

V.I.P. V.I.P. V.I.P. V.I.P. V.I.P. V.I.P.

UTS # 12- *The Catsmacker*
May 31st, 2008 – 7:00 a.m.
20 Miles +/-

The ARKANSAS ULTRA RUNNER

May 2008- The *VIP* 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. Nothing personal; strictly business...The Godfather



THE BIGSHOT'S PAPER TRAIL

National Trails Day is a go this year. Ultra friend, Jon Lucas, will take over the administration of this running event from the retiring David Samuel. The runs, 6 miles and 18 miles, will start at 8 a.m. from the pavilion at the Albert Pike Recreation Area near Langley, Arkansas. For more information, contact Jon at 501-342-1132(day) or 501-329-0024(night) Email: Jon.Lucas@axiom.com(email) or JonandSue@conwaycorp.net (home)

Driving directions to *National Trails Day*—From Little Rock, take I-30 through Benton. Past Benton do a right at Hwy 70 exit, the Hot Springs highway. Entering Hot Springs get on the bypass and follow to the Glenwood/Hwy 70 exit. Left onto Hwy 70 and go to Glenwood and continue six miles to the Salem Community and Hwy 84. Turn right onto highway 84 and it is 13 miles to Langley. At Langley turn right onto Hwy 369 and the Albert Pike Recreation Area is six miles.

Lou and I are going to check out the Lake Ouachita Vista Trail on Saturday, May 10th, and invite you to share the experience. Our plan is to tent camp at the Joplin Campground Friday night and start running at 7:00 a.m. from the Joplin Trailhead. If you are interested in camping you will need to make a reservation by going online www.reserveamerica.com. You can do it; the BS did. We will be at campsite #7, loop A. At 6:00 p.m. Friday we will have a potluck at our campsite... Bring what you wish to share with the group and your drinks. Saturday morning 7:00 a.m., my plan is to meet at the Joplin Trailhead and then drive to the next trailhead at Tompkins bend with water. The distance is 4 miles. Leaving Tomkins Bend, it is 5 miles to the next trailhead, Denby

20th EDITION; Number 3
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Born in 1989; RRCA Born Again 2001

Point. You will need to bring at least two water bottles. There is an excellent website for more information: www.lakecouachitavistatrail.com or do Chrlypytn@aol.com for questions. . . .

Directions: Go West on Hwy 270 about 24 miles past Hot Springs. Turn right, or north, onto Mountain Harbor Road/ Joplin Store. Go about a block past the Store. Turn right past several trailers on the right. Turn right on the next road (look for the brown hiking sign). Follow the road 0.4 miles to the parking area on the right Walk down the trail 0.1 mile to the split. Turn left to go to the Tompkin Bend Trail Head, 4 miles.

The AURA welcomes a new “*sister*” this month. In February, *Trail Favorite*, Paul Schoenlaub, married ultra runner Cindy Gronstedt. On page (5) is a photo of her standing with Steve Kirk at the *3daysofsyllmo*.

AURA CARTOON

The BS and his
Volunteers



“The difference between using the right word and one that is almost right is like the difference between lightening and a lightening rod.”.....Mark Twain

AURA HOROSCOPE

Your Monthly Guide for Money, Power and Sex

Pre-race canoodling could prove a distraction to your rivals and put you in contention for unforeseen glory. *Hope* is not your best strategy for a 100 mile finish. In the death throws of your next Ultra, you will recall where you stashed your forgotten *Mad Money*.

ULTRA CORNER

(Report your finishes to Chrlvpytn@aol.com-Ultra reports are always accepted)

March 8th, 2008 *Land Between the Lakes 50 Miler* Kentucky
12th Stan Ferguson 9:21:27 40 finishers

March 8th, 2008 *Land Between the Lakes 60K*
9th Kenny Simpson 6:18:15
24th Chrissy Ferguson 7:20:32 74 finishers

March 29th, 2008 *The Barkley Marathons* Tennessee
Greg Eason 60 Miles/Three loops 38:15:57

April 5th, 2008 *American River 50 Miler* California
256th Chrissy Ferguson 10:17:49 467 finishers

April 5th, 2008 *The Umstead 100 Miler* North Carolina
24th Jamie Huneycutt 22:39:38 104 finishers

Umstead 100 Race Report

by

Jamie Huneycutt

Umstead 100 Miler

April 5/6, 2008

Raleigh, North Carolina

When I ran the *Umstead 100* in 2003, I vowed to return again. I had set a PR of 22:58 that I figured would only be broken (if then) by returning to this race. With the growing popularity of Ultras, *Umstead* filled in October for the 2007 race. This time I was ready to register. When the online registration came out the Friday before Labor Day, I registered and the race was full in two days!

The *Umstead 100* is a perfect race for people like me that are "trail challenged". There is only about a mile of ruggedness per loop and the rest is a fine chat type material. It is suggested to wear trail shoes and gators (which I did). This is a race that you could do totally unsupported but fortunately my sister Kerry wanted to go so she flew out from Denver and met me there. In 2003, the course was 10 X 10 mile loops. It is now 8 X 12.5 mile loops with two out and back sections. Raleigh is a beautiful city and the airport, host hotel and park are all within 10 miles of each other.

The wisteria was just as I remember – growing up to 30 feet high in the trees with their beautiful flowers and fragrance. The Dogwood trees were also peaking. The forecast was for strong storms beginning Friday night and continuing through Sunday. It was sprinkling when the race started but the temperature was a nice 62 degrees. It didn't start raining until I was about 37 miles into the race and then it rained intermittently the rest of the time. Since the forecast was so dim we were happy with just having moderate rain showers. I had pacers after the first 50 miles. My sister ran with me first while it was still light (since she is even more "trail challenged" than I am). Kelly Fredgren and John Gully had moved to North Carolina almost three years ago and they and their friend Joanna came out to pace me also. They each ran one 12.5 mile section with me. Since I don't usually have a pacer, I really loved having the company out there.

I always have numerous goals in 100 mile races. In this race my goals were to first to finish, second to break 24 hours and third to break my previous record. I did break it by 19 minutes and finished with a time of 22:39. I ended up 5th woman and 24th out of 234 starters. I would highly recommend this race for those who want to run their first 100, want to set a PR, or are "trail challenged". The website: www.umstead100.org has the complete results. If you decide to run it in 2009, sign up to receive the news and register as soon as you get the E-mail. I loved the camaraderie of the race and being able to cheer others on the whole way. Since the weather was less than ideal this year, perhaps next year will prove more race friendly weather for even more PR's!

AURA ARCHIVE VAULT

Umstead 100 Miler Raleigh, North Carolina

John Muir(07)	18:34:14
Kevin Dorsey(05)	19:28:10
Kyle Baldwin(07)	19:39:51
Mike Samuelson(97)	20:33:33
Jamie Huneycutt(03)	22:58:27
Jamie Huneycutt(08)	22:28:38
Ivy Harrison(95)	23:06:01

Report Archive omissions and/or errors to chrlypytn@aol.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. Pass the word. Remember, you are still somebody.

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	<i>White Rock Classic 50k</i>	<i>UTS 7</i>
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	<i>The Catsmacker (20 mi)</i>	<i>UTS 12</i>

Ultra Trail Series finale. *The Catsmacker*, 20 miles plus/minus. Ouachita Trail parking lot at Lake Sylvia. 7:00 a.m. start. No entry fee but there will be a waiver to sign and a race donation opportunity to cover the cost of the aid stations.

3daysofsyllamo – UTS # 9

March 14/16, 2008

Blanchard Springs, Arkansas



3dysofsyllamo Race Director, Steve Kirk, pictured with Cindy Schoenlaub

**3 Days of Syllamo
March 14 - 16, 2008**

Male Results - All Stages

Place	Name	Age	State	Time
1	Joshua Nordell	30	CA	16:13:46
2	Matt Clay	29	OK	16:30:28
3	Matt Hart	33	WA	17:05:18
4	Ty Draney	33	WY	17:18:18
5	Paul Schoenlaub	48	MO	17:28:30
6	Scott Eason	42	AR	17:36:17
7	Andy Pele	41	MO	17:38:20
8	Po Dog Vogler	41	AR	18:16:53
9	Andy Emerson	39	MO	19:53:45
10	Patrick Perry	43	MO	20:43:21
11	Carey Smith	34	MO	20:50:06
12	Stuart Johnson	48	KS	21:04:35
13	Dale Humphrey	48	IL	21:18:44
14	Paul Turner	44	AR	21:18:57
15	Nolan Ming	32	IL	22:16:20
16	Lynn Ballard	51	TX	22:20:22
17	Ted Bowden	53	AR	23:16:31
18	Chris Block	27	AR	23:42:22
19	Fred Thompson	59	TX	23:51:34
20	George Peterka	48	AR	23:58:53
21	Rob Apple	46	TN	23:59:37
22	Jeff Wells	49	MO	24:06:45
23	Jim Sweat	52	AR	24:56:40

Female Results - All Stages

Place	Name	Age	State	Time
1	Ashley Nordell	28	CA	17:39:49
2	Veronica Battaglia	35	AR	22:01:06
3	Susan Donnelly	45	TN	23:38:29

50K (Friday) - Male

Place	Name	Age	State	Time
1	Matt Hart	33	WA	4:22:59
2	John Muir	29	AR	4:23:01
3	Joshua Nordell	30	CA	4:30:39
4	Ty Draney	33	WY	4:33:25
5	Matt Clay	29	OK	4:51:56
6	David Wakefield	33	KS	4:52:55
7	Scott Eason	42	AR	4:55:35
8	Tom Brennan	36	OK	4:55:35
9	Paul Schoenlaub	48	MO	4:56:24
10	Andy Emerson	39	MO	4:59:45
11	Darby Benson	37	AR	5:06:30
12	Andy Pele	41	MO	5:09:16
13	Po Dog Vogler	41	AR	5:13:54
14	Jeff Foes	42	MO	5:48:10
15	Paul Turner	44	AR	5:52:12
16	Scott Rogers	43	TN	5:52:12
17	Carey Smith	34	MO	5:53:12
18	Patrick Perry	43	MO	5:53:16
19	Stuart Johnson	48	KS	5:53:16
20	Allen Benjamin	52	NE	5:53:16
21	Dale Humphrey	48	IL	6:12:46
22	Steve Appleton	35	AR	6:14:51
23	Alan Hunnicutt	54	AR	6:19:24
24	Damian Nathaniel	41	IN	6:25:53
25	Lynn Ballard	51	TX	6:30:52

26	Ken Barton	49	AR	6:31:47
27	Chris Block	27	AR	6:41:20
28	Fred Thompson	59	TX	6:46:20
29	Willie Lambert	45	KS	6:47:29
30	Maurice Robinson	66	AR	6:48:02
31	George Peterka	48	AR	6:57:18
32	Ted Bowden	53	AR	7:02:33
33	Guy Patteson	47	AR	7:06:19
34	Jeff Wells	49	MO	7:08:44
35	Nolan Ming	32	IL	7:12:36
36	Wesley Pruitt	26	AR	7:14:39
37	Rob Apple	46	TN	7:25:02
38	Pete Ireland	67	AR	7:28:38
39	Jim Sweat	52	AR	7:57:49
40	Duane Grigg	56	MO	8:17:33
41	Mun Sang Yue	34	MO	8:24:41
42	Karl Keltner	46	MO	9:18:58

50K (Friday) - Female

Place	Name	Age	State	Time
1	Ashley Nordell	28	CA	4:59:45
2	Corena Ricks	41	WY	5:52:12
3	Veronica Battaglia	35	AR	6:14:51
4	Shirley Hyman	40	AR	6:31:47
5	Katie Helms	30	AR	6:38:30
6	Susan Donnelly	45	TN	6:43:52
7	Stephanie Stewart	27	AR	6:45:24
8	Salli Scott Young	35	TN	6:52:47
9	Eunika Rogers	37	TN	7:00:00
10	Chris Harrison	49	CA	7:08:45
11	Alison Adams	53	FL	7:41:00
12	Kenda Grover	37	AR	7:55:50
13	Ann Sorenson	37	AR	7:55:51
14	Dianne Seager	51	AR	7:57:46
15	Shannan Garcia	30	MO	7:59:27
16	Hui-Qing Yin	32	MO	8:24:42
17	Cindy Schoenlaub	47	MO	8:36:00
18	Courtney Lewis	30	MO	9:01:31
19	Lou Peyton	63	AR	9:35:05

50 Mile (Saturday) - Male

Place	Name	Age	State	Time
1	Matt Clay	29	OK	9:30:02
2	Joshua Nordell	30	CA	9:40:54
3	Paul Schoenlaub	48	MO	10:12:40
4	Andy Pele	41	MO	10:24:19
5	Scott Eason	42	AR	10:35:57
6	Po Dog Vogler	41	AR	10:46:32
7	Ty Draney	33	WY	10:49:28
8	Matt Hart	33	WA	10:49:28
9	Patrick Perry	43	MO	12:17:40
10	Andy Emerson	39	MO	12:17:41
11	Carey Smith	34	MO	12:17:59
12	Nolan Ming	32	IL	12:28:01
13	Dale Humphrey	48	IL	12:30:28
14	Paul Turner	44	AR	12:48:47
15	Stuart Johnson	48	KS	12:48:47
16	Lynn Ballard	51	TX	13:04:19
17	Ted Bowden	53	AR	13:09:58
18	Chris Block	27	AR	13:15:27
19	Jerry Frost	52	MO	13:39:50
20	Rob Apple	46	TN	13:39:51

20	Rob Apple	46	TN	13:39:51
21	Greg Martens	49	KS	13:40:55
22	Jeff Wells	49	MO	13:43:19
23	Jim Sweat	52	AR	13:43:22
24	George Peterka	48	AR	13:45:05
25	Fred Thompson	59	TX	13:49:12

50 Mile (Saturday) - Female

Place	Name	Age	State	Time
1	Ashley Nordell	28	CA	10:23:14
2	Veronica Battaglia	35	AR	13:04:20
3	Susan Donnelly	45	TN	13:39:52
4	Salli Scott Young	35	TN	13:54:35

20K (Sunday) - Male

Place	Name	Age	State	Time
1	John Muir	29	AR	1:49:01
2	Matt Hart	33	WA	1:52:51
3	Darby Benson	37	AR	1:54:26
4	Ty Draney	33	WY	1:55:25
5	Joshua Nordell	30	CA	2:02:13
6	Greg Eason	37	AR	2:02:22
7	Andy Pele	41	MO	2:04:45
8	Scott Eason	42	AR	2:04:45
9	Jeff Foes	42	MO	2:06:17
10	Matt Clay	29	OK	2:08:30
11	Po Dog Vogler	41	AR	2:16:27
12	Paul Schoenlaub	48	MO	2:19:26
13	Stuart Johnson	48	KS	2:22:32
14	Kelly O'Meara	55	AR	2:25:52
15	Damian Nathaniel	41	IN	2:26:03
16	David Bourne		AR	2:28:37
17	Kevin Ricks	42	WY	2:31:31
18	Patrick Perry	43	MO	2:32:25
19	Dale Humphrey	48	IL	2:35:30
20	Nolan Ming	32	IL	2:35:43
21	Andy Emerson	39	MO	2:36:19
22	Allen Benjamin	52	NE	2:36:19
23	Paul Turner	44	AR	2:37:58
24	Jim Lampinen	44	AR	2:38:12
25	Carey Smith	34	MO	2:38:55
26	Lynn Ballard	51	TX	2:45:11
27	Jerry Frost	52	MO	2:54:43

28	Rob Apple	46	TN	2:54:44
29	Russ Danson	43	AR	2:54:46
30	Jonathan Shaver	32	AR	2:55:46
31	Maurice Robinson	66	AR	2:56:14
32	Willie Lambert	45	KS	2:59:56
33	Ted Bowden	53	AR	3:04:00
34	Wesley Pruitt	26	AR	3:05:10
35	Jeff Wells	49	MO	3:14:42
36	Jim Sweat	52	AR	3:15:29
37	Pete Ireland	67	AR	3:15:30
38	Fred Thompson	59	TX	3:16:02
39	George Peterka	48	AR	3:16:30
40	Guy Patteson	47	AR	3:20:59
41	Paul Mattocks	60	AR	3:23:25
42	Nathan Vandiver	21	AR	3:25:36
43	Chris Block	27	AR	3:45:35
44	Alston Jennings	60	AR	3:50:42
45	David Wakefield	33	KS	4:04:37
46	Bob McKinney	65	AR	5:00:38

20K (Sunday) - Female

Place	Name	Age	State	Time
1	Ashley Nordell	28	CA	2:16:50
2	Corena Ricks	41	WY	2:31:16
3	Stephanie Dill-Lampinen	35	AR	2:37:45
4	Stephanie Bolin	25	AR	2:38:23
5	Veronica Battaglia	35	AR	2:41:55
6	Susan Donnelly	45	TN	2:54:45
7	Carol Bullard	47	MO	2:56:24
8	Cindy Schoenlaub	47	MO	3:12:57
9	L aura Earley	28	AR	3:14:19
10	Stephanie Stewart	27	AR	3:14:20
11	Dianne Seager	51	AR	3:15:26
12	Chris Harrison	49	CA	3:20:59
13	Jennifer Miller	25	AR	3:24:10
14	Kelly Linton	39	AR	3:34:27
15	Lisa Friday		AR	3:59:59
16	Lesha Shaver	33	AR	4:00:27
17	Jessica Wakefield	28	KS	4:04:38
18	Sandy Bolen	58	AR	4:29:46
19	Corkey Zaloudek	62	AR	4:30:40
20	Rose Rogers		AR	4:30:40
21	Ann Moore	67	AR	5:00:38



*All-Star Volunteer
5th Grader, Anna Peterka
Photo: Barkshed Aid Station
3Daysofsyllamo-50 Miler*

AURA Interview

Ultra Runner – Rob Apple, Murfreesboro, Tennessee.
Stage finisher at the 2008 3DAYSOFSYLLAMO



Photo: Lou Peyton poses with *Ultra Icon*, Rob Apple

Greetings Rob! Our paths first crossed in the late 80's down in east Texas at the *4-C 50 Mile Trail Race*. I remember Nick Williams and me running a little with you that day. Since then Nick's running and my running have taken a nose dive. You however seem to have gotten more prolific. About how many ultras do you do a year?

I have been averaging 40 ultras per year over the last 6 years. Our sport has gone through major changes, one of them being a huge increase in ultras in the southeast. So it's a lot easier to run more often without all the travel. The problem now is so many races are on the same weekend and it is difficult to choose at times. I've been truly blessed as far as injuries the last ten years which has allowed me to do exactly what I've planned out. Goodness...4-C, I was only 30 years old, and that was 446 ultras ago.

Doing that many races do you do any running or training in between?

Yes. I run 10 miles every night on the greenway behind my apartment. Being an accountant, I have to get out every day in order to enjoy the beautiful surroundings.

When I am not racing, Susan (girlfriend) and I have been running many of the trails here in Tennessee. We have so many places to train and I feel fortunate to live here.

To ask what your favorite race is would be unfair. Let me phrase it like this. Over the years what are the top ultras that stand out for you?

Very unfair, though I get asked often which one is my favorite. So many races I enjoyed in the past no longer exist. Howl at the Moon 8 Hour in Danville, Illinois, is one with special meaning because I was the overall winner in 2000. Western States was my first 100 back in 1991; it is my favorite west coast ultra. Great Eastern 100k in Virginia was my 500th finish and I'll never forget what a wonderful day it was running with my best friend Wesley Fenton and girlfriend, Susan Donnelly. Strolling Jim has so many memories for me. It's one I'd hate to have to miss. Overall, I enjoy the 5k/50 milers over the 100 milers but I do enjoy them all.

We were pleasantly surprised to see your name on the participant list for *3daysofsyllamo*. Are stage races something you are interested in now?

Susan Donnelly suggested we go out and give it a try. Neither one of us had run a stage race before, so we had no idea what to expect. I've done a number of back to back ultras on Saturday and Sunday. I enjoy making the most out of the weekend. She and I have both done the Traveller, so we were interested in seeing a different part of the state. I wish more stage races existed. I enjoyed sleeping at night versus running through the night.

How did the *3daysofsyllamo* go for you?

It was one of the best times we've ever had running. I took the first day extremely easy. Susan ran a little harder than I but managed to take quite a few pictures of the beautiful course. We had a great evening with food, beer and car camping. We had a tranquil camping spot right by the river each night. Second day was a bit harder than expected. Susan and I ran with Jerry Frost for the entire 50 miles. We went out slow and started playing touch with the cutoffs. We put Susan up front as trail boss and we made up time. It was a long day, but again nice evening with food, beer and good night's sleep. Sunday was play day. Sleep in late, get up and only run 12 miles. Susan and Jerry were in front of me in the opening miles, and then I caught and passed both of them on the uphill. They caught me in the aid station and I said let's finish this strong. We were flying and anaerobic the rest of the stage. No other way I'd like to spend my weekend.

In Arkansas you have done the *AT100*, and now *3dfaysofsyllamo*. Any chance we'll see you again in the State:

A excellent chance I'll run the Sylamore 50K and, for certain, you'll see Susan and I at 3daysofsyllamo next March.

Big Rock Mystery Run-UTS #10

March 22, 2008

North Little Rock River Trail, Arkansas

10 Miles (+/-) (2007-2008 UTS Race #10)

Place	Name	Gen	Age	City	Time
1	John Muir	M	29	Little Rock	1:27:01
	Darby Benson	M	37	Fayetteville	1:27:01
	Stan Ferguson	M	44	Conway	1:27:01
4	Rodney DeClue	M	43	North Little Rock	1:31:06
5	Nick Alsbrook	M	28	Jonesboro	1:33:55
6	Katie Helms	F	30	Fayetteville	1:34:53
7	Guy Patteson	M	47	Jonesboro	1:35:56 *
8	Maurice Robinson	M	66	Benton	1:37:15
9	Josh Bornhorst	M	33	Little Rock	1:41:30
10	Kimmy Riley	F	47	Mabelvale	1:52:00
11	Jen Foster	F	35	Little Rock	1:52:03
	Michael DuPriest	M	52	Little Rock	1:52:03
13	Mark Roth	M		North Little Rock	2:00:00
	Jerry Evans	M	60	North Little Rock	2:00:00
15	RC Fason	M	63	Little Rock	2:03:30
16	Charlie Dunn	M	66	Conway	2:03:36
17	Carrie DuPriest	F	50	Little Rock	2:06:43 *
	Patty Groth	F	52	Ward	2:06:43 *
	Rhonda Ferguson	F	52	Little Rock	2:06:43 *
20	Gary Gehrki	M	53	Arkadelphia	2:08:45
	Katie Gehrki	F	20	Conway	2:08:45
22	Rosemary Rogers	F	60	Maumelle	2:16:07 *

* Two-minute penalty applied for not collecting all cards

Less-than-full-route participants:

Robin Ballheimer	F	46	Greenbrier
Dottie Rea	F	55	Vilonia

RRCA's quarterly *Foot Notes*
Now online.

www.RunArkansas.com and link to
www.RRCA.ORG then look under
Resources to find it.

AURA's Fab-4

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

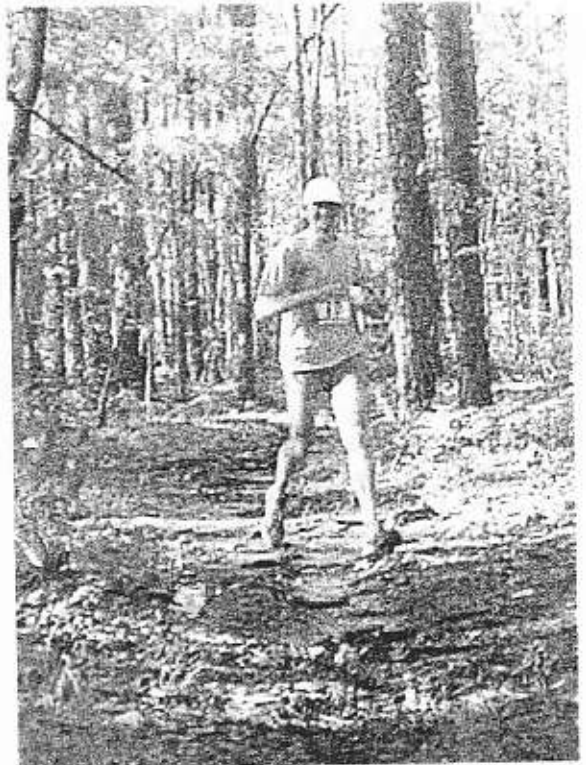
20th EDITION; Number 3

The AURA – *Just Set It and Forget IT!*
 Born in 1989; RRCA Born Again 2001

Ouachita Trail 50 - UTS #11
April 19, 2008
Little Rock, Arkansas

50 Mile

Place	Name	Gen	Age	State	Time
1	Po Dog Vogler	M	41	AR	8:50:24
2	Paul Schoenlaub	M	48	MO	8:54:53
3	Gregory Gearhart	M	51	MS	9:06:43
4	Stan Ferguson	M	44	AR	9:25:33
5	Steve Kirk	M	47	AR	9:52:19
6	Chris Mottola	M	18	FL	9:54:09
7	Todd Henderson	M	40	AL	9:57:59
8	Chuck Lewis	M	44	OK	10:17:09
9	Logan Vaughn	M	23	NE	10:27:28
10	Zane Smith	M	35	TN	10:54:12
11	Jesse Baldwin	M	30	OK	11:11:50
12	Guy Patteson	M	48	AR	11:44:19
13	Robert Williamson	M	41	AR	11:44:19
14	Rick Hoopes	M	53	NE	11:47:26
15	Kimmy Riley	F	47	AR	11:54:34
16	Jason Thomas	M	34	AR	12:10:09
17	Jason Haddock	M	38	NJ	12:20:21
18	Dale Powell	M	57	AR	12:20:38
19	George Peterka	M	48	AR	12:25:05
20	Alan McLain	M	43	TX	12:28:39
21	Jim Jones	M	49	TN	12:32:24
22	Doug Richardson	M	33	TX	12:37:50
23	Jordan Lane	M	29	AR	12:59:55
24	Dean Worley	M	42	AR	12:59:56
25	Diane Jones	F	53	TN	13:01:42
26	Kenny Simpson	M	53	MS	13:01:43
27	Edward Jones	M	45	AL	13:07:24



**AURA's Po Dog Vogler
 Posts Victory in the
 2008 Ouachita Trail 50 Miler**

50 Km

Place	Name	Gen	Age	State	Time
1	John Muir	M	29	AR	4:14:08!
2	Darby Benson	M	38	AR	4:44:23
3	Steve McBee	M	42	AR	4:46:02
4	Ginger Smith	F	37	TN	5:08:55!
5	Paul Turner	M	45	AR	5:29:06
6	Joe Coffelt	M	42	TN	5:38:23
7	Natalie McBee	F	34	AR	5:41:29
8	Brian Myers	M	20	LA	5:56:43
9	Michael Westbrooks	M	38	TX	6:08:23
10	Alan Hunnicutt	M	54	AR	6:10:41
11	Dan Tracy	M	37	TX	6:13:02
12	Katie Helms	F	30	AR	6:15:09
13	Buddy Brown	M	50	TX	6:15:09
14	Gary Gehrki	M	53	AR	6:21:10
15	Stephanie Stewart	F	27	AR	6:29:38

16	Shirley Hyman	F	40	AR	6:33:21
17	Ken Barton	M	49	AR	6:33:21
18	Jen Foster	F	35	AR	6:34:21
19	Mark Roth	M	46	AR	6:36:47
20	Ted Bowden	M	53	AR	6:46:02
21	Earl Blewett	M	43	OK	6:47:46
22	Edward Morin	M	36	AR	6:49:28
23	Bentley Blackmon	M	36	AR	6:49:28
24	Shayne Smith	M	39	TN	6:52:28
25	Eunika Rogers	F	37	TN	6:53:43
26	Mack Varner	M	63	MS	6:55:05
27	Rebekah Fletcher	F	42	AR	6:55:38
28	Scott Folland	M	37	LA	7:03:34
29	Eddie Supratman	M	31	AR	7:08:06
30	Phillip Hall	M	39	OK	7:09:39
31	Jim Holt	M	49	AR	7:10:38
32	Bill Luton	M	52	TN	7:14:10
33	Randy West	M	51	AL	7:16:11
34	Bob Marston	M	57	AR	7:20:38
35	Gwen Hewitt	F	45	TN	7:22:25
36	Mike Burnham	M	40	AR	7:24:34
37	Carla Branch	F	56	AR	7:26:39
38	Brenda Bonner	F	47	AR	7:26:39
39	Jay Huneycutt	M	47	AR	7:40:32
40	Robert Kyle	M	47	TN	7:44:45
41	Pete Ireland	M	67	AR	7:49:48
42	Collins Cogbill	M	38	AR	7:49:48
43	Ted Bearden	M	39	AR	8:05:47
44	Nick Hays	M	38	AR	8:05:47
45	Chung Odum	M	26	AR	8:08:46
46	Johnny Mitchum	M	61	AR	8:11:40
47	Phil Brown	M	41	AR	8:14:55
48	Michael Booze	M	30	OK	8:19:49
49	Susan Fields	F	38	TX	8:20:30
50	Dianne Seager	F	51	AR	8:21:34
51	Gary Speas	M	54	AR	8:21:34
52	Philip Walter	M	29	AR	8:25:09
53	Donnal Walter	M	59	AR	8:25:13
54	Elizabeth Sanders	F	47	TN	8:25:17
55	Laura Earley	F	28	AR	8:27:47
56	Jim Sweatt	M	52	AR	8:29:46
57	Jim Ingalls	M	63	TX	8:33:40
58	David Caillouet	M	49	AR	8:33:46
59	Cliff Sanders	M	57	TN	8:37:41
60	Johnny Eagles	M	56	AR	8:41:18
61	Patty Groth	F	52	AR	8:42:00
62	Rosemary Rogers	F	60	AR	8:45:42
63	Buddy Gibson	M	49	AR	8:54:18
64	Steve Burgess	M	53	MS	8:57:26
65	Bill Duncan	M	48	LA	8:57:26
66	Cheryl Murdock	F	57	FL	9:03:57
67	Marla Hendricks	F	53	TX	9:05:58
68	Alston Jennings	M	60	AR	9:07:34
69	Hilde Haynes	F	65	TN	9:10:40
70	Lou Peyton	F	63	AR	9:16:47
71	Ray Gildea	M	54	MS	9:32:36
72	Edward Lyell	M	38	CA	9:33:37
73	Caity Kilfoy	F	18	MO	9:33:37
74	Michael Lyell	M	18	MO	9:33:37
75	Larry Sharp	M	58	AR	9:40:22

76	Ronald Gimblet	M	60	AR	9:45:29
77	Patre Williams	F	35	AR	10:13:51
78	Eugene Bruckert	M	72	IL	10:24:50
79	Bob McKinney	M	65	AR	10:25:35
80	Corky Zaloudek	F	62	AR	10:32:37
81	Elaine Gimblet	F	60	AR	12:28:13
82	Donna Duerr	F	52	AR	12:28:13

121 starters

! denotes new course record



Father – Daughter Running Team, Alston Jennings and Laura Earley on the Ouachita Trail Mile 15, OT-50Km

An Open Letter to the North Shore Aid Station

The first people I want to thank are Stan and Chrissy for allowing me to be an Aid Station Captain at North Shore. Then I want to thank Chrissy for “watching our backs” the entire time the race was in progress. When I got back to the pavilion and sat down with a hamburger, Chrissy came over and asked me how it went at North Shore. I admit to getting a little bit emotional and had to take a couple of deep breaths to collect myself. I told her that the help at North Shore was “outstanding.” Kim, Ronnie Bob, Paul, Anna, A.J., James and Johnathon were the best. It’s a beautiful thing when it all comes together. All of you except Anna have earned the right to run it next year and you have my blessing to do so. Sorry Anna, you have to be 18 to enter the race. If you decline the offer I hope you will consider North Shore again. Regards, Captain Charley Peyton, North Shore Aid Station.

2007-2008 Ultra Trail Series Standings

Following are LTS standings through eleven events. As King and Queen of the Trail eligibility requires completion of four races and there is one remaining, only runners who have completed at least three races are included here. 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.

Women:


Rank	Name	Age	Midnt	BP	Nebo	ATT100	GGorg	ABF	WRC	Syla	Day1	Day2	Day3	BRM	OT50	Total
1	Kimmy Riley	46	64	26		29	27	41	35		25			47	76	304
2	Katie Helms	29			59		61	41						58	54	298
3	Natalie McBee	34						52	41	56					65	214
4	Sally Scott Young	34		64	37				29	32	16	13				191
5	Eunika Rogers	36	53		31				23	19	14				30	170
6	Chrissy Ferguson	46	42			23	8		63							136
7	Veronica Battaglia	35								44	32	23	27			126
8	Ashley Nordell	28									44	29	46			119
9	Susan Donnelly	45		43							22	17	24			106
10	Jenny Foster	35	12.5		19									36	36	103.5
11	Stephanie Stewart	27									19		15		48	82
15	Shirley Hyman	39	8								28				42	78
17	Gena Bonini	44		36		13				25						74
19	Dianne Seager	51				35					7		12		15	69
21	Patty Groth	51	21				8							24	12	65
25	Cindy Schoenlaub	47	30								4		18			52
30	Elizabeth Sanders	47	5	18	13										14	50
35	Laura Earley	27	12.5											15	13	40.5
49	Rosemary Rogers	60					2			5				3.5	8	29.5
60	Lou Peyton	63	3		6				2		2					20
66	Hilde Haynes	64	4	4											8	16

Men:


Rank	Name	Age	Midnt	BP	Nebo	ATT100	GGorg	ABF	WRC	Syla	Day1	Day2	Day3	BRM	OT50	Total
1	Darby Benson	37	76		65		70	65	55	105	33		59	53	95	676
2	Po Dog Vogler	41	65		54	92	36	36	43	77	31	28	37		106	605
3	John Muir	29				81				128	61		71	53	106	500
4	Paul Schoenlaub	48						48	37	79	37	38	36		95	370
5	Stan Ferguson	43			42		30	42	49	67				53	78	361
6	Scott Eason	41	48		36		42			99	40.5	31	44.5			341
7	Jeff Foes	41	36	49	17		20	30	27	71	30		41			321
8	Paul Turner	44	20				48	24.5	21		28.5	12.5	25		78	257.5
9	Tom Brennan	36						76		139	40.5					255.5
10	Guy Pateson	47	24.5	14	12	26	9	8	16	44	11		8	24	45.5	242

Men - 2008 UTS Standings (continued)

Rank	Name	Age	Midnt	BP	Nebo	ATT100	GGorg	ABF	WRC	Syla	Day1	Day2	Day3	BRM	OT50	Total
11	Matt Clay	29				75					48	50	39			212
12	Steve McBee	47						17		89					84	190
13	Jon Biler	36					59	20		93						172
14	Carey Smith	33				37				69	27	16	23			172
15	Ted Bowden	52	16	22		35			15	72	12	10	15		44	169
16	Stuart Johnson	48						24.5		72	25	12.5	35			169
17	Steve Kirk	47					17			73					72	162
18	Matt Hart	33									67	23.5	65			155.5
20	Joshua Nordell	30									55	44	52			151
22	George Peterka	47	13		10	29	10	12			13	3	9		40	139
24	Ty Draney	33									51	23.5	55			129.5
25	Pete Ireland	66	10		8	7		9	13	28	6		11		27.5	119.5
28	Andy Pele	41									32	34	44.5			110.5
30	Jim Sweat	52						15	11	39	5	4	12		17	103
31	Scott Rogers	43							18	56	28.5					102.5
32	Josh Bombhorst	32			6		8	10	14	46				14		98
34	Jeremy Bolt	37		26		19.5				51						96.5
37	Dale Humphrey	48				18					23	14	29			84
40	David Reagler	41	30	20		27	6									83
42	Gary Gehlki	53	24.5						6					2	47	79.5
43	Andy Emerson	39									35	18	26.5			79.5
44	Ken Barton	48	11						4		18				46	79
47	Bob Marston	57					5			40					32	77
50	Patrick Perry	43									25	20	30			75
58	Maurice Robinson	65	17								14		17	18		66
59	Jerry Frost	52								37	19	8	21			66
92	Lynn Ballard	51									9	11	22			52
93	Nolan Ming	32									9	15	28			52
97	Phil Brown	40	3				3	3	7	13					22	51
107	Phillip Hall	39	7		5										22	51
113	Willie Lambert	45				15										48
138	Chris Block	27						6.5			15	9	16			46
153	Rob Apple	46									17	7	5			37.5
161	David Caillouet	49			3		4			10.5	7	7	20			34
177	Wesley Pruitt	26						6.5			8	2	14		15	32.5
179	Fred Thompson	59									16	2	10			28.5
180	Cliff Sanders	57	4	8	2											28
181	Jeff Wells	49									10	5	13			28
198	Johnny Eagles	55			2					8						23
201	Alston Jennings	59	2						2	5			4			22



*Coach Doctor, This Is the Sequel
To the Novelette, AT100 X-file*



*BS, I can't
Wait for the
Movie*

An Arkansas Traveller Novelette

Stories unbounded by time or place

The Crossing

A Mystery on the Banks of the Fourche LaFave.

After serving my country for 30 years, I was ready for a slower pace. A place where I could reflect upon my experiences and move on with the rest of my life. I found what I was looking for in...Perryville.

I discovered running in the service and found that it freed me from the demands of leadership and recharged me for the duties that I faced. In Perryville I was free at last.

There are not many runners in my adopted hometown. People were busy just getting by and trying to make a better life. I often thought that maybe I was a generation too early.

My days by some standards were not too exciting. I was always up at dawn and out on the forest roads at first light. Upon returning I would rest for a while, then about town and often check in at the library and look over the old maps in the cartography section. In the service my survival often depended upon finding my way and I had developed a keen interest in them. A hobby, so the speak.

My normal run took me across the plank bridge just out of town. From there I could explore the forest roads and trails. After one of my runs, I was at the library pouring over a century old map and discovered the faint outlines of a pioneer trace that I assumed the early settlers had used to cross the Fourche LaFave River before the new bridge was built. I decided I would explore this path on my run.

The next day I was on the road early and after crossing the bridge, I was surprised that I found the trace so easily. There appeared to be fresh wagon tracks leading to the Fourche LaFave. Following the tracks was easy as the ground was soft and without the rocks and boulders I was accustomed to. Approaching the river, I could see the wagon whose tracks I had been following. It was parked under a large Live Oak tree. The wagon was a large one that I had often seen on the road used by traveling people. It had a small porch on the rear and blue shutters on the sides. I moved quickly past not wanting to be disturbed whoever it was and found the river to be easily crossed at the ford. I then followed the trace up the mountain switch backs and through the pass that led me back to town.

As spring began to spread into the Fourche valley and the temperatures warmed, I decided that crossing the Fourche LaFave would become my regular route. The trace was always cool and its tree lined canopy protected me from the sun. If need be I could cool off by wading in the river before crossing over the mountain.

The next day on the route I wondered if the wagon would still be there and who was living there. As I approached the crossing, I saw the wagon and a clothesline from which women's garments were hanging. I saw signs of a horse but nothing else. I wondered who this person was and why they had chosen this place.

Nothing had changed around the wagon camp until one day as I made my way, I noticed that a small table had been placed in my path and on the table was a pitcher of cool water and several cookies. With no one to thank, I went about my run. I wondered if they were watching me. Once after taking a drink, I caught a glimpse of movement at the window but when I said "*Hello*" and knocked on the door, I got no answer. I asked myself why she had been so kind to me. Every day now I passed the wagon and paused for a drink. One day after I had left I climbed the ridge after the ford and secreted myself behind a rock ledge and waited to see who came and moved the table. No one came. Back in my home I lay awake at night and wondered about her.

Then something changed. As I approached the water table, I found laying off to the side a piece of paper. I examined the writing carefully. I could tell she had written deliberately as to not be too forward. The note read "*I thought you might be interested in this!*" She had underlined "you". My imagination raced as I turned over the paper. It was an application for the *Arkansas Traveller 100*.

Chapter Two

She was a child of an unmarried woman. The father was a gambling man who favored the riverboats of the Mississippi River and when she was born he had already been arrested for a crime committed long ago in his youth. Or so her mother told her.

Growing up in a small southern town was not easy for a young girl with her birthright but her mother's reputation among those that mattered was without question. She worked faithfully at the mercantile store and provided for her daughter. Who, by her teenage years, was a well grounded young lady and would become a respected bookkeeper in the community.

As she approached her 50th year, her mother's health began to fail and she passed on. Going through her mother's estate, she found a neatly boxed file of letters. As she began to read through them she discovered that the return address was from the state prison and the person who wrote them was her father. The letters dated back almost 50 years and the most recent was only a couple months old. She sat down and took out the letters and began to read. She discovered that the writer had a genuine fondness for her mother and lamented his incarceration. He asked questions of her standing in the community and of her well being. She had more questions than answers. Did her mother write to him: did they communicate? In the last letter written only months before, he closed it by telling her that he was to be released soon and was going home to Perryville.

Several days passed as she thought about this revelation. Did he know about her; did he care? She had to know.

Putting her affairs in order and taking a leave of absence from her employment, she set off for Perryville in a wagon home she purchased with the small inheritance. Approaching Perryville, she decided that the best place to camp was near the banks of a small, clear river where it flowed through the rocks. She felt at peace there and knew she had made the right decision.

After settling in she went into town trying to find information about her missing father. In the town she visited the shop owners and put out notices in public places. Several days later she was visited by the local constable who had some bad news. He explained that about a month ago he was summoned to the area to investigate a drowning

that had occurred just down stream from where she was camped. He told her that this might have involved the person whom she was seeking. He offered to take her to the cemetery and verify the name. When they arrived at the cemetery, there along side the grandmother that she never knew was the name she recognized as her father. On his tombstone was this inscription:

**“On the first of May
To my dismay,
I was swept away
By the Fourche LaFave.
My troubles now cease
I am at peace.
As those that follow after me.”**

It was prophetic she thought as they paid their respects.

Back at the campsite she decided to stay a couple of days longer. She felt closeness to the spot that was near where her father had met his fate. The next day as she was finishing breakfast, she got a glimpse of a stranger as he ran by her wagon. He was a little older, she thought, and an attraction stirred in her. She noticed that he returned about the same time of day and she saw how he looked forward to the river crossing and lingered longer on his crossing as the weather began to warm. Rising early one morning, she set out a small table and placed a cool pitcher of water and two cookies that she had baked. Standing in the shadows of the window, she watched him cross and climb the pass on the way back to town. She knew she should be leaving for home but was hesitant to leave. She told herself that there was plenty of time yet to travel. Her bookkeeping position would have to wait. As the summer began to set, she needed to make a trip to town to re-supply. At the blacksmith shop she stabled her horse and was walking to the supply store when she met a young couple from out of town. They were nailing posters on the store wall which told of an upcoming event near town. After a lengthy conversation she was handed one of the posters. It was an application to *the Arkansas Traveller 100*.

Chapter Three

I arrived early at the starting line and began to mill about. I had questions about what I was getting into but as I pondered my situation, I knew that this was something that I had to do. The young race director sensed my uneasiness and offered me advice. She told me take it one aid station at a time and they would all add up to one hundred miles. **“To finish was to win”**, she said. It was dark when the starting gun sounded and my adventure began. I estimated it would take me an hour to cover the six miles to the first aid station. It was still dark when I arrived with lots of runners in front of me and many more behind. Moving up to the aid station table the volunteer glanced up at me and held her glance it seemed for the longest time before turning her attention to the other runners arriving. I noticed that she was strikingly tall with dark hair that was beginning to gray. Her eyes seemed to dance as she assisted the runners. I didn't want to spend too much time so I thanked her and headed out into the darkness. I didn't turn around but I heard

her say, *"you're doing well; see you at the finish"*. Just out of reach of the station I heard a strange noise. It sounded like a horse naying. In the flickering light I picked out the faint outline of a horse that was hitched to a wagon. A wagon with blue shutters on the sides and a small porch on the rear. It was her.

I tried to concentrate on what the young race director had told me before the race. "Divide the race into to smaller pieces and just run from one aid station to the next". I also thought a lot about what the aid station worker had told me. "I'll see you at the finish", is what she said. The aid stations came and went; I felt like I was being drawn to the finish.

At last the finish line approached. People were yelling and clapping but one person stood out. The woman at the first aid station.

It was as natural as opening your eyes the embrace we shared at the finish and for the next several weeks we were inseparable. I learned all about her early life and up bringing in the rural south. I told her of my service to my country and the places that I had traveled.

Winter came early that year and the running was good. To my surprise she asked to join me on my runs and she was a natural. We would travel the lane to the road then across the plank bridge through town to the gravesite of her new family. From there it was the path through the field and up and over the mountain where the Fourche Lafave passed. Then we were home. It was my home now, too.

After several months, I noticed a change. Straight forward, she told me that she must return to her home to the south and do right by her employer. She had only taken a leave of absence and wanted to make it permanent. She would close out her affairs and return in the early fall.

I followed close as she drove off and when we got to the county line, I watched as the wagon disappeared out of sight. I would wait in Perryville for her return.

Alone again, my running became my companion. I revisited the maps at the library and found new routes but I always came back to the one that took me across the bridge and down the old trace to the Fourche Lafave. I would pause for a while at her campsite and think about how peaceful it was there. But it was now vacant and would be until she returned as she said she would.

When summer leaves began to turn, it rained for days and I knew the river would be unsafe to cross. All I could do was take time off. If I couldn't run that route, I didn't want to run.

When the storm front finally passed through and the skies cleared, I was as excited as the first day I had finished that run. Taking time off had given me new strength and I felt that I had to hold back with every step. Crossing over the bridge I could see that the river was running clean and pure again. Straining to find the turnoff to the trace, I could tell that for some reason the ground had been disturbed. Passing the first rut, I knew what had happened. These were wagon tracks. Hurrying on now I rounded the last bend in the road I saw it. There parked on the banks of the Fourche LaFave was a wagon home. The wagon with blue shutters on the sides and a small porch on the back.

"She's back. WOW Damn!"

The Arkansas Ultra Runner

June 2008 – The Addendum Edition

(1) *The Catsmacker* Saturday, May 31st, 2008



2008 Ultra Trail Series Finale

Saturday, May 31, 7:00 A.M.

*** New Location ***

Start and finish at Lake Winona day use park

Distance: 24 miles (+/-)

Also, a fun run of approximately 12 miles

Features:

- Terrain: Gentle hills
- Surface: Ouachita Trail, forest roads and 4-wheeler trails
- 2008 Ultra Trail Series race #12
- FUN!!

To get there: Take Lake Winona Rd off of Hwy 9 (this is 5.7 miles south of Williams Junction). Follow Lake Winona Rd for 4 miles to the intersection of FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. If arriving early, please limit noise so as to not bother the resident warden.

No entry fee, no frills; there will be a waiver to sign on race morning. Water will be available every 4 to 5 miles, and there will be one aid station with minimal aid near the halfway point. You are encouraged to carry a water bottle and any snacks you want.

For more information, contact Chrissy or Stan at stanchrissy@earthlink.net or 501-329-6688.

(2) *National Trails Day Runs* – Saturday, June 7th, 2008

National Trails Day is set for Saturday, June 7th, 2008. The runs, 6 miles and 18 miles, will start at 8 a.m. from the pavilion at the Albert Pike Recreation Area near Langley, Arkansas. For more information, contact Jon Lucas at 501-342-1132(day) or 501-329-0024(night) Email: Jon.Lucas@acxiom.com(email) or JonandSue@conwaycorp.net (home)

Driving directions to *National Trails Day*—From Little Rock, take I-30 through Benton. Past Benton do a right at Hwy 70 exit, the Hot Springs highway. Entering Hot Springs get on the bypass and follow to the Glenwood/Hwy 70 exit. Left onto Hwy 70 and go to Glenwood and continue six miles to the Salem Community and Hwy 84. Turn right onto highway 84 and it is 13 miles to Langley. At Langley turn right onto Hwy 369 and the Albert Pike Recreation Area is six miles.