

# THE ARKANSAS ULTRA RUNNER

## June 2014

### The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - [www.runarkansas.com](http://www.runarkansas.com)

#### **Message for the President - George Peterka**

Last week was the Catsmacker race. We'll, it rained but at least it wasn't hot. The temperature was just perfect. Overall I think the race went well. One person ran into a bear and got lost but she showed up a little bit later and everything was okay. We gave out the UTS awards and had a brief club meeting. The photo of the Kings and Queens of the Trail is farther down. At the meeting we discussed the UTS series races for next year. Deb Baker is UTS coordinator and a partial list of UTS races follows. The series will kick off with the Full mOOn 50K on July 12. Hope to see everybody there!

I wish to thank all the volunteers that have helped with the races. Putting on a race is a lot of work and the race director can't do it by himself. We appreciate anything that anybody does to help. It's the volunteers that make the races possible. They are the real stars. Summer is here. It's getting hot. Keep running but be careful not to overheat. Stay well hydrated.

#### **Running through the Clouds By George McDonald**

You encounter all kinds of temperatures and weather when running. The Mt. Magazine 18-mile trail run was one of those days. The temperature was 48 degrees and the clouds rolled in just before race time. It added a bit of a chill to everyone. After the trail brief by Paul Turner we crossed the street to the starting line. By the time we started, a thick fog rolled over us. The neat thing about this race is it runs over most of the trails of the mountain. We started with the Will Apples Road Trail which is the widest trail on the course. It gave us all a chance to spread out and wasn't too rocky. The thick mist made for an eerie start and was a nice change from the heat. As I ran down the trail I hooked up with Cliff Ferren and Lisa Luyet.

We would spend most of the morning together. At the end of this trail we crossed the road to the Bear Hollow Trail. This section has some of the best views of the Petit Jean River Valley. We had a great view of fog, but at least we could see the trail! As we meandered across the rocky patches and creek beds, we kept up a conversation about what we could not see! The trail intersected the Benefield Trail which travels right at the edge of the cliffs. I just wish we could have seen the valley view. I knew we were feet

away from some really steep drop-offs. After a little over an hour we reached the first aid station at the start of the next section of trail, The Mossback Ridge Trail. This was one of the flattest parts of the race. The flowers were beautiful and the lush green patches of the forest floor made for a peaceful trek. Our conversations drifted between youth group backpacking trips to Boy Scout trips and interesting trails we have run over the past year. At the end of this section we arrived at the Signal Hill Trailhead, a short run to the highest point in Arkansas. (Not until you reach the Appalachians do you find any higher point near us.) After arriving, we stopped for a few pictures, then off the back-side for a short run through the campground.

Linetta braved the cool mist to try and capture the soggy crew as we prepared for what was on all our minds, the Cove Lake section of the trail. Up to now the course was a rolling patch of hills and small valleys. This section shows what you are made of! The first quarter-mile was flat and led to the steepest section of the race, a steady, almost 3-mile section off the side of the mountain. Magazine rises nearly 2,200 feet above the valley floor and Paul had us going nearly all the way to the base and back up. Quite a bit of elevation change! As we dropped down on the trail, it began with a section of stone steps placed in the 1930's as a WPA project. We left the confines of the State Park and traversed back and forth on trails that also serve as water run-off; almost like a creek-bed, but very rocky! We also began to see the gazelles as they made their way back up the mountain. As we made our way down the mountain, it was interesting to see the make-up of the forest as we left the top and worked our way through old-growth, tall trees down to a ridge covered in pine trees. Once we cleared this section we reached the final set of switch-backs to the turnaround, a simple curved arrow starting us back up the mountain.

Turnarounds usually make you feel great, but it's hard to be excited when you have to start climbing back up a mountain! As I started back up the mountain, Cliff stopped to check out the trail, so I was on my own to the top. As I worked my way up, I was glad it was cool and cloudy. After nearly 50 minutes I reached the top and the final 3 miles to the finish. The North rim trail also has some nice views, but the fog continued to shroud the valley. I came up to Ann Moore as she made her way down the trail. I was enjoying the last section and before I knew it the finish line appeared, hidden in a thick fog! Visibility was down to feet and crossing the road to the pavilion was a concern. Temperature was still 48 degrees! Paul was fixing burgers and everyone was enjoying the heat of the fire! Cliff and Lisa appeared out of the fog and we all enjoyed discussing the course and the weather. A great way to finish a fun-filled morning!! See ya on the trails!



George McDonald at the highest point in Arkansas



Lisa Gunnoe and Elaine Gimblet at Mt Magazine



Cliff Ferren on the trail at Mt Magazine



Lisa Luyet at Mt Magazine enjoying the view of the clouds

## Mt. Magazine Trail Run

May 17, 2014 – Mt. Magazine State Park, AR

### 18 Miles (+/-) - 2013-2014 UTS Race #13 (Final Event)

Place	Name	Time	
1	Tom Brennan	2:29	(Male Over-all winner)
2	Caleb Ault	2:31	
3	Chris Ho	2:33	
4	Tommy Griffin	2:47	
5	Stan Ferguson	2:50	(Male Master's winner)
6	PoDog Vogler	2:50	
7	Erich Washausen	2:54	
8	Matt Kaczor	2:56	
9	Aaron Dickens	2:57	
10	Shannon Hampton	2:57	
11	Harrison French	3:08	
12	Deb Baker	3:08	(Female Over-all winner)
13	Bill Coffelt	3:18	
14	Ronnie Daniel	3:19	
15	Jake Brown	3:20	
16	Deborah Lashley	3:24	(Female Master's winner)
17	Kurt Hauser	3:27	
18	Rich Brown	3:29	
19	Greg Eason	3:30	
20	Jen Freilino	3:37	
21	Kelly O'Meara	3:40	
22	Brian Desmarais	3:41	
23	Alan Hunnicutt	3:43	
24	Josh Bornhorst	3:47	
25	Tina Ho	3:47	
26	Robert Misener	3:47	
27	Kim Johnson	3:55	
28	TishaDeen	3:56	
29	Don Matt	3:56	
30	Alex Wan	3:57	
31	Brent Morrison	3:59	
32	Scott Thibodeuox	4:00	
33	John Kelly	4:00	
34	George McDonald	4:11	
35	Cliff Ferren	4:14	
36	Lisa Luyet	4:14	
37	Michele McGrew	4:14	
38	David Trower	4:15	
39	Jeff Maxwell	4:15	
40	Angie Brown	4:15	
41	Katherine Williams	4:18	

42	Tom Singleton	4:18
43	Dawn Horn	4:18
44	Karen Hayes	4:20
45	Valerie Wessel	4:24
46	Amber Smith	4:26
47	Skip Smith	4:47
48	Tala Hill	4:47
49	Johnny Eagles	4:50
50	Elizabeth Kimble	5:00
51	Christine Meroney	5:03
52	AndieStracner	5:03
53	Cassandra Ticer	5:10
54	Brandy Mitchell	5:10
55	Anthony Potts	5:58
56	Elaine Gimblet	6:03

12 Mile route:

James McManners	2:30
Ron Gimblet	3:45
Lisa Gunnoe	4:10
Ann Moore	4:27

Other Participants:

Name	Time	Distance
Becky Humes	1:45	7 miles
Nick Nelson	1:45	7
Robyn Nosari	1:45	7
Joan Rendon	1:44	7.5
Dianne Morrison	2:25	7.5
Maggie S.	2:25	7.5
Jessica Boswell	2:25	7.5
David Caillouet	2:43	9
John Conn	N/A	11
Zac Henson	N/A	11
Lacey Kelley	2:44	11
Bill Dobbins	3:15	11.5
Patre Williams	3:16	11.27
Kathy Grubbs	3:16	11.27



## **Jemez Mountain 50K 2014 – not what I (or anybody) was expecting.**

**By Lisa Luyet**

Our trip into Los Alamos was uneventful, almost dull. We pulled out of Little Rock around noon, had a healthy lunch in Conway, and then continued onto our half-way point of Elk City OK to stay the night. We ate at a delightful restaurant in Elk City called the Portobello Grille. I Highly Recommend it if you ever end up in Elk City....if that would ever happen. J Then next morning we continued onto our final destination of Los Alamos NM.

This 900 mile trip, from East to West, across Oklahoma, the Texas Panhandle and then into Northern NM is a surreal experience. Somewhere, half way through, the trees of the southern Mountain ranges fade into scrub. The scrub trickles into shrubs and finally, you end up gazing into miles of sand with looming monolithic mesas standing in the distance. The mesas gradually grow into mountains of gray and brown and somewhere between those places you never really see where the trees stop and the desert starts. It's a slow fade to endless sky, mountains and wind.



We reached Los Alamos around 4:30, checked into our hotel room, then drove the short drive to Crossroads Bible Church for our pre-race packet pickup, dinner and race briefing. My travel companion and I got our packets, picked up paper plates then preceded down the line where eager high school track team members scooped out generous helpings of spaghetti with meat sauce, salad and sliced loaves of bread. At the end of the line; oatmeal raisin cookies. All my favorites!

We loaded our plates and found a seat in the front of the hall and waited for the pre-pace briefing, door prizes (I won a headlamp!), and general “support our sponsor” type talk. The race director told us multiple times that rain was expected to pack a shell or rain jacket. Fortunately I had packed my lightweight lulu lemon rain jacket for the weekend. The race director also mentioned that there was a course change. I did run this race last year, but I was not sure on what part of the course the change would affect so I hoped that markings would be clear. As we were leaving the church, a curious storm moved through. Thunder, lightning, and then wind kicked up and hail started to fall. I looked puzzled at my friend as we darted across the parking lot and took cover in the car. She looked at me and said “Hail?”...it was an ominous sign.

The night before, there are always the general preparations: Fill the hydration pack, pack up gels, pack a bag with a towel and spare shoes. For some reason I decided not to pack a set of extra clothes. Last year we ran this race in 80 degree heat. There were no issues with needing to change clothes to stay warm after the race. We lounged around in our running clothes until we got showers at the hotel. I guess I had the same expectations of this race. It's the same place and time of year, right? So I packed some sandals and a towel and plopped it into the back of the car. We were off to the start line.

The race starts at a facility called ‘The Posse Shack’. A single room building with a kitchen and a bathroom, and fireplaces on each end. We checked in and got our stuff together. It was chilly but not cold. It crossed my mind to leave my yellow rain shell in the car. Fortunately I decided to keep it. This turned out to be a good call....

We started the race running through some horse stables. Areas full of barns and large fenced in areas where the people from town kept their horses for riding on the trails. The horses jumped and pranced as we ran by, obviously not used to 200 runners charging down their quiet road. The rains from the previous night coated the dirt road to create a spongy soft surface to run on. The added downhill in to the valley created a lovely running experience for the start of the race. The weather was perfect. We cruised into the first aid station and I grabbed a few endurolytes then as I was leaving, I took off my jacket and tucked it into my hydration pack. I may need it later, but not now. The sun was shining and the breeze was cool, perfect for my short sleeve shirt and shorts. I Felt great and the running was good.

There were 6 aid stations. The first came and went in a flash. The second was about 5.4 miles after the first, just after a huge climb, at one point I had to use my hands to help get over some rocks. We ascended from 7553 feet to 8000 feet during that time. The Camp May Road station was the last one before we climbed up to our highest elevation of 10500 feet, and there was 8 miles before we would get to the next aid station on the other side of the mountain. I refilled my hydration pack and put Heed in my small water bottle then trekked on, still feeling good and running well, I was 10.4 miles in.

The next section of trail is where the real climbing was to begin. I crossed a road then continued up some switch backs straight up. I was in a group of runners and we hiked several feet then as we got to the corner of a switch back we would stop and catch our breath. The air was getting very thin and it was starting to wear on most of us. I



eventually caught with a local woman and I stayed with her for most of the real climbing. This part of the trail was markedly different from when I ran this last year. Last year we hiked straight up a ski slope to the top. Following the path of the ski lifts that swung over our heads the whole way.

This year new trail had been blazed, dark and fresh, that looped around, gently sloping to the top of the mountain. I kept waiting for the hard part to come but it never did. I was a little disappointed that I did not get to redo the same horrendous climb I did last year to compare my performance. At this point it was mostly hiking, almost everybody was struggling, but I was progressing up. At one point a man in front of us stepped off the trail and lay down. I had seen this before, dehydration mixed with altitude sickness makes a deadly combination. We went to him and asked him what he needed. He said he just wanted to lie down a while, and that he was dehydrated, and did not get enough fluids at the last aid station. I promptly handed him my bottle of heed which he downed in a couple swigs. From there we all continued on together. There were four of us traveling together at this point up over one false summit after another. Finally, sweet victory, we passed through a clearing and found the blue bench.



The blue bench is made of resourced skis, and stands guard over the tallest point of the Pajarito Mountain. The four of us stood in awe of the view, took selfies and played atop the mountain for probably longer than we should. My dehydrated friend was lounging on the bench and asked a runner who was local about which direction the weather comes in from. The local looked over his shoulder and said “West, and that is weather moving in and we should get off the mountain”.



I know lightning is dangerous anywhere, but in the mountains, where weather can go from great to grim in about 10 minutes I got scared. We scampered down the trail taking us down a double black diamond ski slope, down we ran until we reached mile 19.5, at 9220 feet I rolled into the Ski Lodge. A huge oasis of an aid station with water and electricity and plumbing. I got some Soda to drink, went to the bathroom and quickly moved out of the aid station. They checked me off the list as I left.

I ran about a mile out of the aid station. The next aid was about 3.5 miles away, back up to 9580 feet above sea level so I had some significant climbing to do again. The pipe line aid station was pretty much in the middle of nowhere. As I was traveling through a pretty well tree-sheltered area, I heard a loud rumbling and a large gust of wind whipped around me. I stopped and pulled my jacket out of my hydration pack and got myself covered. I could feel the temperature dropping quickly. How a day can change in the blink of an eye. At this point the really speedy 50 mile runners start coming around. The Local fast guys who practically live in the mountains and run these trails every day. They waved and said hello as they passed. I replied “good job!”

The clouds grew as I traveled through some clearings and grassy areas. I finally made the last climb where I saw the pipeline aid station in the distance. They cheered when they saw me coming up the hill. It was very welcoming. The aid station was a lone shelter with a table, some water, heed, and some food. I asked what the weather forecast held. One volunteer told me it was raining at the next station. I asked him about lightning and he said, “yes, there is probably lightning”. He gave me some tips on how to not get struck, and told me I only had 9 miles to go. That made me happy. I smiled and said “I got this”

and trucked on.

After pipeline is a huge climb. I looked back a couple times and saw another lone runner coming up behind me. I climbed and climbed and as I progressed I heard a drizzle starting to pick up and rain began to speckle the rocks. "Here it comes" I thought to myself. I finally reached the summit again and traveled along a flat area and stopped. No rain, but something was falling. It was soft and quiet. Snow! Snow in Los Alamos in late May. I had to take a photo. As I was standing there with my jaw swung open the other runner caught up with me. "I left Wisconsin to get away from this!" he yelled with a smile. We laughed and continued.



As we descended to lower elevations the snow turned to rain and the temperature continued to drop. It was cold and we were wet and miserable. My goal was to continue to run fast enough to keep from shivering. If you start to shiver you're finished. We circled some smaller hills, the path carving one tiny flat runnable area of single track to run on. Drop off to the left, cliff to the right. Fast 50 Milers were continuing to come from behind and we passed a couple 50K runners who were succumbing to the cold. The next aid station was at mile 25, 8852 feet of elevation, much lower and wetter. The ground began to flatten and there was more water pooling in the path. The aid station was a tent with a small canopy. It was welcome to get out of the rain and inside I saw dropped runners shivering against the cold, under dressed for the situation and they had given up their chances of completing the race. I asked the volunteers how long until the next aid: 5 miles to the next aid and 7 to the finish. I was still feeling strong, slightly cold, but still strong. They checked me out of the station and I continued.

At that point all hell broke loose. Wind, rain and another temperature drop. I passed two more runners, one guy wearing a tank top. The course wound around the flat wild fire burned terrain. No shelter, no trees, not even a hole to climb into...I was looking. I wasn't feeling strong any more, my legs were beet red and I was close to shivering. Two more 50 milers passed me, they looked worse than I felt and I figured I probably looked just as bad.

It seemed like forever, I was knocked around by wind and rain and finally I saw the sign "1 mile until Last Chance Saloon". At that point I began to descend into a valley. I was watching my step on the slippery rocks, trying not to fall because a broken or sprained ankle would be very bad in cold wind and rain in the middle of nowhere. Finally I heard the cheering from the last aid station. In the very bottom of the valley sheltered somewhat from the wind. It was still raining. I heard them cheering. I made it carefully down the hill and they read off my bib number as I came in. Checking me off the list. They asked me what I wanted. I said "Do you have anything warm?" They said "how about some soup?" I was saved! The soup was hot and salty and it hit the spot. I knew I only had 1.9 miles to go and only one significant climb left. I was actually looking forward to it because it may help warm me up. I checked out of the aid station and started my final climb.

I continued running toward town and was on some lovely patch of trail. The rain had slacked up. Suddenly I stopped. In the distance I saw two large dogs....dogs? Can't be dogs...too big. Could they have been wolves? I don't know. They were traveling together, large gray wolf like creatures. They looked at me and I stopped. I figured if they came toward me I could scream, or blow my whistle. My hydration pack came equipped with a whistle you are supposed to blow if you get lost. I figured it would scare wolves also. Fortunately they saw little interest in me and they trotted off the course and into the woods.



It looked like this! really!

I ran on, finally, the last small climb up some rocks back into the horse stables. It was drizzling; I looped around the parking area and into the finish line. They pulled my tag and I was officially done, completed, a finisher! And I say that because when I got inside the posse shack I found out they had cancelled both races due to weather. I was fortunate enough to be already passed the cutoff point when they closed the course. Consequently I was running through the worst of it. I entered the Posse shack and an EMT gave me a



jacket and a volunteer gave me a shirt to change into. Volunteers here are great. I had two cups of hot black coffee and sat by the fire. AT that point I knew I had accomplished something rare that day. I got through it. I did not even care how fast or slow I was. So many others were not able to finish due to the weather. Snow had covered the trail so much that it was dangerous to let them continue. Markings can be easily lost and runners can become disoriented in the snow covered ground.

In 30 minutes I transitioned to "I'll never do this again" to "I can't wait to come back". I have really grown to love this race. I may never attempt the 50 miler, the k at altitude is probably all I need to do, but each year I want to come back and do better. Go faster, and run stronger. That is all.

### **"Who Am I?" number 3: Ray Bailey**

So, I was thinking this one would be a tough one, but I had numerous responses (yeah). All of which were correct, Raymond Bailey, good job guys.

Sticking with our format, here is some additional information on Raymond "Bones" Bailey:

When looking up results for Bones, you won't find a huge number, like in other cases.

What you will find is a huge impact! For instance Bones ran

OT50 only 5 times, but in those 5 times he had 3 wins and a course record. AT100, 7 runs, 3 wins which were back to back to back!

Bones ran Western States in 1997, finishing in a time of 22:34, good for 54<sup>th</sup> position, out of 257 finishers.

Bones ran Leadville 3 times, in 1992 he ran 22:39:29 and finished 11<sup>th</sup> overall, this time is the 3<sup>rd</sup> fastest Arkie time ever. He went back again in 1994, and ran 22:37:34 for 17<sup>th</sup> overall, and the 2<sup>nd</sup> fastest Arkie time ever (the #1 Arkie time was in 1989 by Stephen Tucker, 21:32:45, and 8<sup>th</sup> overall). Bones' next trip to Leadville was in 2000, and he posted a 26:20:30 time.

To top things off, Bones ran Wasatch Front 100 twice, in 1997 and 1998, his finishing time in '97 was an amazing 25:41:00 which is still the fastest Arkie time ever at Wasatch Front. In '98 Bones ran 30:50:00.

WOW!!!

**Now on to our next person...**

This person has completed the White Rock 50K 20 times, winning on 2 occasions, and make this person a perfect 20-for-20

This person has completed the Sylamore Trail 50K 15 times, including 2 wins

This person has completed 3 Days of Syllamo 3 times

This person has completed the Midnight 50K 14 times, including 3 victories

This person has completed the OT50 13 times, with 1 win

This person has completed the AT100 10 times

This person has 13 AURA Trail Series King/Queen titles

Dang, that's more ultras in the state of Arkansas, and in 6 different races, than the total number of ultras I've EVER DONE. That's good for our second WOW today!

Now, before I ask the all-important question, and NOT that anybody would do this, but DON'T take any peeks at the AURA Archives! So...

“Who I Am?”

## **King of the Mountain Challenge on Memorial Day 2014**

**By Paul Turner**

PoDog, Stan, and I got folks together for the 2nd King of the Mountain Challenge (Memorial Day). Where we run up and down Nebo, in an hour for the guys & 1:10 for the grilz. Katie Helms got 5 laps in, and was women's Queen of the Mountain. Stan and I got in 8 laps for the guys. I was going to go with a tie, but Stan said that in a championship fight, when it ended in a draw, the champ kept the belt. So, as defending champ, I was crowned King of the Mountain for the guys.

## The Catsmacker

May 31, 2014 – Ouachita National Forest, Lake Winona

### The Catsmacker - 23 Miles (+/-)

Place	Name	Sex	Age	City	Time
1	Chris Ho	M	39	North Little Rock	3:19:18
2	Billy Simpson	M	59	Memphis, TN	3:40
3	Jeffrey Grove	M	30	Benton	3:47
4	Ken Starnes	M	39	Little Rock	3:50
5	Rob Seibert	M	43	Little Rock	3:51
6	Ronnie Daniel	M	44	Little Rock	4:20
7	Ted Bearden	M	45	Little Rock	4:20
8	Stacey Shaver	F	42	North Little Rock	4:23
9	Cliff Ferren	M	58	North Little Rock	4:20
10	Jen Freilino	F	30	Little Rock	4:32
11	Thomas Chapin	M	36	Little Rock	4:32
12	Jason Auer	M	31	Jonesboro	4:32
13	John Kelly	M	47	North Little Rock	4:34
14	George Peterka	M	54	Hot Springs	4:38
15	Dave Mendorff	M	56	Little Rock	4:48
16	Kim Johnson	F	45	Harrison	5:04
17	Mark Roth	M	52	North Little Rock	4:58
18	Jimmy Sweatt	M	58	North Little Rock	5:37
19	Phil Brown	M	47	Little Rock	5:45
20	Misty Brown	F	37	Little Rock	5:45
21	Dennis Baas	M	67	Little Rock	6:00
22	Elizabeth Kimble	F	28	Fort Smith	7:39
23	Lalita Flagg	F	42	Fort Smith	7:39
24	Pat Stone	F	45	Greenfield, MO	7:39

### Kitty Run - 12 Miles (+/-)

Place	Name	Sex	Age	City	Time
1	Gary Taylor	M	50	Little Rock	1:35:55
2	Daniel Arnold	M	29	Benton	1:47
3	Jim Tadel	M	57	Monticello	1:53
4	John Krillenberger	M	53	Little Rock	1:57
5	Stacy Warren	F	40	Little Rock	2:07
6	Alex Wan	M	38	Little Rock	2:08
7	Greg Eason	M	39	Conway	2:10
8	Aaron Dickens	M	33	Van Buren	2:16
9	Bill Elmore	M	54	Little Rock	2:18
10	Emon Mahony	M	32	Little Rock	2:21
11	Clayton Andrews	M	33	Little Rock	2:22



12	Blake Allred	M	35	Little Rock	2:22
13	Tisha Dean	F	32	Little Rock	2:34
14	Patrick Barker	M	50	Little Rock	2:34
15	Dane Justice	M	52	Little Rock	2:34
16	Deb Baker	F	51	Little Rock	2:37
17	Skip Smith	M	56	Little Rock	2:38
18	Lacey Kelley	F	37	Little Rock	2:33
19	Rhonda Ferguson	F		Little Rock	2:40
20	Chrissy Ferguson	F		Maumelle	2:34
21	Patre Williams	F	40	Little Rock	2:37
22	Dave Whittenberg	M	53	Conway	2:44
23	Dauiv Edwards	M	37	Morrilton	2:44
24	Thomas Ashcraft	M	40	Conway	2:44
25	Lara Mrak	F	30	Little Rock	2:40
26	James McManners	M	51	Little Rock	2:43
27	Robyn Nosari	F	51	Little Rock	2:43
28	Christy Wells	F	44	Benton	2:43
29	Tori Plunkett	F	30	Benton	2:48
30	Frank Massingill	M	56	Conway	2:47
31	Missy Ezel	F	41	Bauxite	2:48
32	Jewell Rapier	F	52	Benton	2:48
33	Brooke McCollum	F	23	Conway	2:52
34	Katie Schorgl	F	19	Conway	2:52
35	Earl Simpson	M	66	Conway	2:59
36	Judy Massingill	F	55	Conway	2:59
37	Bill Dobbins	M	47	Little Rock	2:59
38	Johnny Eagles	M	62	Little Rock	3:03
39	Lorena Moody	F	52	Benton	2:45
40	Yoni Johnson	F	37	Benton	2:45
41	Lisa Stuart	F	42	Benton	2:45
42	Sara Gerner	F	36	Little Rock	2:45
43	Mira Evans	F	41	Conway	2:59
44	Nathan Lucas	M	21	Hensley	2:59
45	Pete Ireland	M	73	Benton	3:06
46	Cassandra Ticer	F	34	Little Rock	2:56
47	Jeff Davis	M	54	Greenfield, MO	3:14
48	Dave Trower	M	48	North Little Rock	3:06
49	Rebecca McGraw	F	45	Conway	3:36
50	Nancy Stotts	F	53	Maumelle	3:36
51	Lisa Gunnoe	F	48	Judsonia	3:36
52	Ann Moore	F	73	Little Rock	4:05
53	Becky Humes	F	35	Little Rock	4:15
54	Pink Panther	F	46	Little Rock	4:15

### The Cougar - 30 Miles

Paul Turner	M	51	Conway	6:05
Stan Ferguson	M	50	Maumelle	6:05
PoDog Vogler	M	47	Russellville	6:05

### Other Participants:

Leisa Wamsley	F	50	Little Rock	1:41	8 mi
Pete Perkins	M		North Little Rock	1:59	7 mi
Steve Appleton	M	41	Little Rock	3:19	20 mi
Ben Mansur	M	42	Little Rock		20 mi
Kimmy Riley	F	53	Mabelvale	4:58	21 mi
Tammy Walther	F	42	Little Rock	5:00	20 mi
Kim Spencer	F	37	Cabot	4:50	18 mi
Shari Misener	F	43	Hot Springs	4:50	18 mi



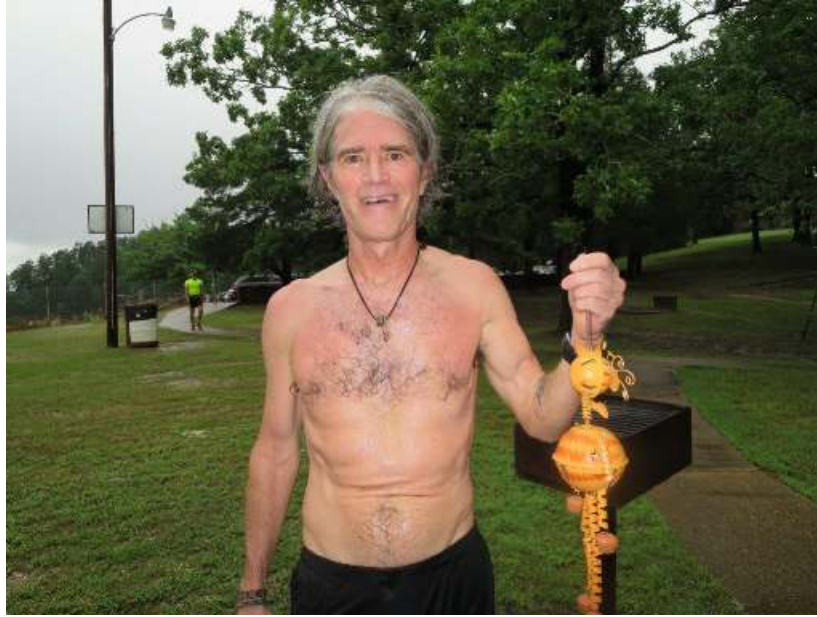
Chris Ho - 1st Overall Male



Stacey Shaver - 1st Overall Female



Kim Johnson - 1st Overall Female Master



Billy Simpson - 1st Overall Male Master

### **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](mailto:chrlypytn@gmail.com)

## Full mOOn 50K & 25K Race Preview

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### **FULL MOON GOES DARK**

There are so many cool new things going on at the Full mOOn 50K & 25K this year, but far and away, the most exciting new thing will be blind runners on the course. Will they have an advantage over us battery-sucking, headlamp-dependent dark-o-phobes? Who knows, but it'll be fun finding out!

[LR BVI Runners & Guides](#), a local blind running group, will be hitting the dirt for the first time since forming in January this year. Please welcome these runners to the world of trail running! They'll need two or more guide runners each and will be on the course to practice June 28. If you'd like to be a guide, or know someone who does, please contact the race director, Susy Sturgeon ([ssurgeon@wsblind.org](mailto:ssurgeon@wsblind.org)).

### **BRING BACK BREAKFAST**

What else is new? Almost as much as last year! Williams Junction Fire Department will be back in the kitchen slinging pancakes, bacon and eggs like the old days of the Midnight Run. Not that there was anything unappetizing about eating chili dogs at 2 a.m., but we missed the sweet yummy goodness of Ricky's all-night breakfast, right?

WJFD is helping us as a fundraiser for their work as volunteer firefighters as well. They need to outfit their fire truck, replace their old radios and brush truck. We're not trying to tackle all that, but we can help! Stop by and say "thanks" for all they do for AURA. Who do you think does the search and rescue when you take a wrong turn? We couldn't put on these runs without these guys and gals to back us up!

### **RACE DIRECTOR SWEAT DREAM**

After losing a couple hundred runners to the wilds of the Ouachita National Forest, the days of keeping up with 350 of you by hand are over! Ok, so we didn't really lose anyone, but we have at least one scare every year. For that, and general sanity of the race director, Mac's timing will be managing our finish line this year. Chip timing will give us more accurate and faster results so you won't have to wait for me to sleep off the race, sort through all the errors and post the results sometime before the next full moon. Ken MacSpadden has helped us get affordable timing service so we can put the "fun" back in Fun Run.

### **OTHER COOL NEW STUFF**

New start time for the 50K—All 50K runners will start at 7 p.m. (instead of 8 p.m.) Not only do you score an extra hour of daylight, it'll alleviate the traffic jam at the 25K Turnaround Aid Station. All 25K runners will start at 8 p.m. – and get to chase the 50K runners!

Finisher's awards for all — The awards are a magnet you can proudly display on your refrigerator (move over 2-year-old crayon on placemat artwork) or at work to remind everyone who's really the boss.

Dogs allowed! — We actually have our first canine competitor, Roxy Toomey, a persistent Pomeranian with an ultra running rap sheet that would shame most of us! She's Marathon Maniac #7971 if you want to see how you stack up against this amazing pooch. If you'd like to run with your well-behaved dog, contact the race director for details. (Leashes are not a good idea for night-time trail running).

**Sweet Tech Tanks** — Our race shirts this year will be waffle-tech tank tops, the coolest on the market. Because, really, at 80 degrees with 80 percent humidity, how could I resist? It's hot here, and who needs another T-shirt?!?

**There's still time to register!** — Registration closes at midnight on July 1<sup>st</sup>, so get in while there's still time. Seriously, no race day registration. If you happen to show up to run without having registered, I'll find you a nice volunteer job so you can enter for free in 2015!

**Even if you're not running** — you can still help out as a volunteer. We need about 50 volunteers to make this thing work. So if you're not running, or you're bringing a non runner with you, why not volunteer? Free shirt, free food, fun people, full moon!

**Not a new race director** — just a new name. It's still the same Susy  
Whatever you're looking for, check out the website [www.fullmoon50k.com](http://www.fullmoon50k.com).  
Registration and volunteer applications; directions to the race, pictures of all the cool kids from last year and a sweet video of our epic 2013 start await you! Plus, see who's running this year and score a course map. It's all there!

***Don't miss the Ultra Trail Series kick off: the Full mOOn 50K Party Race!***

Race Director

Susy Sturgeon

[Su\\_phi@yahoo.com](mailto:Su_phi@yahoo.com)

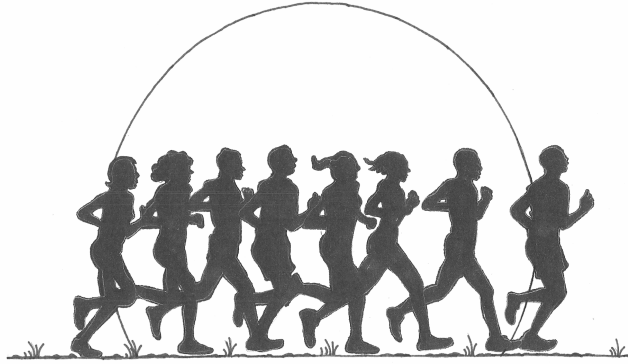
(501) 837-3104

[www.fullmoon50K.com](http://www.fullmoon50K.com)

Saturday, July 12<sup>th</sup> 50K @ 7 p.m. & 25K @ 8 p.m.

Camp Ouachita Girl Scout Camp, Perryville, Arkansas

Presented by the Arkansas Ultra Running Association  
AURA Ultra Trail Series Kick Off



## 2014 Full mOOn 50k & 25K

Saturday, July 12<sup>th</sup> 50K @ 7p.m. 25K @ 8 p.m.  
Camp Ouachita Girl Scout Camp, Perryville, Arkansas

Presented by the Arkansas Ultra Running Association  
AURA Ultra Trail Series Kick Off

First Name \_\_\_\_\_ Last \_\_\_\_\_  
Middle \_\_\_\_\_

Address

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone (cell  
preferred) \_\_\_\_\_

Tech Shirt size (XS, S, M, L, XL, XXL): \_\_\_\_\_ Gender \_\_\_\_\_

### **Event: 50K 25K**

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 7/12/14 (Minimum age 18) \_\_\_\_\_ e-mail

\_\_\_\_\_

If applicable, please describe what kind of camping you will be doing at Lake Sylvia (RV, tent, etc.): \_\_\_\_\_

List any medical conditions we should know of

\_\_\_\_\_

Please provide a contact (name and phone #) in case of an  
emergency \_\_\_\_\_



There will be a free after party dinner for the runner. Please include \$5.00 for each additional guest.

Entry Fee    \$ \_\_\_\_\_    (\$40 until June 1. \$60 until July 1)  
\_\_\_\_ X    \$ \_\_\_\_\_    for additional after partiers  
Total    \$ \_\_\_\_\_

Send completed registration and entry fee (check payable to Full Moon 50K) to:  
Susy Phillips  
32 Emerald Drive  
Maumelle, AR 72113

For additional information, visit the Full mOOn 50K  
website: <http://www.fullmoon50k.com>  
e-mail: [susy@fullmoon50k.com](mailto:susy@fullmoon50k.com) or phone 501-851-6182

**Race Waiver - PLEASE READ**

I know that running for an ultra marathon race is a potentially hazardous activity that could cause injury or death. I should not enter or run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with volunteering for this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and workers, Arkansas Ultra Running Association, U.S. Forest Service, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration is not refundable.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Ready for an all-nighter?

## Don't miss the Full mOON 50k & 25k Party Runs!

**Date:** 7.12.2014 **Time:** 50K 7 p.m. and 25K at 8 p.m.

**Place:** Camp Ouachita Girl Scout Camp in Perry, Arkansas (3 miles west of Highway 10/9 along Highway 324)

**After Party:** All night long! Food, fellowship & fun!

**Registration:** \$40 (until June 1; \$60 until July 1)

**NO RACE DAY REGISTRATION**

**Runners:** This is a great run for first-time ultra and trail runners, as well as for PRs!

For more information:

**VISIT THE FULL MOON 50K WEBSITE –**

[www.fullmoon50k.com](http://www.fullmoon50k.com)

**EMAIL:** [susy@fullmoon50k.com](mailto:susy@fullmoon50k.com)

**CALL: (501) 851-6182**

**Run Under the Stars**  
**June 7-8, 2014**  
**Jonathan Young**

A few weeks ago my wife, Jana, decided it had been too long since her last marathon and she wanted to run another one before we went on vacation mid-June. We started looking for nearby marathons which are difficult to find around Arkansas in the summer. Finally I found a 10 hour endurance run in Paducah, Kentucky. Jana could run a marathon distance and I could run whatever. There were five spots left and we were able to squeeze in.

The run started on Saturday at 8:00 PM. We left the house that afternoon with a 5 ½ hour drive ahead of us. I'm used to driving long distances for races so the drive wouldn't bother me. Except when we got to the Arkansas-Missouri border signs along the interstate were flashing "Tornado Warning – Tune in to Local Media." This bothered me. Jana checked the map and we tuned in to the local weather station and found out a tornado had been spotted just to the northwest of us and one to the east of us. Luckily we were headed right in between the storms and got to Paducah unscathed.

We had a couple hours to kill before the start so we went to the City Pub where I had a terrific Kentucky Bourbon Barrel Ale. I wanted to drink more of them but I had come to run, not drink beer. How unfortunate.

The course for this run is a half mile horse track at Carson Park. It's composed of dirt and finely crushed limestone set on a half inch cushion. This sounded like it should be easy on the legs. Great! We arrived to see several cars, trucks, and campers set up on the infield of the track. Lots of runners had tents set up along the track as well and some folks were even grilling. We had brought a couple chairs and a cooler which we set up under the covered bleachers because there was a high chance of rain and the area was under a tornado watch till midnight.

Behind the clouds, the sun was just starting to set as we started off. The first few laps were fun but after a while it got a little old. Jana and I ran together so at least we had each other to keep company. The soft track and the crushed limestone turned out to be not so good. In places along the track the limestone had accumulated and made it hard to get traction. After 20 or so laps I was getting cramps I normally don't get at that point. The big storms were hitting south of us leaving us with no rain and cooler temps, but the mugginess made for a lot of sweating.

The run started with around 200 runners; some were solo and some were relay. It was fun to have a larger field for a while, especially with lots of kid's high fiving runners as we went by. However, the noise of 200 runners crunching on limestone got a little intense. Around midnight the field seemed to thin out a bit as runners took rest breaks. Later in the night the clouds even went away and the race lived up to its name. We were able to see the stars and a large moon. It became even more peaceful when most of the infield

lights were shut off leaving parts of the track in darkness.

Jana had planned on running 53 laps for 26.5 miles. I was planning on running more but after a while I got tired of running in circles and decided I would stop when she did. With about 3 miles left another runner started talking about the Marathon Maniacs and reminded us that for endurance runs over 6 hours runners must complete at least a 50K distance in order for it to count. Well crap. Jana and I are both members of the Maniacs and for the sake of statistics we decided we could push through another few laps to complete 31.5 miles.

The last several laps were tough. We were coming up on 3 in morning and were both tired. We had been putting in walk breaks but had yet to walk a full mile. We decided we could go the whole time and at least run parts of each mile. Jana came up with a nice rhythm to keep us going: run to the 3<sup>rd</sup> tiki-torch, walk to the white tent, run to the timing mats, repeat. After a few these rounds we finally finished our 63<sup>rd</sup> lap at 3:30 AM.

A change into some fresh clothes and we were on the road headed back home. Too bad the City Pub had already closed. Good thing I picked up some local beers before the race started. Nothing says recovery like a few good brews. I did at least wait to start that recovery until after the 5 hour drive back home and some much needed sleep.

#### **AURA Ultra happenings else where:**

Deb Baker-Adams 16hrs 35 min at the Squaw Peak 50 Miler in Utah  
Tammy Walter 20:14 at the 2014 Florida Keys 100  
Tommy Brennan 7:03:53 at the Jemez Mountain Trail 50K in New Mexico  
Lisa Luyet 9:46:52 at the Jemez Mountain Trail 50K in New Mexico

War Eagle 50K Rogers, AR  
Katie Helms 5:22:41  
Alison Jumper 5:29:32  
Shannon McFarland 5:36:47  
Stuart Johnson Shawnee 5:48:53  
Stacey Shaver-Matson 5:57:03  
Greg Massanelli 6:33:06  
Jenny Wilkes 6:33:06  
Deb Johnson 6:46:01.  
Alan Hunnicutt 6:53:42

War Eagle 25K Rogers, AR  
Jon Bitler 2:01:23  
Tommy Griffin 2:05:46  
Jen Freilino 2:49:52  
William Dobbins 4:05:29  
Lalita Flagg Mulberry 5:16:59

## 2013-2014 Ultra Trail Series – Final Standings

### **Kings and Queens of the Trail:**

Overall – Mark DenHerder and Deb Baker

Masters – Stan Ferguson and Andi Stracner

Grand Master – Cliff Ferren and Elaine Gimblet

Senior – Johnny Eagles (*no Senior Queen*)

### **Open Division - Women**

	Name	Total
1	Deb Baker	409.2
2	Tina Ho	290
3	Andi Stracner	283.4
4	Jenny Wilkes	274.7
5	Stacey Shaver	218
6	Cymer	208.5
7	Angie Stewart	208
8	Elaine Gimblet	132.5
9	Chrissy	112
10	Christine Rutlen	111
11	Elizabeth	108
12	Carol O'Hear	79
13	Lisa Gunnoe	40.18

### **Open Division - Men**

	Name	Total
1	Mark DenHerder	473.7
2	Aaron Dickens	383.8
3	Stan Ferguson	361
4	Thomas Chapin	263.1
5	Brock Hime	242
6	Caleb Ault	240
7	Shannon	181.5
8	PoDog Vogler	180
9	Paul Turner	173
10	Malcolm Smith	162
11	Jonathan Young	154.1
12	Cliff Ferren	153
13	Tyler Wilkerson	153
14	Chris Ho	137
15	Patrick Barker	133.8
16	Kurt Hauser	125
17	James Holland	111
18	Ronnie Daniel	108.8
19	N. Wesley Hunt	98
20	Bill Coffelt	93

21	George McDonald	70.91
22	Johnny Eagles	67.73
23	Rich Brown	67
24	Joshua Drake	63.52
25	Jason Armitage	62
26	Kevin Dorsey	49
27	Ron Gimblet	47.99
28	Arland Blanton	29.07
29	Stephen O'Neal	13
30	Greg	12
31	Joe Milligan	7
32	Bob Marston	6
33	Jeff Underwood	6
34	Dennis Baas	5
35	Greg Bourns	4
36	Bill Brass	3

### **Masters Division - Women**

	Name	Total
1	Deb Baker	434.5
2	Andi Stracner	372.3
3	Tina Ho	295
4	Cyber Gieringer	230.4
5	Stacey Shaver	229
6	Elaine Gimblet	163.2
7	Chrissy Ferguson	124
8	Lisa Gunnoe	46.14

### **Masters Division - Men**

	Name	Total
1	Mark	538
2	Stan Ferguson	405.5
3	PoDog Vogler	285.5
4	Cliff Ferren	269
5	Malcolm Smith	242
6	Paul Turner	234
7	Patrick Barker	228.1
8	Kurt Hauser	215
9	Bill Coffelt	144
10	Ronnie Daniel	137.5
11	Jason Armitage	122
12	Johnny Eagles	111.9
13	George	107.8
14	Rich Brown	101

15	Joshua Drake	86.6
16	Ron Gimblet	68.39
17	Kevin Dorsey	63
18	Arland Blanton	30.52
19	Greg	27
20	Jeff Underwood	11
21	Dennis Baas	9
22	Joe Milligan	9
23	Bob Marston	6
24	Greg Bourns	4
25	Bill Brass	3

### **Grand Master Division - Women**

	Name	Total
1	Deb Baker	465.1
2	Elaine Gimblet	216.6
3	Chrissy Ferguson	135

### **Grand Master Division - Men**

	Name	Total
1	Cliff Ferren	421
2	Malcolm Smith	308
3	Paul Turner	256
4	Johnny Eagles	204.3
5	Bill Coffelt	186
6	George	170.4
7	Rich Brown	166
8	Ron Gimblet	119.2
9	Arland Blanton	33.43
10	Jeff Underwood	31
11	Dennis Baas	28
12	Joe Milligan	25
13	Greg Bourns	22
14	Bob Marston	19
15	Bill Brass	9

### **Senior Division - Women**

	Name	Total
1	Elaine Gimblet	274.8

### **Senior Division - Men**

	Name	Total
1	Johnny Eagles	276.8
2	George McDonald	250
3	Ron Gimblet	178.4
4	Dennis Baas	53
5	Greg Bourns	47



6	Joe Milligan	45
7	Bob Marston	34
8	Bill Brass	22

### Super Senior Division - Men

	Name	Total
1	Greg Bourns	92
2	Bill Brass	52



Stan, Johnny, & Cliff with the AURA Trail Series awards



Deb with AURA Trail Series award

**UTS Miles** (275 miles required for High Mileage Club)

Name	Total
<b>Mark DenHerder</b>	381.5
<b>Andi Stracner</b>	373
<b>Stan Ferguson</b>	346
<b>Cliff Ferren</b>	346
<b>Aaron Dickens</b>	343.5
<b>Patrick Barker</b>	320.4
<b>Deb Baker</b>	319.6
<b>Jonathan Young</b>	285.1
<b>Elaine Gimblet</b>	281.7
Chrissy Ferguson	263
Angie Stewart	248
Ron Gimblet	233.4
Jenny Wilkes	230.6
Tina Ho	225
PoDog Vogler	225
Kurt Hauser	215
Lisa Gunnoe	214.3
James Holland	213
Paul Turner	213
Malcolm Smith	207
Stacey Shaver	205
Tyler Wilkerson	202
Elizabeth Kimble	199
Johnny Eagles	198.3
Cymber Gieringer	186
Shannon	171.3
Thomas Chapin	168.5
Jason Armitage	162
Ronnie Daniel	149.8
Bill Coffelt	149
Joshua Drake	147.8
Brock Hime	145
Rosemary Rogers	131
George McDonald	122.4
Bill Brass	114
Joe Milligan	114
Rich Brown	113
N. Wesley Hunt	100
Alston Jennings	100
Caleb Ault	94
Kevin Dorsey	81
Chris Ho	80
Sam Wilkerson	76
Carol O'Hear	63
Michael Harmon	50
Leigh Tanner	50
Stephen O'Neal	50
Greg Bourns	45

Bob Marston	45
Christine Rutlen	45
Dennis Baas	31
Greg Weidenhoffer	31
Jeff Underwood	31
Arland Blanton	27.4



The Ultra Trail Series encompasses a number of AURA races and fun runs. Individual points are awarded for each event completed, based on the UTS Rules. Male and Female – Open, Master, Grand Master, Senior, and Super-Senior winners (Kings/Queens of the Trail) are crowned at the completion of the series each year, based on point totals.

Some of the UTS races are low-key, no-fee, no frills, minimal aid events (a.k.a. “fun runs”), while others are full-fledged races. Please plan and prepare accordingly.

Points standings are published regularly in the AURA newsletter. Sure, you can see them here too, but don't be a bum--join the club and get the newsletter.

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

Date	Event	Location	
7/12/14	<a href="#">Full mOOn 50K</a>	Perryville	UTS race #1 - 7:00 PM start
8/23/14	<a href="#">Mt. Nebo Trail Run (14 miles +/-)</a>	Dardanelle	UTS race #2 - Fun
10/4/14	<a href="#">Arkansas Traveller 100</a>	Perryville	UTS race #3
11/15/14	<a href="#">Bona Dea 50K</a>	Russellville	UTS race #4 - Fun
11/28-	<a href="#">Sunset 6/12/24 Hr Endurance Run</a>	Benton	UTS race #5 - Fun
12/6/14	<a href="#">Lake Ouachita Vista Trail Run</a>	Mt. Ida	UTS race #6 - Fun
1/18/15	<a href="#">Swampstomper 50K</a>	Millington, TN	UTS race (50K only)

**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.

For more information on Ultra Trail Series runs or the AURA, contact [advdesinc@sbcglobal.net](mailto:advdesinc@sbcglobal.net)

Editors note: We as a club owe outgoing President Stan Ferguson a big thanks for all he has done for our club and ultra running here in Arkansas. Stan has been a tireless working to see that this club has remained a vibrant and growing entity since he became President. All of this while he was still competing on a high level in races. I personally have since him fight for every second as I paced him one time (thanks for letting me tag along with you Stan) and I can guarantee it was the very same way when he was working tirelessly for AURA. Once again thanks for all you did for us.

**See ya the Full mOOn!!!!!!!!!!!!!!**