

UTS #7

Athens-Big Fork Trail MarathonJanuary 3rd, 2009 – 8:00 a.m.

Big Fork, Arkansas

The ARKANSAS ULTRA RUNNER

January 2009- The New Year's Resolution Edition

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

WWW.RUNARKANSAS.COM

Dedicated Reader: If your newsletter label is highlighted, your hitch is up and it is time to re-enlist. . Avoid AWOL status by returning your enlistment papers.

THE BIGSHOT'S PAPER TRAIL

What a great day it was for the Ultra Trail Series and the Lake Ouachita Vista Trail Marathon(LOViT). AURA brother, Phillip Carr and his volunteers put on a "First Class" event. We in the Arkansas ultra running community are fortunate to have dedicated race directors who organize races where we get our T-shirts and finishing awards. We are equally fortunate to have run leaders like Phillip (and the LOViT) who take the time and effort to organize runs for the sole purpose of showcasing a special trail or location in their home area. Anyone who believes that because there is not an entry fee for an event that the run is somehow unworthy of participation is mistaken. The Athens-Big Fork Marathon, the White Rock 50K, the Catsmacker, as well as the Gulpha Gorge Challenge and the Big Rock Mystery Run are all worthy of a finishing effort. It is true that without an entry fee, you probably won't get a T-shirt or a finishing award. All you might come away with is the memory of it. And, as the BS is wont to say, "Memories are powerful things".

The entry forms for the ***Ouachita Trail 50*** are out. You can get one online by going to www.runarkansas.com. Or, you can wait until the next issue of the AURA when I will print one for you in this newsletter.

With this January newsletter, we turn the page on 20 years of the Arkansas Ultra Running Association. "***Where has all the time gone?***" The BS's knees are now sagging and his hair is missing in some places but we will face the next year with the same resolve as we faced the last one. Despite our loses in 2008, the gains we have received have evened out on our balance sheet. I look forward to these uncertain times in our country as an opportunity to make things better somewhere. I would like to leave 2008 with a quote from our dearly departed ultra friend, Red Spicer, from Amarillo, Texas.

"Life is a headlong dash into the unknown. We can hunker down and hope that nothing hits us or we can stand tall, lean into the wind and say "bring it on darlin, and don't be stingy with the jalapenos"- Red Spicer, a Texas gentleman, ultra runner and founder/race director of the Palo Duro Canyon 50

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-Big 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



AURA soldier, Paul Turner, on Hickory Nut Mountain, Mile 13. LOVIT Marathon

Lake Ouachita Vista Trail (LOViT) Run

December 6, 2008

(Near) Mount Ida, Arkansas

28 Miler (2008-2009 UTS Race #6)

Place	Name	Sex	City, State	Time
1	Jamie Anderson	M	Hot Springs, AR	4:11:37
2	Paul Turner	M	Conway, AR	4:25:29
3	Matt Walker	M	Batesville, AR	4:31
4	Stan Ferguson	M	Conway, AR	4:49:11
5	Randy Ellis	M	Sapulpa, OK	4:58
6	Mark Denherder	M	West Fork, AR	5:10:50
7	Josh Bornhorst	M	Little Rock, AR	5:33:30
8	Eunika Rogers	F	Memphis, TN	5:52
9	George Peterka	M	Hot Springs, AR	5:55
10	Kimmy Riley	F	Malvelville, AR	5:56
	Chrissy Ferguson	F	Conway, AR	5:56
12	Collins Cogbill	M	Fort Smith, AR	5:58
13	Dale Powell	M	Mena, AR	6:04
14	Rob Philip	M	Skiatook, OK	6:07
15	Mike Burnham	M	Bryant, AR	6:09
16	Teresa Cox	F	McGehee, AR	6:17
17	Mathew Jackson	M	Hot Springs, AR	6:36
18	Pete Ireland	M	Benton, AR	6:50
19	Dianne Seager	F	Little Rock, AR	6:53
	Jim Sweatt	M	N. Little Rock, AR	6:53
21	Phillip Hall	M	Stigler, OK	7:00
22	Kim Johnson	F	Harrison, AR	7:02
	Rhonda Ferguson	F	Little Rock, AR	7:02

18 Miles

Lou Peyton Little Rock, AR 5:25

14 Miles

John Jackson Hot Springs, AR 2:55

Patty Groth Ward, AR 3:30

Greg Bourns Waldron, AR 3:55

David Samuel Peach, AR 4:29

8 Miles

Ann Powell Mt. Ida, AR 2:07



Chrissy Ferguson and Collins Cogbill-LOViT Marathon

*Athens-Big Fork Trail Marathon UTS #7
and*

Blaylock Creek 17 Mile Fun Run

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

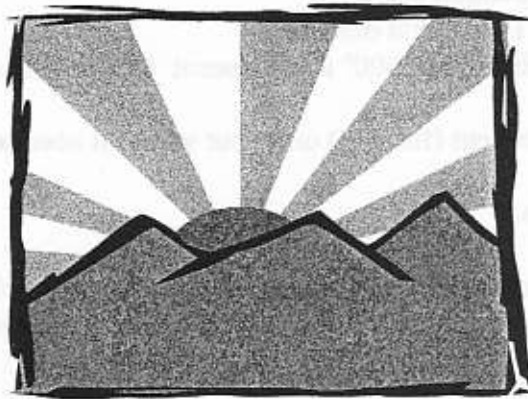
Big Fork, Arkansas

Directions: From Little Rock, take I-30 thru Benton to Hwy 70 west, the Hot Springs highway. Closing in on Hot Springs, merge onto the Hot Springs by-pass. Continue on the by-pass to the Glenwood/Hwy 70 exit. Follow directions to Glenwood. At Glenwood take Hwy 8 west for 32 miles. As you enter the small hamlet of Big Fork, look to the right for the white framed, Big Fork Community Center. Park and make your way to the donation box inside the building.

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

Swampstomper Update: UTS #8, the *Swampstomper 50K* on January 18th, 2009, is filled and no longer taking entries. If you would like to be placed on a “waiting list” contact Leigh Tanner by going to www.runarkansas.com and follow the link to the *Swampstomper 25 and 50K*

UTS # 9



16th Annual White Rock Classic 50K (actually almost 32 miles)

Saturday, February 7, 2009

9:00 am

No Fees, No frills, No WIMPS!

Course Records: Male: Stan Ferguson in 2000 ran 3:58:27
 Female: Chrissy Ferguson in 1999 ran 4:44:25

Race begins at 9:00 am on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass). Please sign-in by 8:30 am at the Turner Bend Store - roughly an hour from south Fayetteville.

This is Race #9 of the 2008 - 2009 AURA - Ultra Trail Series
 A \$5.00 donation is suggested to cover costs

Brought to you by Jamie & Jay Huneycutt
 and the Arkansas Ultra Running Association (AURA)
 Refreshments will be near the finish line starting at 1:00 pm

Please keep your own time and sign in at the top (past the aid station at the lookout) and at the finish to be included in the results. This is a run/walk but you are welcome to ride your bike if you wish.

The 50K course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained forest road. Aid is set up approximately every 5 – 6 miles.

Approximate cumulative elevation changes:

Out/up: 3500' total climb, 1900' total descent

Back/Down: 1900' total climb and 3500' total descent (see profile on next page)

You may also run the 25K ascent (fun run) only, but you will need to find your own ride back.

See next page for more info:

Course closes by 5 pm. Early starts are encouraged if you are unable to complete the 50K under 8 hours. Note: There will be a few awards given – early starters are not eligible for awards.

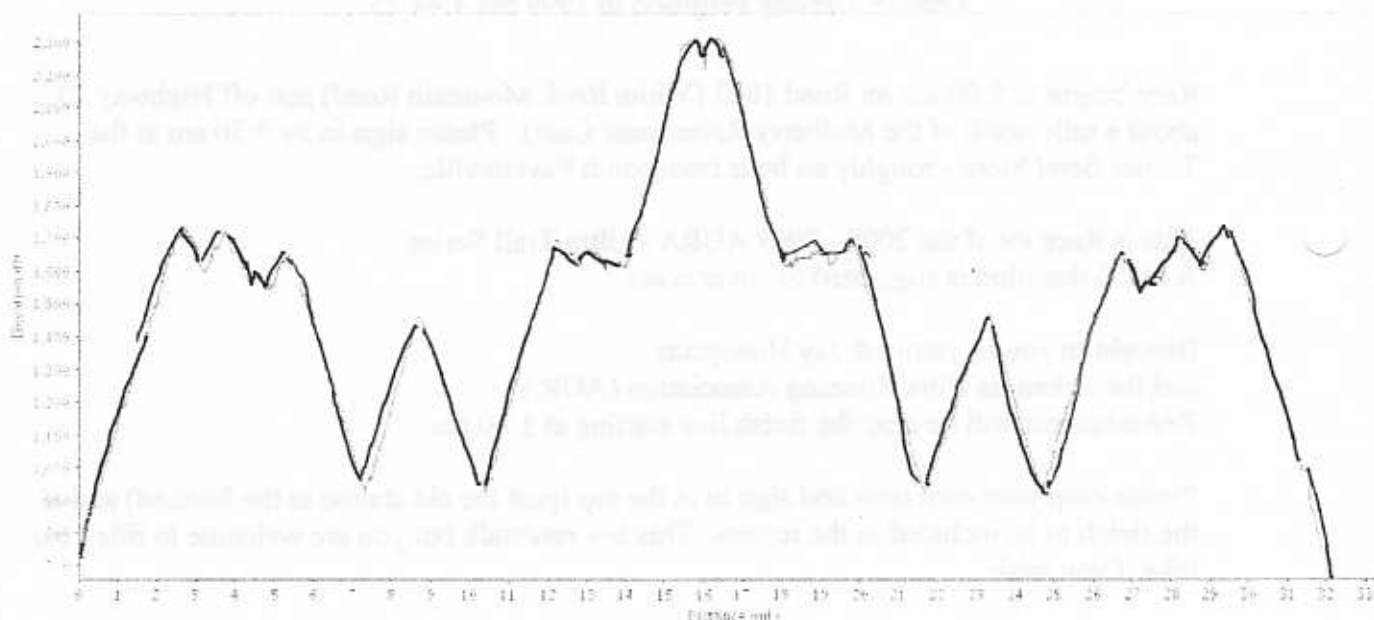
Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation.

Questions: Jamie & Jay Huneycutt - Home Phone: 479/444-8955

Turner Bend Store: Brad Wimberly – 479/667-3641

E-mail: jhuneycutt@nw-health.com or hjhuney@uark.edu

Here is the course profile – compliments of Jeff Genova – Thanks Jeff!



SYLAMORE TRAIL 50K & 25K

ALLISON, ARKANSAS

FEBRUARY 21, 2009
50K 7:00 A.M. START
25K 7:30 A.M. START

Please Print

NAME: _____
LAST FIRST MIDDLE

ADDRESS: _____
P.O.BOX/STREET CITY STATE ZIPCODE

TELEPHONE: _____ BIRTHDAY: ___/___/___ AGE AS OF 2-16-08: _____

SEX: M ___ F ___ SHIRT SIZE S ___ M ___ L ___ XL ___

EMAIL ADDRESS (We will provide race info via email. We will not share address.
Please Print Clearly): _____

ENTRY FEE: _____ 50K = \$60 PRIOR TO FEBRUARY 1, 2009, \$70 THEREAFTER.

_____ 25K = \$60 PRIOR TO FEBRUARY 1, 2009, \$70 THEREAFTER.

- ◆ NO REFUNDS & NO ENTRIES ACCEPTED BY MAIL AFTER FEBRUARY 14, 2009.
- ◆ ALL ENTRIES RECEIVED BY FEBRUARY 1, 2009 WILL RECEIVE A RACE SHIRT.

RELEASE AND WAIVER

To participate, I will accept all rules, conditions, and regulations and agree to comply with them. The race director(s) or designated personnel has the right to stop any participant who in their opinion is not fit to continue. This entry contains a release and waiver. Signing does away with any claim of injury. No entry will be accepted without a signature. In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators, and assigns do hereby release and discharge the "SYLAMORE TRAIL 50K", all sponsors, and all volunteer groups or individuals. I am physically fit and sufficiently trained to participate in this endurance event and assume all risk of participation. I understand that some trails and roads may be open to traffic and I am responsible for my safety.

SIGNATURE: _____ DATE: _____
PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18

MAKE CHECKS PAYABLE TO: SYLAMORE TRAIL 50K

RETURN SIGNED APPLICATION TO: GREG EASON
1406 KAVANAUGH BLVD.
LITTLE ROCK, ARKANSAS 72205

QUESTIONS? EMAIL greg@syamore50k.com (PREFERRED) OR CALL 501-663-6068.

NO DAY OF RACE SIGNUP.

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.
Celebrate --You made it another year!

ULTRA CORNER

Report your ultra times to chrlypytn@aol.com

Superior Sawtooth Trail 100(102.5 mi)
 Two Harbors, Mn
 September 5th, 2008

27 Stuart Johnson 34:44:59
 36 finishers

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