie Wynne	M	33	MO	5:37:58
34	Les Jones	M	49	TN	5:37:58
35	Dathan Atchison	M	38	MO	5:38:59
36	John McCann	M	34	TN	5:40:08
37	Anna Assenmacher	F	39	MO	5:47:43
38	Gary McBride	M	43	AR	5:48:14
39	Veronica Battaglia	F	35	AR	5:48:41
40	Scott Rogers	M	43	TN	5:48:41
41	Mark Carter	M	34	AR	5:52:46
42	Beau Mooneyham	M	29	MO	5:56:14
43	Bryan Day	M		AR	6:01:33
44	Jonathan Reeves	M	34	TN	6:01:33
45	Mary Jones	F	44	TN	6:01:33
46	Salli Scott Young	F	35	TN	6:05:38
47	Jeremy Bolt	M	37	MO	6:07:58
48	Bill Ford	M	44	OK	6:08:57
49	Alyson Capote	F	28	TN	6:11:43
50	Gena Bonini	F	44	MO	6:11:53
51	Andrew Hensarling	M	31	TN	6:14:13
52	Steve Giles	M	54	AR	6:14:46
53	Michael Mayo	M	36	MO	6:20:26
54	Joshua Bornhorst	M	33	AR	6:23:17
55	Brian Kuhn	M	34	IL	6:23:59
56	Deb Johnson	F	48	KS	6:23:59
57	Guy Patteson	M	47	AR	6:24:48
58	Steven O'Connor	M	44	IL	6:25:08
59	Eunika Rogers	F	36	TN	6:25:50
60	Elizabeth Holliday	F	37	TN	6:26:37
61	Mike Wintroath	M	37	AR	6:27:43
62	Michael Poole	M	26	TN	6:28:10
63	Bob Marston	M	57	AR	6:28:46
64	Jim Sweatt	M	52	AR	6:30:27
65	Brian Atkinson	M	26	MO	6:32:53
66	Jerry Frost	M	52	MO	6:34:58
67	Sara Kniffen	F	33	MO	6:34:58
68	Adrienne Shelton	F	42	AR	6:38:03
69	Rob Conner	M	25	TN	6:38:30
70	Jay Ruby	M	42	MO	6:39:12
71	Chris Willard	M	41	MO	6:39:12
72	Luke Kuschmeader	M	26	MO	6:44:33
73	Thomas Mayfield	M	69	AR	6:47:14
74	Amanda Perron	F	34	LA	6:50:16
75	Clancy McMahon	M	40	AR	6:52:38
76	Kenneth McKnight	M	27	TN	7:01:00
77	Ricky Pampo	M	32	LA	7:04:23
78	Kim Johnson	F	39	AR	7:05:12
79	Pete Ireland	M	67	AR	7:08:39
80	Harry Crockett	M	38	TN	7:09:47
81	Jim Holt	M	48	AR	7:12:39
82	Carla Branch	F	56	AR	7:14:38
83	Shane Cantin	M	38	MO	7:16:48
84	Bill Dey	M	47	IL	7:18:11
85	Lee Hess	M	58	MO	7:22:33
86	Carol Izadi	F	49	MO	7:22:57
87	Kyle Kruger	M	25	AR	7:24:37
88	Dennis Fugate	M	56	MD	7:27:18
89	Gwen Hewitt	F	45	TN	7:37:02
90	Terry Bishop	M	63	TN	7:43:25
91	Gordon Koops	M	51	AR	7:46:17
92	John Manly	M	45	TN	7:50:07
93	Patrick Dodd	M	30	TN	7:50:07
94	Jim Ingalls	M	63	TX	7:51:49
95	Suzanne Kenyon	F	42	MO	7:53:06
96	Autumn Parkey	F	25	TN	7:54:19
97	Eric Smith	M	29	IL	7:57:17
98	Cliff Ferren	M	52	AR	8:03:15
99	Brenda Bonner	F	46	AR	8:03:35
100	Susan Miller	F	50	MI	8:14:10
101	Phil Brown	M	41	AR	8:20:26
102	John Dodd	M	61	TN	8:25:01
103	Johnny Mitchum	M	60	AR	8:27:20
104	David Caillouet	M	49	AR	8:27:20
105	Andy Oglesby	M	40	TN	8:42:07
106	Jan Show	F	54	TN	8:42:07

107	Rosemary Rogers	F	60	AR	8:45:34
108	Johnny Eagles	M	55	AR	8:46:19
109	Michelle Anderson	F	39	TN	8:47:34
110	Clinton Lindsey	M	30	MS	9:02:58
111	Ronda Jacoby	F	31	TN	9:11:04
112	Barty Cresap	M	54	TN	9:11:12
113	Alston Jennings	M	60	AR	9:13:35
114	Ricky Sesman	M	38	TN	9:22:54
115	Charles Stroud	M	64	MO	9:37:47
116	Darrell Green	M	59	TN	9:38:32
117	Deanna DuPlanti	F	48	AR	9:52:52

44	Jennifer Crites	F	35	MO	3:34:45
45	Tracie Woodring	F		MO	3:35:01
46	Jeff Frye	M	40	MO	3:36:20
47	George McDonald	M	55	AR	3:36:20
48	Marla Miller	F	36	AR	3:36:20
49	Bryan Bevel	M	38	MO	3:36:54
50	Dee Sheridan	F	36	MO	3:38:01
51	Patrick Winstead	M	32	MO	3:40:37
52	R.C. Catt	M	56	MO	3:40:37
53	Trudy Hardie	F	31	MO	3:41:48
54	Steve Spakes	M	54	TN	3:44:08
55	Kelly Farrell	F	31	AR	3:45:37
56	Tom Singleton	M	54	AR	3:45:37
57	Christine Bettis	F	51	AR	3:45:37
58	Beth Weimer	F	47	MO	3:46:13
59	Casey Gaines	F	30	MO	3:46:36
60	Kelley Hill	F	36	TN	3:46:50
61	Casey Malone	F	30	TN	3:46:50
62	Lisa Sloan	F	33	TN	3:46:50
63	Nancy Kirk	F	51	AR	3:51:44
64	Don Deem	M	43	AR	3:54:53
65	John Horton	M	32	MO	3:59:34
66	Cam Prock	M	50	AR	4:00:14
67	Karen VanDonge	F	41	AR	4:00:31
68	Ron McCraey	M	60	TN	4:00:53
69	Amy Garner	F	48	TN	4:00:53
70	Sarah Kuschmeader	F	28	MO	4:01:22
71	Kim Sheridan	F	32	MO	4:02:49
72	Chris Marley	M	36	AR	4:05:24
73	Alaina Wakefield	F	29	AR	4:05:24
74	Patre Williams	F	34	AR	4:06:08
75	Tim Tennant	M	33	AR	4:09:53
76	Jennifer Wene	F	31	AR	4:11:39
77	Becky Hern	F	53	AR	4:13:38
78	Kelly Jackson	F		AR	4:16:07
79	Rachel Baker	F	29	MO	4:18:38
80	Tiffany Kuschmeader	F	25	MO	4:18:39
81	Jonna Hartwick	F	32	AR	4:27:58
82	Casey Hayes	F	17	AR	4:28:10
83	Jody Swaffar	M	43	AR	4:28:32
84	Temesa Spakes	F	43	TN	4:31:15
85	Tom Webb	M	63	TN	4:40:26
86	Linda Revoir	F	48	MO	5:01:51
87	Becky Hollis	F	50	MO	5:03:19
88	Tim Wilkinson	M	45	TN	5:03:24
89	Chastity Johnston	F	31	AR	5:18:08
90	Mark Higginbotham	M	53	TN	5:25:46
91	Chris Castillo	M	29	MO	5:25:46
92	Bobby Castillo	M		MO	5:25:46
93	Kathy Weatherl	F	45	AR	5:43:25
94	Carol Adkison	F	50	AR	5:43:25

25K Results

Place	Name	Gen	Age	State	Time
1	Forrest Owens	M	39	TN	2:29:15
2	Bill Dillard	M		AR	2:39:05
3	Rosie Laughlin	F	42	MO	2:40:08
4	Dean Casady	M	50	MO	2:41:14
5	Marc Stokes	M	33	MO	2:41:45
6	Matthew Jackson	M	30	AR	2:42:57
7	Scott Klazmer	M	47	TN	2:47:17
8	Gerren Hobby	M	24	AR	2:50:05
9	Gary Fenton	M	45	MO	2:51:45
10	Tina Willson	F	28	LA	2:58:42
11	Alison Jumper	F	32	AR	3:00:11
12	Mark Millsap	M	52	MO	3:01:03
13	Nate Willson	M	30	LA	3:03:10
14	Sean Finnie	M	26	KS	3:05:12
15	Stephen Aleman	M	54	MO	3:05:15
16	Jason Feagans	M	32	MO	3:07:09
17	Tom Lale	M	48	MO	3:07:47
18	Steve Hern	M	54	AR	3:08:37
19	Harold Hays	M	49	AR	3:08:57
20	Robin Kendall	F	37	TN	3:09:10
21	Philip Walter	M	29	AR	3:10:53
22	Mike Hollis	M	53	MO	3:11:00
23	Steven Edwards	M		MO	3:14:07
24	Ken Barton	M	49	AR	3:15:04
25	Shirley Hyman	F	40	AR	3:15:04
26	Jerry Bailey	M	41	AR	3:15:30
27	Jerry Bailey	M	41	AR	3:15:30
28	Robert Jackson	M		AR	3:19:28
29	Cynthia Bradley	F	43	MO	3:20:03
30	Pat Terry	M	44	TN	3:20:03
31	Ted Netzer	M	58	MO	3:22:59
32	Jim Baxter	M	55	AR	3:23:48
33	Robert Crockett	M		MO	3:23:48
34	Joanna Gomez	F	24	TN	3:29:09
35	Vincent Spataro	M	37	TN	3:30:44
36	Holly Hensarling	F		TN	3:30:44
37	Edmund Hetrick	M	24	AR	3:31:13
38	Bobby Carter	M	52	TN	3:31:28
39	James Crabill	M	47	AR	3:32:13
40	Mia Phillips	F	41	MO	3:34:14
41	Tim Roth	M	39	MO	3:34:34
42	Heather Johnson	F	29	AR	3:34:45
43	Heather Maring	F	32	MO	3:34:45

2007-2008 Ultra Trail Series Standings

Following are partial UTS standings through eight events. Included are the Top 50 in the points rankings, plus those who have completed at least two series races. The complete standings and individual race points detail can be found on the AURA website – www.RunArkansas.com
Report any suspected errors to Stan@RunArkansas.com or 501-329-6688.

The Girlz:

	Name	Age	Midnt	BP	Nebo	AT100	GGorg	ABF	WRC	Syla	Total
1	Kimmy Riley	46	64	26		29	27		35		181
2	Salli Scott Young	34		64	37				29	32	162
3	Katie Helms	29			59		61	41			161
4	Natalie McBee	34						52	41	56	149
5	Chrissy Ferguson	46	42			23	8		63		136
6	Eunika Rogers	36	53		31				23	19	126
7	Laureen Coffelt	38								78	78
8	Gena Bonini	44		36		13				25	74
9	Elizabeth Holliday	37		53						18	71
10	Marla Luckey	27								67	67
11	Barbara Hitzfeld	46				63					63
12	Casey Rodgers			54							54
13	Terri Johnson			53							53
14	Jamie Huneycutt	49							52		52
15	Susy Phillips	28				52					52
16	Alison Jumper	32					50				50
17	Anna Assenmacher	39								50	50
18	Kaitlin Bounds	15			48						48
19	Veronica Battaglia	35								44	44
20	Susan Donnelly			43							43
21	Lisa Combs			42							42
22	Sarah Harris			42							42
23	Lorraine Lavelle	57				41					41
24	Andrea Creasy	26					39				39
25	Mary Jones	44								38	38
26	Elizabeth Sanders	47	5	18	13						36
27	Mona Mizell	57	36								36
28	Dianne Seager	51				35					35
29	Kim Johnson	38	21							14	35
30	Jennifer Smedlund	27					33				33
31	Ann Burke			32							32
32	Jenny Foster	35	12.5		19						31.5
33	Lisa Zaccarelli			31							31
34	Cindy Gronstedt	47	30								30
35	Terri Clarke			30							30
36	Patty Groth	51	21				8				29
37	Alyson Capote	28								28	28
38	Silver Valovich	51			25						25
39	Cassandra Ralls			24							24
40	Deb Johnson	48								22	22
41	Nancy Kirk	50					21				21
42	Catherine Chambers	35							17		17
43	Dottie Rea	55		8	9						17
44	Monica Scholz	40				17					17
45	Sara Kniffen	33								17	17
46	Adrienne Shelton	42								16	16
47	Amanda Perron	34								15	15
48	Lacey Kelley	30					15				15
49	Diane Jones			14							14
50	Carla Branch	56								13	13
57	Lou Peyton	63	3		6				2		11
63	Hilde Haynes	64	4	4							8
64	Jan Show	54		2						6	8

The Boyz:

	Name	Age	Midnt	BP	Nebo	AT100	GGorg	ABF	WRC	Syla	Total
1	Darby Benson	37	76		65		70	65	55	105	436
2	Po Dog Vogler	41	65		54	92	36	36	43	77	403
3	Jeff Foes	41	36	49	17		20	30	27	71	250
4	Stan Ferguson	43			42		30	42	49	67	230
5	Scott Eason	41	48		36		42			99	225
6	Tom Brennan	36						76		139	215
7	John Muir	29				81				128	209
8	Jon Bitler	36					59	20		93	172
9	Paul Schoenlaub	48						48	37	79	164
10	Guy Patteson	47	24.5	14	12	26	9	8	16	44	153.5
11	Brian Hurley	27							77	75	152
12	Doug Assenmacher	42							66	83	149
13	Matt Keeven	31								117	117
14	Paul Turner	44	20				48	24.5	21		113.5
15	Ben Crechan	32								111	111
16	Carey Smith	33				37				69	106
17	Steve McBee	47						17		89	106
18	Jeff Browning	36				103					103
19	Jeremy Bolt	37		26		19.5				51	96.5
20	Stuart Johnson	48						24.5		72	96.5
21	Steve Kirk	47					17			73	90
22	Ted Bowden	52	16	22		35			15		88
23	Billy Simpson	53								86	86
24	Josh Bornhorst	32			6		8	10	14	46	84
25	Brian Robinson			83							83
26	David Reagler	41	30	20		27	6				83
27	Raton Parmain	39								80	80
28	James Holland	31								78	78
29	Brian Kuhn	34				32				45	77
30	James Bresette	46			76						76
31	Steve Appleton	35								76	76
32	Matt Clay	29				75					75
33	Pete Ireland	66	10		8	7		9	13	28	75
34	George Peterka	47	13		10	29	10	12			74
35	Scott Rogers	43							18	56	74
36	Troy Pruett	47								74	74
37	Eric Charette			72							72
38	Mike Baxter	53								70	70
39	Mark Lantz	42				69					69
40	A.J. Wolfe	33								68	68
41	Clay Wagner	35								65.5	65.5
42	John Bradley	41								65.5	65.5
43	Jim Sweatt	52						15	11	39	65
44	Michael Cooley	39								64	64
45	Joe Coffelt	42								63	63
46	Wyman Hamilton	26				63					63
47	Dave Krishock	48								62	62
48	Mike Wrobel			61							61
49	Jamie Wynne	33								60.5	60.5
50	Les Jones	49								60.5	60.5
53	Michael Poole	26		18						41	59
57	John Manley	45		38						17.5	55.5
59	Jamie Hammond	37				38			17		55
67	David Pontious	42		30		22					52
77	Bob Marston	57					5			40	45
92	Derek Huddleston	24	12				24				36
98	Tom Aspel	52			20		14				34
107	Gary Gehrki	53	24.5						6		30.5
111	Phil Brown	40	3				3	3	7	13	29
138	David Caillouet	49			3		4			10.5	17.5
143	Ben Simmons	22		10		6					16
152	Ken Barton	48	11						4		15
157	Cliff Sanders	57	4	8	2						14
169	Phillip Hall	39	7		5						12
178	Johnny Eagles	55		2						8	10
181	Alston Jennings	59	2						2	5	9
202	Darrell Green	59		3						2	5
205	Greg Bourns	68						2	3		5

The BS and his Volunteers

AURA Cartoon



REMAISSANCE MAN –(N)- A person who has wide interests and is an expert in several areas.

Volunteers at the Ultra Trail Series races and AURA events are always welcome. A run leader or race director would never put you in a position that they didn't think you could handle or one that would make you feel uncomfortable. See you soon

ULTRA CORNER

2008 Rocky Raccoon 50 Miler

February 2nd, 2008
Huntsville State Park, Texas

102 Donna Duerr 12:21:17
142 finishers

2008 Rocky Raccoon 100 Mile Run

February 2nd, 2008
Huntsville, State Park, Texas

6th Kevin Dorsey 17:41:12
50th Randy Ellis 22:35:44
71st George Peterka 23:38:13
168 finishers

AURA Archives

Arkansas and/or AURA members at the Rocky Raccoon 100

Rocky Raccoon 100 Miler

Huntsville State Park, Texas

Kevin Dorsey(08)	17:41:12
Scott Eason(07)	18:49:18
Chrissy Ferguson(03)	19:50:12
Randy Davidson(95)	20:37:37
Mario Martinez(97)	20:50:09
Kevin Dorsey(07)	22:35:40
Randy Ellis(08)	22:35:44
Kim Goosen(95)	22:39:56
Angie Ransom(96)	23:02:53
Randy Ellis(07)	23:32:30
Jen Foster(07)	23:33:30
Mario Martinez(98)	23:33:53
George Peterka(08)	23:38:13
Bob Marston(93)	23:38:44
Jenny Foster(06)	23:50:38
Greg Eason(06)	23:50:38
Kevin Dorsey(05)	23:58:35
Bob Marston(94)	24:15:36
Irene Johnson(94)	24:19:00
Kathy Hoover(07)	24:33:01
Bob Marston(96)	24:53:02
Lou Peyton(96)	25:19:02
Mario Martinez(93)	25:22:02
Bob Marston(95)	25:48:32
Bob Marston(97)	25:50:45
Roy Haley(98)	25:52:29
Kimmy Riley(95)	26:12:40
Dianne Seager(95)	26:22:42
Dianne Seager(96)	26:54:47
Irene Johnson(95)	27:08:55
Charley Peyton(94)	27:10:00
Lou Peyton(94)	27:10:02
Laura Eakin(01)	27:19:34
Laura Eakin(00)	27:27:27
Bob Marston(98)	28:04:43
Ken Bland(07)	28:10:07
jSteve Eubanks(95)	28:10:12
Bob Marston(99)	28:16:50

The Swampstomper
Shelby Forest State Park
Millington, TN
Jan 20, 2008

50K (32.6 miles) Results

Place	Name	State	Age		Time
1	Brennan, Tom	OK	36	M	4:31:40
2	Smith, Chris	TN	24	M	5:01:58
3	Jones, John	MO	40	M	5:02:36
4	Holland, James	TN	31	M	5:07:12
5	Assenmacher, Anna	MO	39	F	5:08:52
6	Frei, David	MO	43	M	5:13:28
7	Sona, Jeff	MO	44	M	5:13:29
8	Manley, John	TN	45	M	5:15:53
9	Wolfe, AJ	TN	34	M	5:16:24
10	King, Richard	KY	53	M	5:16:42
11	Coleman, Jason	MO	30	M	5:21:40
12	Jones, Mary	TN	44	F	5:39:04
13	Diebold, Diane	MO	44	F	5:57:17
14	Smith, Matthew	MS	23	M	5:59:39
15	Porter, Todd	TN	35	M	6:07:21
16	Durbin, Steve	KY	52	M	6:08:51
17	Felsher, Charles	MS	40	M	6:10:23
18	Saxon, Randy	MS	47	M	6:10:24
19	Gall, Katherine	CA	27	F	6:18:04
20	Coffelt, Joe	TN	42	M	6:18:05
21	Blum, Barb	TN	43	F	6:19:06
22	Worley, Dean	AR	42	M	6:31:50
23	Williamson, Robert	AR	41	M	6:32:19
24	Cooper, Jason	TN	32	M	6:34:00
25	Mann, Joe	TN	44	M	6:34:09
26	Highland, Nancy	TN	36	F	6:38:43
27	Smith, Mark	MS	23	M	6:40:17
28	Matteson, Michael	IL	49	M	6:43:08
29	Conner, Rob	TN	25	M	6:46:46
30	Smith, Shayne	TN	39	M	6:46:48
31	Landis, Scott	TN	46	M	6:49:38
32	Poole, Michael	TN	27	M	6:49:39
33	Kyle, Robert	TN	47	M	6:50:01
34	Mast, Jonathan	TN	43	M	6:50:36
35	Montgomery, Michael	TN	60	M	6:59:57
36	Haugh, Bob	KY	56	M	7:03:21
37	Siltman, Michael	IL	38	M	7:13:13
38	Lane, Jordan	AR	29	M	7:26:40
39	McKnight, Kenneth	TN	27	M	7:27:10
40	Brahm, Leslie	TN	36	F	7:27:53
41	Apple, Rob	TN	46	M	7:28:27
42	Harris, Sarah	TN	42	F	7:35:33
43	Bible, Chuk	TN	45	M	7:37:06

38	Reed, Kevin	TN	35	M	3:04:34
39	Brower, Larry	TN	56	M	3:08:16
40	Jaggar, Laura	TN	34	F	3:11:47
41	Hensarling, Holly	TN	30	F	3:11:47
42	Harlow, Michael	MS	43	M	3:12:04
43	Howard, Mike	KY	54	M	3:12:18
44	Ambrose, Mary	TN	47	F	3:13:02
45	Yates, Angela	TN	35	F	3:13:33
46	Spake, Taryn	TN	45	F	3:15:27
47	Whitehead, Suzanne	TN	42	F	3:15:20
48	Markham, Kelsey	TN	18	F	3:15:54
49	Markham, Roger	TN	52	M	3:15:55
50	Rippee, Yvonne	TN	50	F	3:17:54
51	Scheidhauer, Pam	TN	42	F	3:17:57
52	Yates, Michael	TN	34	M	3:18:35
53	Eddleman, Rick	MS	48	M	3:21:04
54	Vu, Vinh	TN		M	3:22:15
55	Shepherd, Jeff	TN	42	M	3:23:32
56	Bisnette, Dennis	MS	47	M	3:27:42
57	Arwine, Benay	TN	40	F	3:20:36
58	Davis, Susan	TN	55	F	3:29:00
59	Fisher, Lisa	TN	39	F	3:29:26
60	Scott, Jay	TN	36	M	3:29:40
61	Prince, Vicki	TN	49	F	3:30:12
62	McNelis, Mary	TN	52	F	3:32:26
63	Hinton, Todd	TN	44	M	3:32:55
64	Cates, Kelly	TN	31	F	3:36:24
65	Stewart, Kattie	TN	29	F	3:37:14
66	Waugh, Lindsey	TN	25	F	3:39:46
67	Warmuth, Lisa	TN	38	F	3:39:49
68	Parkey, Autumn	TN	25	F	3:40:55
69	Shepherd, Mason	TN	14	M	3:43:57
70	Bushman, Chad	AR	36	M	3:44:10
71	Simmons, Rob	MS	42	M	3:47:50
72	Roberson, Ashley	TN	25	F	4:00:07
73	Oglesby, Andy	TN	40	M	4:02:14
74	Edge, Tony	TN	49	M	4:03:17
75	Ragan, Rachel	TN	53	F	4:11:43
76	Arnold, Jimmy	TN	54	M	4:11:44
77	Rowe Hasty, Sarah	TN	49	F	4:11:50
78	Trotter, Tina	TN	51	F	4:11:51
79	Marrero, Lisa	TN	41	F	4:11:52
80	Diaz, Marc	TN	42	M	4:16:45
81	Scanlon, Kathy	TN	36	F	4:16:46
82	Kinnane, Betsy	TN	45	F	4:26:09
83	Cooley, Ed	TN	66	M	4:59:41
84	Simmons, Ann	MS	66	F	5:05:54
85	Rowland, Sara	TN	25	F	5:07:33
86	Pennington, Ben	TN	22	M	5:07:34

44	Dodd, Patrick	TN	30	M	7:38:34
45	Spataro, Vincent	TN	37	M	7:46:27
46	Sanders, Elizabeth	TN	47	F	7:50:42
47	Mobley, Michael	TN	35	M	7:50:43
48	Crockett, Harry	TN	38	M	7:51:17
49	Show, Jan	TN	54	F	8:12:23
50	Hudson, Mike	TN	40	M	8:35:00
51	Sanders, Cliff	TN	57	M	8:45:29
52	Ivory, Angela	TN	40	F	8:47:27

25K (16.3 miles)

Place	Name	State	Age		Time
1	Clarke, Marty	AL	45	M	2:04:27
2	Thweatt, Jarred	TN	33	M	2:07:09
3	Babb, Mark	MS	46	M	2:18:43
4	Scheidhauer, John	TN	42	M	2:19:04
5	Cooley, Mike	TN	39	M	2:20:08
6	McCann, John	TN	34	M	2:21:47
7	Coffelt, Laureen	TN	38	F	2:22:22
8	Cassat, Aaron	TN	27	M	2:22:40
9	Gregg, Hardwick	AL	53	M	2:26:55
10	McBride, Gary	AR	43	M	2:27:24
11	Lewis, Wade	TN	55	M	2:27:35
12	Bradley, John	MO	41	M	2:28:52
13	Battaglia, Veronica	AR	35	F	2:29:10
14	Llambi, Fabien	TN	29	M	2:29:49
15	Pressler, Trapper	TN	27	M	2:30:00
16	Leopold, David	TN	35	M	2:30:59
17	Romo, Alex	OK	35	M	2:33:33
18	Mitchell, Scott	MS	42	M	2:33:56
19	Leathers, Kevin	TN	43	M	2:34:29
20	Spickler, Josh	TN	33	M	2:35:35
21	Kelly, Mary-Ellen	TN	40	F	2:36:48
22	Malone, Casey	TN	31	F	2:36:48
23	Johnson, Joy	TN	30	F	2:36:49
24	Ambrose, Thomas	TN	47	M	2:38:09
25	Giles, Steven	AR	54	M	2:42:44
26	Trotter, Charlie	TN	51	M	2:43:17
27	Blair, Sam	TN		M	2:43:34
28	Wamble, Brian	TN	41	M	2:43:53
29	Kowalski, Gary	MS	45	M	2:44:20
30	Sills, Allen	TN	43	M	2:44:57
31	Phillips, Richard	TN	33	M	2:49:10
32	Petty, Cynthia	MO	43	F	2:49:20
33	Sona, Carrie	MO	42	F	2:49:55
34	Markham, Susan	TN	48	F	3:00:49
35	Melvin, Jeff	TN	29	M	3:01:12
36	Forbes-Belue, Lee	TN	33	F	3:03:35
37	Browning, Dale	TN	49	M	3:03:47

By Rx Only - THE COACH DOCTOR

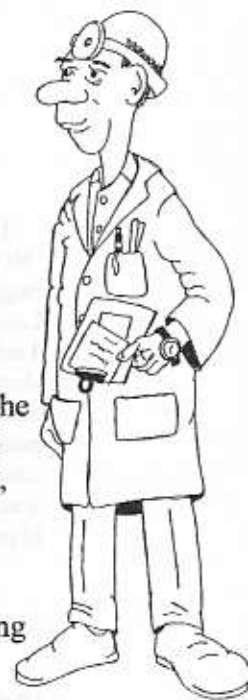
The following newsletter article appeared in the July 2005 issue of the AUR. I am running it again for the benefit of our new members. The editor plans to run other AUR articles from the past as needed.

In this issue the Coach Doctor addresses a very sensitive subject - **Post Race Syndrome**. Our lecture is entitled, "**Why Race Directors Go Crazy**". The condition manifests itself by displays of depression, paranoia and delusional ideations preceding the directorship of an ultramarathon. As an AURA member service, the Coach Doctor will tell you the causes of the Syndrome and outlines how one should deal with it. To begin, one has to understand the psyche of a Race Director(R.D.). An RD is aware that when runners line up at the start of an ultramarathon they are thinking that at that moment in time, running this race is the most important thing they will ever do. Consequently the RD's total focus in the pre-race period was to plan for the perfect race. When the starting horn sounds every contingency has been planned for; nothing has been left to chance. When the runners move out, the race now unfolds and it is up to the players to make it happen-The perfect race. Unfortunately, there is no perfection when dealing with circumstances out of ones control. Invariably, a volunteer forgets or a runner has misjudgements. A race that is 100 % on track and comes in at 99.9% is viewed as a total failure by the stressed RD. The ever so slightest misstep is blown completely out of proportion. The RD feels that he or she has failed. The reason for this are hormonal imbalances caused by lack of sleep, adreniline depletion and the stress of being everything to everybody. It takes at least six weeks to recover from this imbalance. With rest the harmomes normalize and the RD will come to realize that despite the carefull planning for the perfect race, things happen out of their control. Things that one realizes did not ruin their effort afterall. Complete recovery comes when the RD accepts that he/she did the best they could and that 99.95% was almost perfect.

For our AURA brothers and sisters, you can play a large role in the RD's journey back to mental health. If you were involved in the effort as a runner or a helper, a written note sent to the RD will work wonders. All you should say is "**Thank you for all you do with the race. I had a wonderful time.**" Caution: Anything beyond this statement will be interpreted assbackwards by a paranoid, delusional, stressed out RD. Telling of your experieces and how you felt will invariably lead to misinterpretation. A misunderstanding now could destroy an otherwise cordial relationship. Under no circumstances is it appropriate to offer suggestions on how to improve the race for :next year. If you indeed have a worthy suggestion, the time to offer it is in the planning stages a good six months before the next race day.

If this advice is too late for you and you have already committed a transgression, there is no undoing what has been done. As the B\$ says, "A crazed mind cannot be reasoned with". Accept your losses and take solice in the fact that you meant no harm.

Now that you have a better understanding of the mindset of an Race Director, it will behoove you act appropriately when confronting **Post Race Syndrome. Class Dismissed!**



AURA POTPOURRI

Lou (Peyton) wants to have an old fashion "running camp". The kind she remembers from the late '80's. We have heard a lot about the *Lake Ouachita Vista Trail* on the south side of Lake Ouachita and it might be a good time to check it out. Last year in mid June we went to the Highway 27 Camp Ground on Lake Ouachita and explored the Womble Trail. As I look at the map, the new Vista Trail begins at Tompkin Bend CE Campground and ends at Denby Point. This is about 9.5 miles. Our plans at present are sketchy with the date but it looks it would be either the first or second week in May. We will camp Friday and Saturday and return Sunday. There is the trail for running and mountain biking and the Lake for paddling. I'm thinking a fun-run would be in order for Saturday morning and a pot-luck dinner Saturday afternoon. Of course people could just come for the fun run. If you wish to be put on a mailing list for specifics, contact us at chrlypytn@aol.com. In the next issue of the AUR our plans will be finalized. I hope you will put this on your calendar.

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. Pass the word. Remember, you were once somebody.

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