

THE ARKANSAS ULTRA RUNNER
July/August 2014
The Newsletter For Members of the
Arkansas Ultra Running Association
AURA Website - www.runarkansas.com

Editors Note

Sorry for the delay in this newsletter. Due to a computer crash and problems with it after it was been repaired (example: not many photos in this newsletter due to a continuing problem) this edition was later than planned. I promise to do better with the next newsletter. There were lots of great photos this month that are not in this edition. Sorry I could get them in.

Message From President George Peterka

First I would like to congratulate Stan Ferguson, Robert PoDog Vogler and Paul Schoenlaub on finishing the Hardrock 100. Way To Go!!!

In spite of the hot and humid weather we had a large turnout at the Full Moon 50K. 106 people finished the 50K and 225 finished the 20K. A big thanks to Susy and all the volunteers for putting on such a terrific race!

These are our current Ultra Trail Series members.

Katie Helms
Lisa Gunnoe
Shauna Veazey
Elaine Gimblet
Cymber Gieringer
Angie Stewart
Jean Noble
Deb Baker
Andi Stracner
Chrissy Ferguson
Susan McCourt
Jeff Underwood
Jason Auer

Jonathan Young
Dale Powell
Harrison French
Ronnie Daniel
Johnny Eagles
George Peterka
Alan Hunnicutt
Ron Gimblet
Cliff Ferren
Charlie Hoag
James Holland
George McDonald
Stan Ferguson
Kurt Hauser
Bill Elmore
David R. Trower
Caleb Ault
Greg Bourns
Malcolm Smith
Tisha Deen
Tina Ho
Chris Ho
Stacey Shaver
PoDog Vogler
Rebecca McGraw
Melissa Martin

If your name is not on the list and you wish to receive points for the Full Moon 50K, please register soon. The registration link is on the AURA website on the UTS page.

*****NEWSFLASH*****

Athens Big-Fork Trail Marathon will continue!!! Brady Paddock had agreed to take over directing it. I told him that AURA will put on one aid station, as we have done in the past, and I will clear and mark the course. I will need some help, but not right now. That will be done closer to the race.

Hope to see everyone at our next race on August 23 on Mt. Nebo.

Mount Nebo Trails Run
Saturday, August 23rd, 2014 - 7:00am
Miscellaneous Information

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.

Race contact: Tom Aspel 479-857-4527

Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks.

Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

Camping and Lodging Information:

Camping options: Campsites with water and electricity; Bench trail camping with no facilities.

Cabins are also available. Capacities from 4 to 8 people.

For information contact Mt. Nebo: mountnebo@arkansas.com or 1-800-264-2458 or (479) 229-3655

For Full mOOn survivors by RD Susy Sturgeon

The night was sultry...to say the least. I can't remember a time when we started a race at 7 p.m. and it was 95 degrees with 85 percent humidity. Nonetheless, that's how the Full mOOn 50K began this year. With nearly 300 gallons of water on the course, I was still not sure it would hydrate 400 runners in that heat and humidity.

Alas! We removed no rotting runner carcasses from the course by dawn and an amazing race had fully ensued. Besides the record heat and record number of runners, the 22nd running of the Full mOOn 50K & 25K was marked by our first blind runners making a debut on dirt. Trail running has been somewhat outside the realm of running for the blind,

however, this course was perfect to buck that trend. Four of the five BVI (Blind/Visually Impaired) runners completed the 25K led by Eric Yarberry, 3:03:06 and LeAnna Terry, 4:11:28, in the BVI division.

Overall winners reclaimed their titles in the 50K race with Allison Jumper, 4:48:26, besting her own time from the year before by 15 minutes. And Caleb Ault, 4:27:45 held off the heat to win the men's race again with Chris Ho, 4:32:38 hot on his heels. (Last year, Ault blew away the competition by 20 minutes). Mark Denherder, 5:21:30, maintained first place among master's men, while Deb Baker, 5:45:50 took third overall and the top spot among master's women.

As usual, the 25K was fast and furious with Ryan Garvin, 2:06:50 and Gary Taylor, 2:07:16, pulling the same one-two punch as last year taking the overall men and master's men title again. With Leah Thorvilson on the sideline, Jamie Rogers, 2:19:36 led the women taking an impressive 28 minutes off her time for last year. Shelley (with an 'ey') Evans, 3:10:53 lead the master's women for her Full mOOn debut. Way to be, ladies! The 2015 Edition of the Full mOOn Party Races is slated for July 25th (early registration through June 1; DEADline July 12.) If you missed out this year, or know someone who did, please make sure they are aware that deadline means you don't get in if you don't sign up by then! Remember...if you love this race, tell someone! If you're already ready for more, the 2015 print registration is up at www.fullmoon50k.com/registration.html. With all the changes and upgrades from last year, we plan on even more for 2015. We're shooting for volunteers at all four aid stations with ice, fruit and Gatorade/Heed. We have some other ideas in mind, but would love to hear from you. If you have any suggestions, please let me know.

Sidenote: I ended up with a Toyota's keyless entry remote (no key) and I don't have a Toyota. It looks like it probably goes to a Prius. Those aren't cheap, so if you want your clicker back, let me know.

All of our sponsors and volunteers came through for us big time this year to make the event the biggest and best yet. It truly is a privilege to direct this race. I always have that brief moment about 2:30 a.m. when 100+ glistening runners are stuffing their faces with syrup-laden pancakes and beer telling a group of rookies about the time they had to wipe with a hotdog or something and I think, Yep—this is ultra running; this is what it's all about. And then it's right back to the guy who never heard of E-Caps barfing by the porch. Good times, y'all; and run on!

Susy Sturgeon—Full mOOn Race Director
Susy@fullmoon50K.com

Another Full Moon
By George McDonald

Some races are just that, a race. Trail races are mostly a lonely run in the woods after you start down a trail. Throw in a race that starts late in the evening and you create an event! It hasn't been too long ago that the Midnight 50K and Full Moon 25K was a gathering of 50 or so runners and a late-night distance run. For some reason, when you add a race fee and a shirt everything goes crazy. Last year we had over 450 runners, so this year our race director Susy Sturgeon had to cut off entrants just to keep things from becoming insane. I knew parking would be difficult at the former Girl Scout Camp, so I left before 5 PM for an 8 PM start. It was an exciting area, as runners from all over the country had discovered our "little secret".

People from Maine to California were in the area. I found it a reunion atmosphere as I bumped into running friends I haven't seen in years. It was fun catching up and discussing our lives and the race itself. I met Roxy the "Ultra dog" who is a 6th level "Marathon Maniac" from Texas. (She finished the 50K with her owner in a little over 7 hours.) As the 50K people began to get ready, Susy gave them their trail brief and birthday wishes to the crowd as it was a celebration for many, including her mom, Elaine Gimblet. The 50K folks and the 5 non-sighted runners and their guides headed out at 7 PM. The rest of us waited for an hour for our 8 PM start. As the time arrived we were excited to get on the road. After a good half-mile downhill start, the next 2 miles was uphill and had a lot of people pushing hard. I knew the course and knew we would have plenty of time to run, so I took it easy to save my legs for the back side of the race. As the humidity soaked us, we were glad the temperature was cooling down from the low 90's of the day. The shade soon became shadows of evening as everyone tried to get as far as they could before turning on the headlamps and slowing down the pace. I arrived at the first aid station at 4 miles and turned on my light as I left.

I was excited and enjoying the company as we made our trek down the forest roads. I knew we had one big hill left after the long downhill at 132C. Parts of the race are on parts of the Arkansas Traveller 100-mile race course and several of us were telling stories of the Pumpkin Patch aid station area and how glad we would be when we reached it, knowing we had less than 5 miles to go. (But that's another story). As night fell the sights and sounds changed as the woods came to life with owls, katydids, tree frogs and a few snake sightings. I was excited to get to the 25K turn. I sang "happy birthday" to Elaine, who also was the aid station captain and visited briefly with the folks taking care of us.

Now the race began in earnest! As I started back down the trail I was met by lots of headlights and the eerie glow surrounding them. A light dust was in the air as we moved forward. As I kept the pace I began to think about the finish and the food that awaited us. It kept me motivated! I made it to the water station and knew I had 4 miles to go, mostly downhill. This is why I saved my legs. I began to catch a few runners and visited briefly with a few of my friends. The full moon began to rise and I was thankful for a little more

light. (Last year my headlight gave out at the last water station and I depended on my partner's headlight for the final miles.) This year I made sure I had new batteries! As I reached the final turn, I knew I had 2 miles to go, a steady downhill to the final half-mile climb to the finish. As you run you have goals and I was making new ones up as I went. I was cramping up and needed anything to keep me going. When I reached the pavement I was less than three-quarters of a mile, but I was barely running; more of a shuffle and stop for cramp relief. The final climb was ok as I tried to save just enough to run to the lit-up finish. Success as I crossed under the finish banner! For the next 90 minutes I relaxed and visited with other finishers and then had my breakfast meal! It was fun and at 1 AM I felt it was time to go home, as the Sunday morning sun would be on the horizon! See ya on the roads!!

Hardrock 100 Race Report by PoDog Vogler
July 11-13, 2014
Clockwise direction

If you are looking for a standard race report, stop reading now. I've read enough of those already, so I will not put you through that. But let me see if I can convey to you something about what Hardrock is to me.

They say you are not a "true" Hardrocker until you run the race in both directions. Because of the lottery and other factors, most Hardrockers have to run 3 or 4 Hardrocks to obtain that distinction. Lucky enough for me, I was able to do it in 2 runs.

Hardrock is unlike any other 100 mile race. To paraphrase Billy Simpson, if most 100s are like smoking grass, Hardrock is like doing crack. Everything here is bigger, longer, steeper, harder. You cannot allow yourself to even think about the task you are undertaking, because it is too overwhelming to consider. You just have to take care of yourself, run the 10 feet in front of you, and stay in the moment.

Did I ever think about quitting or that I might not finish? Only every single climb. This race is all about the climbs. They can take you anywhere from 2 to 4 hours each. Doubt creeps in continually, but you cannot let it take hold. Run the next 10 feet, step-step-step, breath-breath-breath.

The downs are much more manageable. But they are still long, an hour or sometimes 2. They are so long that walk breaks are necessary to give your quads a break. You don't want to lose your Hardrock on a downhill.

So what is the point of all this effort, pain, suffering? I and many Hardrockers ask

ourselves this question often. I do not know the answer, but I want to try to give you an idea. The closest thing I can come up with is the camaraderie of people who have gone through shared suffering. The thing that draws me to Hardrock (beyond the mountains and the challenge), are the people. I have a bond with other Hardrockers that means more because we have all done Hardrock. We all understand something about what we have gone through and achieved. We see it in each other's eyes, but more so, we know it in our hearts. So the only way to really understand what Hardrock is all about and why people do it, is to do it yourself.

So now that I'm a "true" Hardrocker, will I do it again? Chrissy is sure that I will. I am not sure. This race was by far the hardest thing I have ever done. It was much harder for me than in 2011. (or maybe I've just forgotten) I do not know if I will do it again or not. There is certainly a draw. There is a depth to doing Hardrock that you discover as you complete more races. Like rereading a great book, you discover more about it, and more importantly, about yourself. It's just a question of am I willing to undergo the training, pain, suffering, and time to discover it. We shall see.

Traveller Trail Work

Traveller Trail clean-up day will be Friday, August 22nd. We will meet at 9:00 AM at the powerline aid station. Bring gloves, loppers, hedge trimmers, weed eaters etc... and some water to carry.

Lunch will be provided!!!

It is usually a pretty good time and if we get out a dozen or so folks, it only takes about 3 hours to get it all done. So come out and help get the Traveller course in great shape.

Thanks,

PoDog

"Who Am I?" number 4: Kimmy Riley

As with last month's, I was thinking this one would be a tough one. I'm not sure if it was or not, as I didn't get any responses. However, I did talk to a few folks on some runs, and Stan Ferguson was the only person to guess it right (only because I didn't ask Chrissy!!!) In addition to the 81, yes **81**, ultras listed in last month's newsletter, here are some additional feats for Kimmy!!

Rocky Raccoon 100

Mohican 100

Bandera 100

Grasslands 50

Palo Duro 50

Berryman 50

Bartlett Park 50 (2)

Bartlett Park 40

Flatlanders 12HRS

Now on to our next person...

This person has completed the White Rock 50K 5 times, winning on 2 occasions, and placing 2nd 2 times

This person has completed the Midnight 50K 5 times, including 1 victory, along with a 3rd place finish

This person has completed the Midnight 25K twice, including a victory and a runner-up finish

This person has completed the OT50 once, along with 3 finishes in the OT50K

This person has completed the AT100 6 times including 2 top 10 finishes

This person has run for the Arkansas Razorbacks

So...

"Who I Am?"

Here's a report from Patrick Barker on seeing a bear out around Lake Winona on July 26th with others on a Pikes Peak training group run. Thanks Patrick.

My 6th black bear encounter was less than a mile up from the east gate at 212/179 as a group of four of us ran down the old jeep trail towards Lake Winona during a Pikes Peak training run in late July. We popped right up on this guy and watched him for about 15 minutes. Our approach was loud, he was directly downwind and we could clearly see him. It was obvious he knew we were there too, but instead of running off, he just sat there on his rump or he would lie down on the ground, all the while panting and sniffing like the happiest bear in the world. We were able to get really close to this bear without spooking it. I kept looking around for cubs on the chance it was a female but didn't see or hear any. He looked like he had just finished climbing a really steep slope to our left and was pausing here to catch his breath. This was a big mature bear with a prominent brown muzzle and he was very reluctant to give us the right of way. He walked very friendly like

towards us a couple of times before sitting or lying down again. I think he wanted to go up the trail towards ET while we were heading towards Rocky Gap, so we were basically in each other's way. Fortunately for us, we had him outnumbered 4 to 1. I'm pretty sure he would have presented a much bigger challenge to a solo runner. We finally agreed to try scare him off. We began clapping and waving like crazy and started to advance towards him. He initially started towards us rather than retreating! He finally decided to give way, but he stopped, turned fully sideways, and looked back at us several times before we finally succeeded in shooing him off. After that we were on our way and finished up the run. This was the least scared or human shy bear I've ever seen and probably the most potentially dangerous. On the other hand, this was also the longest and most enjoyable encounter I've ever had with a black bear in the wild. I think it was getting the chance to share this experience with other runners who had never seen a bear before that made all the difference. It's amazing how fun and relaxing being around bears can be when you know with absolute certainty you can outrun other runners in your group!

Arkie Ultra finishes

Western States 2014 Auburn, CA

Ryan Holler - 23:24:42

Shannon McFarland - 25:49:13

Mohican 50 Miler Loudonville, OH

Stacey Shaver - 10:46:22 (4th Female)

Lisa Luyet - 13:45:56

Tatur's Midnight 50 Miler Tulsa, OK

Tammy Walther - 9:51:06 (3rdFemale)

Chrissy Ferguson - 10:41:15

Continued on the next page

Hardrock 100 Silverton, CO

Stan Ferguson - 42:41:59

PoDog Vogler - 42:41:59

Paul Schoenlaub - 44:33:44

Editors note: I contacted Brady Paddock the new RD for Athens-Big to tell us about himself and how it came about that he has taken over the event. Thanks Brady, I know you will do a great job.

I grew up in Ft. Smith and went to college in Fayetteville and law school in Little Rock. I have been practicing law in Texarkana for the last 20 years. I have two daughters, ages 15 and 13. These days my time is spent partly in Texarkana and partly in Hot Springs. I also own and manage (with my girlfriend Nataleigh) a number of vacation rental properties in Hot Springs. I am also opening a law office in Hot Springs this fall.

My running career started at Chaffin Junior High and Southside High Schools in Ft. Smith in the 1980s. I ran the half mile, one mile, and two mile races in those years. Back then, I considered the races to be long distances. After focusing on my law practice for 10 or so years, I started running again and then started doing triathlons. Eventually, I wound up competing in quite a few marathons, including the White Rock Marathon, the Chicago Marathon, the Boston Marathon, and the ABF trail marathon (in '08 and '09). My best finish at the ABF was third place in '08. I remember finishing the ABF in '08 and thinking it was the toughest physical challenge of my life! I have also completed two ironman triathlons -- IM Louisville in '07 and IM Arizona in '08.

Although I haven't competed in the ABF since '09, I love the race and the trail. I enjoy hiking on the trail with my dog and friends. I have also camped at the ABF turnaround with my friends from Team Texarkana. For the last five years or so, the Team Texarkana guys have volunteered to camp out and handle turnaround duties at the ABF. They are a huge help for the ABF and tons of fun.

I haven't been running as much in last few years. Occasionally, I run a 5k or 10k or compete in a shorter distance triathlon. I hope to get back into longer distance running in the near future. Maybe my ABF race director position will help me do that.

I volunteered to be the race coordinator because I love the ABF trail and the camaraderie of the trail running community. I hope to keep this great event alive and well for many years to come. As far as future plans, my initial plans are simple -- to work with George Peterka and other volunteers to mark the course well and do our best to keep runners safe and on the trail. If we can accomplish this in the first year, we can look into to bigger and better plans in the years to come.

Brady Paddock

Squaw Peak 50 Miler and the Best Sprite Ever by Deb Baker

After my unsuccessful attempt of the Wasatch 100 last year, I had put my name back in the lottery again in hopes of getting a second chance. As luck would have it my name was not drawn but I still had my backup race. In case I did not get into Wasatch, I had registered for the Squaw Peak 50 which takes place in the Wasatch Mt range north of Provo UT. If I had been lucky enough to get in Wasatch, I knew it would be a good training race. If not, then I still would be able to do a race in Utah!

The pictures of the course were beautiful and the course description seemed doable for a flatlander. The highest elevation was only about 9,300 ft. and the last 9 miles was all downhill to the finish. The best part was no final cutoff time!! The only cut off would be at #8 aid station at mile 33. You had to be out of this aid station by 2:30. Since the race started at 5:00 AM, this would give me plenty of time. When you leave this aid station you enter into backcountry with very limited access. For this reason the medical staff here could keep you from continuing on from this aid station if they didn't think you were "ok".

The race took place on June 7th and as the end of May rolled around I realized I had been focusing my training on a road relay race I did every Memorial Weekend instead of Squaw Peak. I was beginning to question my fitness. The previous month at the Ouachita 50 I had to drop from the 50 mile to 50k due to asthma problems. That didn't encourage me much either. I already had my plane ticket for Salt Lake City and a lot of my family would be out there for my nieces' high school graduation. I figured ,even if I don't run the race, I will be able to have fun seeing my family. I packed all of my running gear just in case, but as I got on the plane I really had no idea if I would run or not. I just didn't feel ready and had too many doubts going on in my head. It didn't take me long to make up my mind. The minute I looked out of my window on the plane and saw the Wasatch Front below, I knew I had to run in those mountains. I would do the best I could, soak up the scenery and have fun.

So, I enjoyed my nieces graduation, spent some quality time with my family, and tried to get adjusted to the altitude change in a couple of days' time. I had a couple of friends running Squaw Peak so I didn't have to worry about getting to the start or planning where I should have my drop bags. My friend Karen who crewed me at Wasatch was helping me with all of the race details. This would be her 11th time running Squaw Peak so I put myself in her hands. I thought about doing the early start (4:00AM) but we decided I would be fine with the normal start. I planned on trying for a 14 ½ hour finish. This is about where Karen finished every year and I thought if I could stay with her I might finish this thing.

The morning of the race was nice and cool and I had some extra clothes on. It was supposed to be in the mid 80's later so I was ready with cooler clothing, a visor and sunscreen. We got there with about 20 minutes until the start. It was very low key and everybody seemed to know one another. Lots of people were using this race as training

for the Wasatch 100.

As we gathered toward the start, the race director said “Ok, go!” and that was it, so off we went. The first 2 miles was on a paved path and as soon as we got off of that we started climbing. It was a 5 mile gentle climb that took us to an overlook of Squaw Peak. I really don’t remember seeing said peak, maybe it was still too dark. I do remember the boy scouts at the first aid station cooking up blueberry pancakes, sausage, bacon and who knows what else. I grabbed a couple of pancakes, rolled them up, and tried to catch back up to Karen. She is in and out of aid stations faster than anyone I know. She has finished Wasatch six times and I have studied her splits. She is not fast, but she is steady and extremely consistent. That’s why I was hoping to stay with her, because I’m not! As daybreak came and the trail opened up I could now see the beautiful snowcapped mountains all around me. No more conga line, I could finally run! As I caught back up to Karen she had to make a pit stop and told me to keep going, so I did. We ran through meadows where the wildflowers were just beginning to bloom, out onto dirt roads where I had to stop and take a picture around every corner because the views were so stunning.

Of course I got talking to a lot of people along the way and they started calling me “Arkansas” which was ok by me. It was kind of cool to be the only person from Arkansas on the course. I also felt rather comforted knowing that Karen was behind me somewhere. I was sure she would catch up with me eventually if I dilly dallied too long at an aid station. I was also on the hunt for my other friend Celeste. She is 60 years old and one of the nuttiest ladies I have ever met. She wears the most outlandish outfits and always had some kind of food stuffed in her running bra. She had taken the early start because it usually takes her over 17 hours to finish. I was looking forward to catching her. Although we had kept in touch, I had not seen her since she paced me at Wasatch last year.

I reached aid station # 4 where my drop bag was, somewhere around 10:00 or so. I had to change some clothes here, get some food, fill up my water and go pee. I figured with all of that to do, Karen would get here and pass me before I finished everything and I knew she didn’t wait for you either. Sure enough, by the time I was getting my pack back on here she comes. “You are doing great”, she said, “Don’t wait for me.” So I didn’t. It was downhill now on wide dirt roads so I started running. It still had not gotten very hot yet and we were in the shadow of the mountains so I took full advantage. I felt so light on my feet.



I kept going.

By the time I got to the next aid station it was getting really hot and this one was in full sun. I quickly filled up with water and grabbed some sprite and kept going. We were about to get to the 3 miles of pavement in the middle of the course and I was dreading it. It didn't take long before I didn't care, because the scenery was so pretty. Fields full of horses, rolling meadows, and monster sized gates that must have led to some monster sized houses. I asked the guy running behind me if he knew this area. I was thinking how awesome it would be to live here. He told me it was where all the rich folks lived. Ok, guess I'll have to be happy just running through it then. We talked for a bit and complained about the pavement and the heat for a bit, and that's when John the RD showed up. He was hanging out of the window of a car holding out two ice cream pops. Now that was just what I needed, it was the best thing ever at that moment. Apparently he does that every year, nice touch. As I finished my treat I noticed up ahead a short woman with a funny gait, dressed in pink, with black bicycle gloves on. Celeste!!!! I finally caught her. I ran up to her, gave her a big hug, and we walked a bit together so we could talk. She asked me if I was ok, and if I was hungry. "I have a cheese sandwich in my bra if you want some." "Ahh, no thanks Celeste, I just had an ice cream." "Yeah, it's got avocado on it so it's probably pretty gross by now." she said. "Got to go" I said. I promised her that Karen and I would wait for her at the finish

The next aid station was #7 and there were tons of people there because it was right along and easily accessible road. It was here that I found the next treat of the day. Lavender

scented iced towels in a big cooler. I actually had one put on the back of my neck by the RD himself. It was the bomb. I was starting to lose focus and began chatting with people at the aid station, not thinking about time. I had to be in and out of the next aid station by 2:30 and I should have been moving on. I turned around and there was Karen leaving the aid station. AHHHH, I must have missed her come in, too busy enjoying the ice towels. She waved at me to come on, so I did.

It was uphill now, extremely rocky and slow going. She assured me we had plenty of time to get in and out of the next aid station. "That's when it becomes a whole new race" she said. I didn't ask her why, but later I wished I had. Luckily there were lots of creek crossings now from all of the snow melt. We could wet our bandanas frequently to cool off. As we continued our climb I saw an older man up ahead all hunched over holding on to the arm of a young woman. As we got closer I realized that he was pretty dang old. Karen told me his name and that he was 85 years old and the woman was his daughter. He had done this race every year and had started with his daughter at midnight so they could make the cutoff. He looked like he was struggling with the heat. It almost made me cry, it was very inspiring. As we passed, his daughter said, "Send us some good juju, we need it." So I did.

At 1:50PM we reached the cutoff aid station #8. I really had to push to keep up with Karen. There were a lot of places we had to hike and she is a much stronger hiker than I am. I really didn't want to lose her now. She gave me instructions to fill up with as much water as I could and to take some food along. We were heading into the toughest part of the course and the next aid station was remote with limited supplies. I really wanted to rest and enjoy an iced down sprite but I didn't. I had a volunteer fill up my Nathan and I filled up the extra bottle I had brought. I also threw a bunch of ice into my Nathan pack outside of the bladder. This would drip down my back and keep me cool for a while. I saw Karen about to leave but I still really wanted that Sprite. I don't know what it is about a cold Sprite during an ultra, but it really craves the stuff. I reached in a cooler and found a cold can, yippee, and got on out of there.

Now I felt more relaxed, no cut off time!!! I can just cruise along, drink my sprite, and enjoy the views. No worries, unless I wanted to stay with Karen. We were going up and up on switch backs now and there was no way I could keep up with her. I also had to pee after that can of sprite. I decided that I would be just fine on my own and watched her disappear around a corner. I stopped to pee, crushed up the sprite can and bungeed it on my pack and started a slow uphill walk.



I noticed that I was not seeing any more creek crossings and figured that was the last of those for a while. I was glad to have the cold ice water dripping down my back. We were gaining altitude and the shade was going by bye. Up and up, switch back after switch back. I started taking more and more pictures, using that as an excuse to stop. I remembered reading about this in the course description. "There is one very difficult 3,000 ft. climb to the top of Berryport Canyon." I figured this was it and once I got to the top I was home free! Nine miles downhill to the finish. I eventually got to the point where I had to visit the woods very bad but there was nowhere to go, really. I was starting to feel really uncomfortable and kind of sick. When I finally stopped going up and got to a nice flat area I was elated. I found a great shady spot, took off my pack, and made a trip into the woods. I was so happy, I'm almost there! I did not have my Garmin on (still plugged in at home) but I was sure I was at the top of this thing. When I got back to my pack there were a couple of guys enjoying my shady spot. They asked if I minded and I said no. I listened as they talked about the course and how brutal the next three miles were. What? Yeah, I was wrong about being at the top. The next three miles to the next aid station were straight up, they said, it's brutal. Now I really missed Karen. I realized what she meant earlier when she said it's a whole new race after mile 33.

As I started my climb I realized how slow I was going to be. It really was straight up with no switch backs. The rocks were loose too so if you didn't get good footing you would

slide back. The best I could do was about 50 steps and rest, 50 steps and rest. This allowed me to get my heart rate back down. This continued on for a very long time. A lot of people passed me but a lot were also doing the same thing that I was. I actually passed one guy sound asleep under a tree. At least I was moving faster than someone! My hopes of finishing anywhere around 14 hours were gone and I didn't even care. I was just worried about how I was going to get up and over this mountain to the next aid station. I tried to eat something small I had brought with me but it wouldn't go down. When I tried to take a salt tab it immediately came back up. I threw up a couple of times but not too bad. I was exhausted now and needed to sit down for a few minutes. I needed something because I was running on empty. My legs felt as if they were not getting any blood to them, dead weight. I wanted a sprite on ice so bad. That was all I could think about. My brain seemed to be fixated on it. I decided to sit down on a rock for a minute and think about it some more. Mm mm, cold sprite, maybe I could get one at the next aid station. Now, I was told beforehand that this was a remote aid station and everything had to be carried in on horseback. They would not have ice or sprite. However, I was sure they had brought some up there just for me because I needed it so badly!!

I'm not sure how long I was sitting on that rock, but the next thing I knew I was being woken up by a runner because I was blocking the trail. Now that was a first! I have never fallen asleep during a race before. Low and behold, it was Celeste, she caught up with me! "Have you been waiting on me?" she asked. I shook my head and told her of my misery. "Well get up and let's get going." she barked. I was in no mood to be bossed around by anyone. "Go ahead, I'll catch up." I said. As she shuffled off I barely heard her say that I was just a couple of hundred yards from the aid station. What!!! Wahoo!! I just had to go around one more corner, cross over a snow bank and then it was a short rocky downhill to Windy Pass aid station, and my sprite! That would revive me and get me to the finish!!! Karen was probably wondering where I was by now. I got moving.



As we all know, when I got to Windy Pass aid station there was no ice and there was no sprite. Just jugs of water and whatever snacks were left. I knew my stomach couldn't handle any food so I filled up on water and asked how far it was to the next aid station. I just wanted to get out of there and get to the finish. "It's mostly downhill from here" I was told. Yeah, yeah, I didn't care. I was getting grumpy. Off I went. It was downhill and I was trying to move as fast as I could to make up all of that time (hours) that I lost. The trail was extremely rocky and it was hard to run because the rocks were all loose and I almost fell several times. I resigned myself to fast walking, I was just not steady enough to do much more. Without my Garmin, I had no idea how far I had gone. I also could not remember how far they said it was to the next aid station. I did some calculating in my head and figured it was between 4 and 6 miles. The sun was going behind the mountains now and I was worried about getting cold. I had not planned very well and had not carried a warmer shirt. Eventually I began passing runners here and there. Everyone gave me a different answer on how far we had to go so I stopped asking. I started blubbering to myself about how much I wanted a sprite and where the hell was the last aid station. I felt like I had gone at least 4 miles. Then I heard a woman's voice from somewhere behind me yell, "where the "bleep" is the aid station!" I started laughing to myself because I felt the same way.



When I finally came off of the long rocky trail I came to a big open field. Ok, I thought, that darn aid station has got to be close. I ran as best as I could through the field, across a road and tah dah, there it was. What a beautiful sight. Turns out it was 6 miles from the last aid station so that meant less than 4 miles left. When asked from a volunteer what I wanted, all I could come up with was a whimper, “a cup of sprite on ice?” “You got it” she said. I just have to say, and I did several times, that was the BEST sprite I have EVER had. E V E R! I drank 2 cups and I was a new person. Juiced up. I was ready to run. I grabbed some candy for the road and started running.

The only time I stopped between that aid station and the finish was to get off the road to let cars pass. I was now on pavement and it was almost dark. I knew it got completely dark by 9:30 so I was racing the darkness. I had a small backup light in my pack but refused to stop and fumble around for it. I wanted to finish this thing. I was cruising right along singing a song as I passed my buddy Celeste and her pacer. I probably should have stopped and jogged in with her, but I didn't. I threw a hand up and said hi as I blasted by them. I wished I had felt that during the previous 10 miles. Oh well, just finish. I crossed the finish line in 16 hours 35 minutes. After the RD congratulated me and I got my medal I saw Karen with my recovery beer. She had finished 2 hours ago and waited so patiently for me wondering all the while what had happened to me. I sat down and enjoyed my finish for a bit and told my story of my struggles up that last mountain. Then we got to see Celeste finish, her 10th!!

Would I do this race again? Absolutely!! There is a cap of 200 runners so it's not too crowded,, the scenery is beautiful, aid stations are top notch and the course has a little bit of everything. Plus the ice cream and iced towels were awesome! Now that I know where

the hardest part of the course comes, I can be ready for it and revise my race plans. Well, I guess I never did have any race plans, but next time for sure!! I will also remember to wear my Garmin and I might have to figure how to get a sprite to the top of Windy Pass too.

Keep Calm and Ultra On

Chattanooga Mountain Stage Race
60 miles, 3 mountains, 3 days

My friend, the one who actually got me started running about 5 years ago, wanted to get together and run a marathon this summer. I told her it was hard to find a marathon in the south in June, but I happened to know this really great race in Chattanooga that we could do. My friend lives in Connecticut, had never run a trail race before, never further than a marathon distance and had never run back to back long runs—this is what drinking will do to decision making. So it was decided, we would sign up for the Chattanooga Mountain Stage Race. I love crazy friends!!

After a seven and a half hour drive to Chattanooga on Thursday, packet pick up, hit the meet and greet at the Crash Pad, (hostile, which was the host hotel) where they were serving a different beer every night, this was my kind of race, got our race gear together, mapped out Day 1 location for Raccoon Mountain and headed to bed.

Day 1 was 18 miles with a time limit of 4 hours. Raccoon Mountain was 1564 feet of climbing, steady, rolling hills, similar to the War Eagle trails in Northwest Arkansas. This was a nice run, very muggy but rolling hills, very runnable. Finished under the time limit and set out to get rehydrated and take in some calories to try and be ready for the next two days. We ended up hitting the bar first, drank a bottle of wine while we attempted to map out our strategy for Day 2. We hit a local pizza joint for some recovery lunch, gathered supplies and hit a pasta place to force down some pasta-back to the hotel, mapped out our starting place for day 2 which was Lookout Mountain and off to bed.



Day 2, Lookout Mountain, was touted to be the most scenic day and on our drive up the mountain we didn't think we were going to be disappointed. 5 hours to complete 22 miles. Legs felt good after day one and we were ready to start the day. 2506 feet of elevation gain for Day 2, the trails made you think you were running through a rainforest. Fern covered trails, at least 5 swinging bridges (limit of 20 and I know we had at least 30 people on it, yikes) nice hills but very runnable sections. One section was so steep they had a rope to aid in your climb up the mountain and it came in very handy on the final descent down the hill on sore legs. There was a magnificent waterfall at about mile 19 that I stopped to snap a picture of and through a creek and to the finish line. There was a cooler full of beer and a cold stream to soak the legs in. This was my favorite day. We were told on numerous occasions that day 3 was the most challenging day so we got in bed about 9 p.m. and were startled out of bed to flashing

lights and a voice saying “please exit the building using the stairs”. Well I had requested an upper floor for the view, so at 1:30 a.m. we trudged down 14 flights of stairs cussing to a fire alarm. Luckily it didn’t take too long for the firemen to find the pulled fire alarm and we are back up to our rooms by about 2:15 a.m. or so and we only have to get up at 5:00.



Day 3 was tough rolling out after the fire alarm, so we down some coffee, found our location for the day and headed out to Signal Mountain with 2696 feet of climbing, and 5 hours to complete 20 miles (we were told this course was actually long). Another beautiful location, we head off down, down, down steep single track trails with huge drops on one side (this section reminded me of Mt. Magazine) all the way down to the bottom where they had an aid station and then back to the top. This is where the fun started. There were some hilly, runnable sections similar to Syllamo 50 miler and then we hit about 5 miles of really technical, rock fields, then a section of beautiful overlooks and then another 4 miles of rock climbing. For the first time all weekend, I began to stress on the time. I had completed both days prior with plenty of time to spare, but there was just no place to make up for lost time here. As I hit the last aid station at 4:05 with 3.8 miles to go and 55 minutes before the cut-off, I stopped long enough to ponder my situation with a cold beer that they had waiting for us in a cooler—there was no way I was going to give up at this point. This was the most runnable section we have had all day so I started hammering out the last few miles, I actually passed quite a few people at this point. I crossed the finish line with 10 minutes to spare. Whew, what a day. Now I only had a 7.5 hour drive home.

Chattanooga is a very interesting city. The people are amazing with their southern hospitality and there are breathtaking views almost everywhere you go. Each mountain we ran was only about 12 miles from downtown. The race was put on with absolute precision, each day they set up the start and finish line in a different location, they had food and beverages, lots of great sponsors like Salomon who was there with sample shoes you could run in and Smartwool who would trade you a pair of new socks for a pair of old, stinky ones. Go have a drink, maybe you can talk someone into going with you!!

BTW, my friend, finished day 1 and day 2 but due to blistering and some knee issues dropped out at mile 12 on day 3. She is hooked on trail running and can’t wait to plan the next trip.

Full mOOn 50K and 25K

July 12, 2014

Perryville, Arkansas

50K Run ([2014-2015 UTS Race #1](#))

Women

- 1 Allison Jumper 38 AR 4:48:27
- 2 Carol O'Hear 39 TN 5:14:49
- 3 Deb Baker 52 Little Rock AR 5:45:50
- 4 Stacey Shaver 42 North Little Rock AR 5:47:50
- 5 Katie Helms 36 AR 5:48:52
- 6 Deborah Lashley 54 Fort Smith AR 6:08:11
- 7 Tisha Deen 32 Little Rock AR 6:11:06
- 8 Christi Potter 43 TX 6:14:06
- 9 Melinda Krueger 49 TX 6:32:38
- 10 Kristy Escue 36 TN 6:40:14
- 11 Holly Cok 32 AR 6:47:10
- 12 Tina Ho 49 North Little Rock AR 6:48:31
- 13 Tammy Walther 43 Little Rock AR 6:52:35
- 14 Kennedy Cragle 25 AR 6:55:19
- 15 Kathryn Ivey 39 OK 7:03:30
- 16 Sophia Wharton 44 KS 7:06:32
- 17 Shauna Veazey 44 Benton AR 7:11:51
- 18 Angie Orellano-Fisher 64 Sherwood AR 7:27:04
- 19 Lisa Luyet 42 Little Rock AR 7:42:44
- 20 Rachel Adamson 33 TX 7:43:37
- 21 Bryan McCullar 33 AR 7:47:46
- 22 Sherry Rogers 39 AR 7:55:13
- 23 Lori Silver 41 AR 7:55:14
- 24 Angela Stewart 33 AR 7:59:27
- 25 Tina Rush 46 Russellville AR 8:01:56
- 26 Leslie Hesselbein 39 Dover AR 8:01:56
- 27 Ashley Yerina 24 Russellville AR 8:01:57
- 28 Jana Young 32 Benton AR 8:09:24
- 29 Elizabeth Kimble 28 Fort Smith AR 8:10:45
- 30 Cady Tweedale 26 AR 8:19:39
- 31 Ashley Ederington 32 Bismarck AR 8:23:26
- 32 Lisa Mullis 46 Little Rock AR 8:23:26
- 33 Mindy Simonson 32 Little Rock AR 8:24:22
- 34 Lacey Lund 35 AR 8:25:51
- 35 Lacey Jolley 34 MO 8:28:14
- 36 Christa King 42 MO 8:28:14
- 37 Cody Jones 49 AR 8:37:12

38 Andi Stracner 41 Mayflower AR 8:42:09
39 Teal Clark 46 Biloxi MS 9:02:24
40 Amber Casey 36 Russellville AR 9:30:08
41 Jennifer Saxton 36 Dover AR 9:30:08

Men

1 Caleb Ault 27 Maumelle AR 4:27:45
2 Chris Ho 39 North Little Rock AR 4:32:39
3 Matt Krauss 29 GA 4:57:45
4 Michael Poole 33 TN 5:12:30
5 Mark Denherder 49 AR 5:21:30
6 Paul Maness 44 Springfield MO 5:35:59
7 Harrison French 54 AR 5:36:26
8 James Holland 37 TN 5:37:10
9 Tommy Griffin 31 Mountainburg AR 5:40:55
10 Bruce Wood 51 Sherwood AR 5:42:30
11 Alan Hunnicutt 60 Berryville AR 5:55:11
12 Thomas Chapin 36 AR 5:55:11
13 Kim Howard 52 Mineral Springs AR 5:55:53
14 Scott Irwin 50 TN 6:05:47
15 Cliff Ferren 58 North Little Rock AR 6:07:44
16 Bill Coffelt 54 Fort Smith AR 6:09:23
17 Paul Turner 51 Conway AR 6:09:23
18 Will Landreth 28 AR 6:09:52
19 James Mercer 44 MO 6:10:36
20 George Peterka 54 Hot Springs National AR 6:10:53
21 Houston Wolf 50 Cordova TN 6:10:54
22 Clayton Andrews 33 Little Rock AR 6:11:16
23 Brett Bassham 53 TX 6:15:50
24 Toby Yeager 40 Pottsville AR 6:16:40
25 Joshua Scherrey 41 AR 6:18:05
26 Drew Meyer 67 TX 6:18:37
27 Ronnie Daniel 44 Little Rock AR 6:22:17
28 Aaron Dickens 33 AR 6:24:26
29 Brett Nguyen 45 Fort Smith AR 6:24:34
30 Lance Biggers 32 Little Rock AR 6:27:16
31 David Newman 53 Bentonville AR 6:35:22
32 Shannon Hampton 41 AR 6:35:22
33 Duane Wright 42 AR 6:35:22
34 Jason Auer 31 Fayetteville AR 6:37:15
35 Robert Misener 43 Hot Springs AR 6:42:28
36 Charles Hurst 56 TN 6:43:02
37 Jeffrey Grove 30 Benton AR 6:43:42
38 Timothy Via 42 AR 6:44:50
39 Jeff Underwood 51 AR 6:46:00
40 Jody Hodges 37 AR 6:47:10

41 Joshua Berry 37 AR 6:47:51
42 Justin Honerkamp 25 MO 6:52:36
43 Kevin Jerde 27 FL 6:59:11
44 Rj Chiles 43 OK 7:03:30
45 Jeff Maxwell 58 Hot Springs National AR 7:04:36
46 Kurt Hauser 49 Hot Springs National AR 7:04:36
47 Joe Milligan 64 AR 7:06:02
48 John Kelly 48 North Little Rock AR 7:08:04
49 Levi Robinson 33 AR 7:11:43
50 Mark Roth 52 AR 7:11:46
51 Darron Tytler 48 Conway AR 7:12:30
52 Michael Montgomery 67 TN 7:15:51
53 Matthew Pearson 31 AR 7:17:05
54 Harold Toomey 50 TX 7:21:00
55 Roxy "ultra Dog Toomey 20 TX 7:21:00
56 Bill Elmore 54 Little Rock AR 7:30:44
57 Joshua Bornhorst 39 Little Rock AR 7:33:30
58 Caroline McCullar 33 AR 7:47:46
59 Brent Morrison 43 Hot Springs National AR 7:49:40
60 Jonathan Young 33 Benton AR 8:09:24
61 Tyler Parsons 30 AR 8:16:10
62 Bobby Le 36 Fayetteville AR 8:19:40
63 Steve Lowery 32 Bentonville AR 8:22:56
64 Michael Storey 39 Benton AR 8:37:11
65 Steve Hughes 65 Little Rock AR 8:42:08
66 Dennis Baas 68 Little Rock AR 8:42:08
67 David Trower 48 North Little Rock AR 8:44:49
68 John Allison 46 Cabot AR 8:53:26

25K Run

Women

1 Jamie Rogers 26 Fort Smith AR 2:19:37
2 Jen Freilino 30 Little Rock AR 2:31:53
3 Ashley Freiert 38 Batesville AR 2:38:37
4 Haley Currant 19 Saint Charles AR 2:39:17
5 Sunnie Butcher-Keller 30 Little Rock AR 2:40:54
6 Rachel Furman 31 AR 2:43:19
7 Susan McCourt 37 Farmington AR 3:04:34
8 Shelly Evans 48 AR 3:10:53
9 Lindsay Pryor 36 AR 3:14:18
10 Shea Foster 47 Little Rock AR 3:15:46
11 Day Burns 33 AR 3:16:08
12 Karen Caster 47 Sherwood AR 3:17:55
13 Sheriden Foster 21 Little Rock AR 3:18:29
14 Lacey Kelley 37 Little Rock AR 3:19:11
15 Jessica Rohlman 35 Morrilton AR 3:19:34

16 Erica Asfahl 36 AR 3:22:18
17 Mandy Prince 39 Conway AR 3:22:20
18 Melissa Lewis 35 Oden AR 3:22:39
19 Mary Kowalski 50 MS 3:22:50
20 Brittany Hudson 24 AR 3:23:14
21 Christina Payne 43 3:25:50
22 Christi Lawhon 37 AR 3:27:57
23 Courtney Masters 31 AR 3:29:12
24 Sheri Nicholls 54 Huntington AR 3:29:24
25 Taylor Caravella 26 Little Rock AR 3:29:27
26 Dawn Horn 37 Conway AR 3:30:19
27 Barbara Milton 50 Heber Springs AR 3:30:46
28 Kylynn Ledbetter 26 Oden AR 3:33:13
29 Cymber Gieringer 43 Pine Bluff AR 3:33:59
30 Misty Brown 37 Little Rock AR 3:35:17
31 Mira Evans 41 AR 3:35:38
32 Heather Bush 37 Conway AR 3:35:38
33 Tara Caudle 39 Little Rock AR 3:35:51
34 Debbie Rigsby 57 Lonsdale AR 3:42:26
35 Charity Shaw 35 Hot Springs AR 3:42:32
36 Kimberly Spencer 37 Cabot AR 3:42:43
37 Yoni Johnson 37 AR 3:42:43
38 Lorena Moody 52 Benton AR 3:42:44
39 Sharon Osburn 56 Fayetteville AR 3:44:15
40 Lisa Stuart 42 Benton AR 3:44:42
41 Sara Gerner 36 Little Rock AR 3:44:42
42 Stacey Beal 50 AR 3:45:27
43 Shari Misener 43 Hot Springs National AR 3:45:39
44 Debbie Benson 57 Little Rock AR 3:47:47
45 Ruth Klingbeil 56 Little Rock AR 3:47:47
46 Lyndsey Rich 26 AL 3:48:24
47 Katie Roark 29 AR 3:50:30
48 Leisa Wamsley 50 Little Rock AR 3:51:41
49 Patre Williams 41 Little Rock AR 3:52:01
50 Kathleen Grubbs 37 Little Rock AR 3:52:01
51 Kathleen Michael 48 Searcy AR 3:54:02
52 Deborah Beckwith 52 Benton AR 3:54:37
53 Kelley Robbins 33 Mountainburg AR 3:57:03
54 Catina Norman 41 KS 3:58:37
55 Cassandra Ticer 34 Little Rock AR 4:05:48
56 Karen Capio 52 AR 4:07:22
57 Melissa Minard 36 Austin AR 4:10:38
58 Jeny Hatley 37 TX 4:10:49
59 Leeanna Terry 20 AR 4:11:28
60 Tala Hill 54 Jacksonville AR 4:11:38

61 Sherry Crowder 35 Sherwood AR 4:12:39
62 Ashley Kirby 31 Conway AR 4:12:39
63 Sherrie Robbins 45 AR 4:13:54
64 Diana Weihrauch 42 AR 4:13:54
65 Tina Lindenau 37 OK 4:14:28
66 Cindy Metcalf 57 OK 4:14:29
67 Lisa Ulmer 53 Conway AR 4:14:58
68 Sue Vestal 56 Conway AR 4:14:58
69 Debbie Kelly 46 Maumelle AR 4:15:22
70 Rebecca McGraw 45 Conway AR 4:15:23
71 Maggie Williams 38 Batesville AR 4:15:45
72 Amanda Gay 25 Melbourne AR 4:15:45
73 Maggie Block 25 AR 4:18:33
74 Melissa Thompson 42 Sherwood AR 4:18:56
75 Cherie Aday 49 Russellville AR 4:19:06
76 Robyn Tolbert 43 Little Rock AR 4:19:17
77 Stephanie Maricle 26 Little Rock AR 4:21:19
78 Tracy Smith 46 AR 4:22:56
79 Paula Cigainero 42 Little Rock AR 4:28:23
80 Christy Brooks 52 London AR 4:28:49
81 Sarah Stanley 31 Cabot AR 4:30:33
82 Lisa Gunnoe 48 Judsonia AR 4:31:07
83 Elaine Thrift 49 AR 4:31:28
84 Wanda Gray 61 AR 4:31:28
85 Maggie Shonsey 36 AR 4:32:47
86 Stacy Cox 37 AR 4:32:47
87 Amy Coates 32 Little Rock AR 4:33:06
88 Deb Baldrige 49 Mabelvale AR 4:33:06
89 Julie Kerr 42 Benton AR 4:34:13
90 Susan Beckwith 46 Lonsdale AR 4:35:32
91 Jayme Butts-Hall 32 Alexander AR 4:35:33
92 Sandy Ahne 52 Conway AR 4:40:51
93 Valerie Wessel 32 Beebe AR 4:43:26
94 Jessica Boswell 29 AR 4:43:27
95 Christy Grimes 44 Maumelle AR 4:44:42
96 Amanda Galiano 36 AR 4:44:42
97 Kari Fox 30 AR 4:45:57
98 Jamie Dare 25 AR 4:52:26
99 Monica Ritchie 44 Sherwood AR 4:52:41
100 Wanda Paes 61 AR 4:52:49
101 Valerie Brown 65 AR 4:52:51
102 Kimberly Yarber 41 Russellville AR 4:52:59
103 Heidi Strock 70 Jacksonville AR 4:53:08
104 Jean Noble 37 AR 4:54:29
105 Laurie Bunting 47 Waldron AR 4:55:08

106 Susan Whittenberg 57 Conway AR 4:58:44
107 Anne Trussell 48 Conway AR 4:58:44
108 Angela Beyette 61 AR 5:04:26
109 Melinda Norwood 49 Coal Hill TX 5:04:26
110 Deborah Poirot 51 Little Rock AR 5:31:15
111 Dominique Poirot 18 AR 5:31:17
112 Nichole Harris 41 Little Rock AR 5:40:56
113 Shirley Short 57 Little Rock AR 5:40:58
114 Nancy Stotts 53 Maumelle AR 5:56:32
115 Dianne Morrison 40 Hot Springs National AR 6:06:44

Men

1 Ryan Garvin 29 Little Rock AR 2:06:51
2 Gary Taylor 51 Little Rock AR 2:07:17
3 Andy Capel 38 Maumelle AR 2:17:55
4 Grayson Greer 29 North Little Rock AR 2:19:37
5 Scott Claycomb 50 Warren AR 2:23:33
6 Tony Baily 40 Heber Springs AR 2:31:30
7 Jerry Prince 49 North Little Rock AR 2:31:56
8 Scott Sander 45 Little Rock AR 2:34:16
9 Paul Buch 49 AR 2:35:48
10 John Wooldridge 41 Maumelle AR 2:36:52
11 Jon Honeywell 44 Little Rock AR 2:37:31
12 Jonathan Freiert 39 Batesville AR 2:38:37
13 Rodney Paine 44 Little Rock AR 2:40:55
14 Trey McKinney 23 OK 2:44:42
15 Don Morgan 45 Little Rock AR 2:44:42
16 Jason Bliss 30 North Little Rock AR 2:47:18
17 Terry Hurt 50 Fort Smith AR 2:47:41
18 Justin Sparkman 26 AR 2:47:57
19 J.t. Patillo 31 AR 2:49:04
20 Russell Harvey 28 AR 2:50:01
21 Michael Sappington 31 Little Rock AR 2:52:46
22 Tyler Bishop 23 Batesville AR 2:54:00
23 David Whitmore 52 AR 2:54:34
24 Ron Gray 38 MO 2:55:12
25 William Fletcher 45 Little Rock AR 2:56:00
26 Stuart Goudy 42 Bryant AR 2:57:41
27 Logan Wilcoxon 44 AR 2:58:15
28 Chris Olson 33 Russellville AR 2:58:59
29 Paul Head 50 Alma AR 2:58:59
30 Zac Henson 33 AR 3:01:02
31 Brenden Bishop 48 Batesville AR 3:01:38
32 Eric Yarberry 21 AR 3:03:21
33 Andy Halfhill 34 Little Rock AR 3:03:21
34 Jason Armitage 41 Hot Springs National AR 3:03:22

35 David McClanahan 45 Jacksonville AR 3:04:34
36 Josh Teal 28 AR 3:07:09
37 Don Chaney 46 AR 3:09:59
38 Johnny Mitchum 67 Maumelle AR 3:10:20
39 Chris Ledbetter 27 Oden AR 3:11:55
40 Mark Cogburn 49 AR 3:13:54
41 Andrew Reid 34 Newport AR 3:15:27
42 Dustin Brown 34 AR 3:17:27
43 Andrew Gill 39 AR 3:18:18
44 Dennis Fugate 62 MD 3:19:56
45 Clydine Tory Preston 33 AR 3:21:41
46 Gary Kowalski 51 MS 3:22:50
47 Kyle Deen 32 AR 3:23:39
48 Larry Trussell 49 Conway AR 3:23:56
49 Cliff Li 42 Maumelle AR 3:23:58
50 Brian Clary 35 Little Rock AR 3:24:53
51 Victor Prati 32 AR 3:26:36
52 Shaun Dubois 47 AR 3:29:33
53 Gary Webb 50 AR 3:29:33
54 Patrick Barker 50 Little Rock AR 3:30:16
55 Bill Milton 52 Heber Springs AR 3:30:46
56 Joseph Norman 30 AR 3:30:48
57 Jerry Oliver 31 AR 3:31:07
58 Tom Singleton 61 Maumelle AR 3:31:15
59 Rick Dearman 44 AR 3:33:15
60 Pete Perkins 55 North Little Rock AR 3:34:43
61 Phil Brown 47 Little Rock AR 3:35:18
62 Steve George 43 Russellville AR 3:36:42
63 David Whittenberg 53 Conway AR 3:37:49
64 James Hebert 36 AR 3:38:29
65 Blair Parker 58 TN 3:39:53
66 George McDonald 61 North Little Rock AR 3:40:49
67 Justin Stuart 41 Benton AR 3:44:43
68 Sascha Rothstein 41 Odessa TX 3:44:57
69 Ben Walters 34 AR 3:45:16
70 Johnny Eagles 62 Little Rock AR 3:45:27
71 Bo Burdick 46 Mulberry AR 3:45:43
72 Chris Baldwin 41 Little Rock AR 3:46:23
73 Gustavo Manzanales 29 AR 3:46:24
74 Scott Kailey 37 Conway AR 3:47:07
75 Ron Gimblet 66 North Little Rock AR 3:47:18
76 Harold Hays 56 Little Rock AR 3:48:56
77 Christopher Hoyt 49 Vilonia AR 3:51:02
78 Kevin Griffin 40 Greenbrier AR 3:52:01
79 Skip Smith 56 Little Rock AR 3:53:16

80 Randy Tolbert 44 Little Rock AR 3:53:41
81 Kevin King 46 Fayetteville AR 3:54:13
82 Chris Allen 27 IL 3:54:18
83 Pete Ireland 74 AR 3:56:03
84 Kevin Robbins 37 Mountainburg AR 3:57:05
85 Toby Barton 37 Conway AR 4:00:41
86 Wesley Leach 59 AR 4:01:44
87 Jeff Underwood 52 AR 4:07:22
88 Eddy Light 51 4:08:09
89 Zeke Jones 36 AR 4:10:05
90 Claigh Roseberry 33 AR 4:10:07
91 Emon Mahony 32 Little Rock AR 4:11:28
92 Roger Williams 72 TN 4:12:07
93 Roman Broyles 43 Tulsa OK 4:14:27
94 Larry Henson 40 AR 4:15:45
95 Jeremy Williams 28 Ward AR 4:18:18
96 Ernie Peters 66 Little Rock AR 4:19:16
97 Greg O'Neal 52 AR 4:22:56
98 Dan Belanger 70 Little Rock AR 4:28:23
99 Anthony Potts 35 AR 4:31:22
100 Adrian Herren 67 FL 4:31:42
101 Steve Bunting 52 Waldron AR 4:31:59
102 Tom Minton 55 Fort Smith AR 4:35:37
103 William Dobbins 47 Little Rock AR 4:37:32
104 Brent Ahne 43 Conway AR 4:40:51
105 Brandon Fox 32 AR 4:45:57
106 Nathaniel Johnson 32 AR 4:51:08
107 Cody Dare 28 Russellville AR 4:52:27
108 Jon Allen 26 AR 4:53:29
109 Helen Jones 32 AR 5:56:33
110 Bill Brass 74 North Little Rock AR 6:06:44

Heart of the Traveller Training Runs

Labor Day weekend

Held over Labor Day weekend, the Heart of the Traveller training runs offer the opportunity to view about half of the AT100 course. Highly recommended for first time Traveller entrants--especially those doing their first 100-miler. For perspective, refer to the [AT100 course map](#). No application or entry fee is required.

Lake Winona Run

Saturday - 6:30am

Distance: 25+ miles

Course (same as the last two years): Starting from the Lake Winona park, just above the intersection of FSR 114 (Lake Winona Road) and FSR 778, this out-and-back run starts out FSR 114 going North, following the AT100 course through the Rocky Gap (FSR 212), Electronic Tower, and Pumpkin Patch aid stations, and continuing to the intersection of FSRs 132C, 132, and 152--where you turn around and retrace your route. Support: Water will be placed every several miles. Lunch will be provided at the finish.

Rules for Lake Winona Park:

#1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, please park outside the park gate on ONE SIDE of FSR 114.

#2 Keep Off the spillway and levy.

#3 No bike riding is allowed in the park except in the parking lot and drive.

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

Smith Mountain Loop

Monday - 6:30am

Distance: 23-24 miles

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

Support: Water will be placed every several miles.

Directions: The run starts at the intersection of Forest Service roads 114 and 2.

Recommended driving directions to this location from Williams Junction (intersection of highways 10 and 9) : Go west on Hwy 9 for approximately 3 miles. Right on FSR 132 (aka Winona Scenic Drive). Follow approximately 11 miles. Go left on FSR 75. Follow about 2 miles, and turn left at the intersection with FSR 114. It's less than a quarter mile to the FSR 2 intersection. Plenty of free parking there.

If you look on a map, taking FSR 114 looks inviting, but many people have been trained not to take that road because of the odds of winding up with a flat tire.



2014 Arkansas Traveller 100 Application

October 4-5, 6:00 AM

Lake Sylvia Recreation Area, near Perryville, Arkansas

Presented by the Arkansas Ultra Running Association

Proceeds benefiting the Williams Junction Volunteer Fire Department

For entry information visit <http://www.runarkansas.com/AT100.htm>



NOTE: The 2014-2015 schedule is still under construction, but here is the line-up so far:

8/23/14

Mt. Nebo Trail Run (14 miles +/-)

Dardanelle

UTS race #2 - Fun Run

10/4/14

Arkansas Traveller 100

Perryville

UTS race #3

11/15/14

Bona Dea 50K

Russellville

UTS race #4 - Fun Run

11/28-29/14

Sunset 6/12/24 Hr Endurance Run

Benton

UTS race #5 - Fun Run

12/6/14

Lake Ouachita Vista Trail Marathon

Mt. Ida

UTS race #6 - Fun Run

1/18/15

Swampstomper 50K

Millington, TN

UTS race (50K only)

2/7/15

White Rock Classic 50K Cass

UTS race - (50K only) - Fun Run

5/9/15

Mt. Magazine Trail Run (18 miles +/-)

Mt. Magazine S.P.

UTS race - Fun Run

Some UTS race terms and guidelines:

Sign-in sheet. It may be up to you to keep your own time, and sign in when you complete the run.

Water bottle. This is what you need to carry on most of the runs. For minimal aid races, there might be water set out, but there won't be cups. Show some consideration to your fellow runners by NOT tonguing the water jugs or wasting the water!

Donation can. If it's a no-fee race, there might be a donation can. Participants are encouraged to toss in a couple of bucks to show appreciation for those putting on the race, marking the course, providing aid, etc, or just to the AURA club.

Retreads

First Wednesday of the month at Franke's Cafeteria

11:30AM

11121 N. Rodney Parham Road
(Market Place Shopping Center)

Dutch Treat

Wear something to show you are
one of the gang -- shirt, hat, scarf,
finisher medal, etc.

Just show up and look for the Old Runners: Retreads.

For more information contact Charley or Lou Peyton
at

225-6609 or chrlypytn@gmail.com