

THE ARKANSAS ULTRA RUNNER

JANUARY 2015

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE:runarkansas.com

Message From President George Peterka

Happy New Year Everyone! I hope everyone had a nice Christmas and I wish you all success in the new year.

The club wishes to thank Phil Carr and all the volunteers that put on the LOViT marathon. It was a beautiful day and a great race. (And it didn't rain the entire time like last year!)

The club also wishes to thank Brady Paddock and all the volunteers for putting on the Athens Big Fork Trail Marathon - TWICE! The first time it was flooded out but we will try again on Jan 24th. See Brady's write-up.

There were several AURA members that renewed their membership this month. Hey folks, that's great, but are you aware that memberships expire on June 30th? The AURA year begins on July 1st with the Full Moon 50K being the first race. You don't need to renew for six more months. If you renew now it won't hurt you. You will be good until June 30, 2016. The members page on the website <http://www.runarkansas.com/AURAmembers.htm> shows when memberships expire. The people that expire in 2016 are shown in green.

We put the newsletter on the website. We did not put up the last 3 editions. You have to be a member to get those by email but all the prior editions are (or soon will be) there. The club wishes to thank Stan for the monumental task of scanning 2 decades worth (about 2000 pages) of paper newsletters and uploading them.

Our next race will be the Swampstomper in Millington TN on 1/18/15 but you may not get this newsletter before then. After that it's the White Rock Classic 50K on 2/7/15. I have Google maps for most of the races on the website. These can be used to analyse the terrain and also for driving directions. Hope to see you all there.

LOViT Trail Marathon by Stacey Shaver

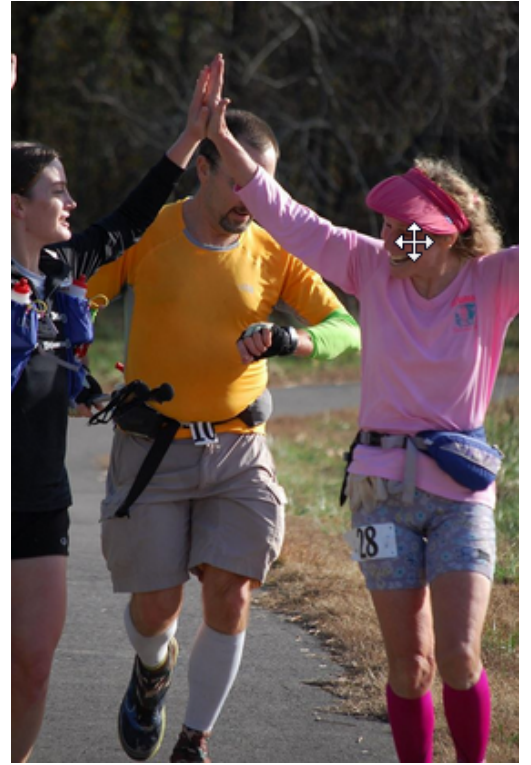
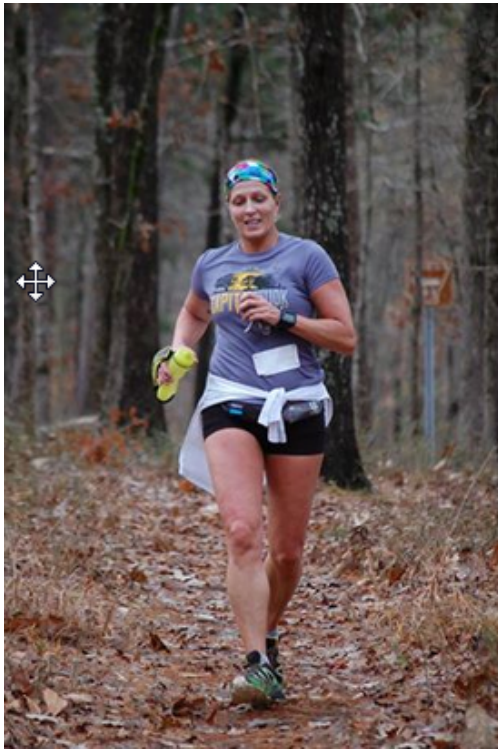
Although the weather was perfect for a run in the woods the trail was leaf covered and slippery thanks to the rain that came through the days before. The wooden bridges were especially slippery. I heard that the first bridge took a runner out. I don't know who it was but hope they are healed and running again. The trails were well maintained and the views were gorgeous!

I am talker, maybe it has something to do with being a middle child, and not having been heard as a child. When people that don't know me run beside me and strike up conversation I am usually good to warn them of my "gift" for gab. I ran and talked my way the majority of the race with my good friend Deb Baker. It is always fun to get to catch up with friends during events like this. If you are ever feeling down this girl is one to run with because she always finds the positive in everything. She is also good to point out the beauty around you if you are prone to run with your head down. The sun was shining on race day and the the wind was blowing just enough to keep us cooled but not chilled. It was pretty much the goldilocks of weather. I also got to run with Brett Nguyen for a little while. I was blown away when he told me he had just finished the Seattle Quadzilla (4 marathons in 4 days) the weekend prior to LOViT! He went on to a strong finish for the day. I also got to visit with many other friends, I didn't fall, and I enjoyed some brews at Superior Bathhouse with my friends Tina and Marc after so all in all it was a great day!

For those that have never run this course it is located off Shangri La, 25 miles west of Hot Springs, and 12 miles east of Mount Ida off of Hwy 270. The Lake Ouachita Vista Trail is a scenic single track trail, well marked with signs and arrows, containing no significant creek crossings, involving ~2600' or so of climbing with a rough, rocky, 800' climb up Hickory Nut Mountain to the turnaround aid station.

The aid stations were very well stocked and managed by the kindest trail angels! The volunteers greeted us with smiles, made sure we were restocked and then encouraged and cheered us on as we parted ways. There was also an unmanned aid station with individual bottles of water and gatorade. The race offered a drop bag service and even had T-Shirts and Hats for sale this year! This race was my first introduction to trail running back in 2011 so it is near and dear to my heart and I offer a huge thank you to the race director Phillip Carr for a great event, to the kind volunteers for caring for us throughout the day, and to the Trail Dogs for doing such an amazing job maintaining the course.





LoVit Trail Marathon Results - 2014

Full Marathon

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Time</u>
1	Chris Block	M	3:43:30
2	Josh Snyder	M	3:43:34
3	Marc Gil	M	3:46:30
4	Rachel Furmen	F	4:17:06
5	Stan Ferguson	M	4:29
6	Bruce Wood	M	4:30
7	John Block	M	4:38
8	Matt Pickard	M	4:54
9	Jason Abernathy	M	5:00
	Forrest Dickinson	M	5:00
11	Kurt Hauser	M	5:02
12	Lionel Burnett	M	5:03
13	Brett Nguyen	M	5:15
14	PoDog Vogler	M	5:17
15	Justin Cloar	M	5:19
16	Stacey Shaver	F	5:23
17	Deb Baker	F	5:24
18	Jen Freilino	F	5:25
19	Sheena Westfall	F	5:28
20	George Peterka	M	5:35

Full Marathon (Cont.)

<u>Place</u>	<u>Name</u>	<u>Sex</u>	<u>Time</u>
21	Alex Wan	M	5:40
22	Chad Youcum	M	5:59
23	Tina Ho	F	6:05
24	Melissa Martin	F	6:10
25	Cliff Ferren	M	6:19
26	Kevin Robbins	M	6:21
27	Lori Dather	F	6:25
28	Bill Elmore	M	6:27
29	Missy Ezel	F	6:39
30	Chrissy Ferguson	F	6:34:46
	Elizabeth Kimble	F	6:34:45
	Jim Sweatt	M	6:34:46
33	George McDonald	M	6:42:42
	Dale Powell	M	6:42:42
35	Ben Walters	M	6:59:50
36	Johnny Eagles	M	6:59:55
37	Wesley Leach	M	7:12:30
	Yoneko Johnson	F	7:12:30

Other Participants

<u>Name</u>	<u>Distance</u>
Becky Humes	10 M
Lisa Vorwerk	8 M

Half Marathon (14+ Miles)

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	David McWhorten	2:29
2	Kasey Ng	2:31
3	Nick Wesolowski	2:33
4	Jason Armitage	2:40
5	Josh Madison	2:46
6	Dave Hoch	2:56
7	Kennedy Cragle	3:06
8	Clydine Toby Preston	3:07
9	Erik Smith	3:08
10	Troy Kurylon	3:09
11	T. J. Wilkerson	3:11
12	Chris Ledbetter	3:16
	Kalynn Ledbetter	3:16
14	Kristin Snyder	3:26
	Stihl Snyder	3:26
16	Jill Guerra	3:28
17	Melissa Luwig	3:34
18	Kelley Robbins	3:45
19	Julie Lane	4:09
20	Liz Ryan	4:10

Athens Big Fork Trail Marathon Report by Race Director Brady Paddock

I am happy to report that the Athens – Big Fork Trail Marathon (“ABF”) is alive and well in 2015. In fact, lovers of this magnificent and rugged trail have the opportunity to enjoy it twice in 2015! We have rescheduled the full ABF Trail Marathon and the Blaylock Creek 17 Mile Fun Run for Saturday, January 24, 2015. As usual, the race begins at the Big Fork Community Center at 8 am. So come on back to Big Fork and let’s give it another go on January 24th. ABF T-shirts will be on sale!

My first attempt as the ABF race director on January 3, 2015 was an eventful one. On the evening of January 2, the creek levels were normal. I was hopeful the rains would be east of the trail by our customary 8 am starting time. Well, the rains were east of the trail by 8 am, but four inches of rain had fallen overnight. As a result, the water level of the Little Missouri River at Langley rose nearly 12 feet between nightfall on Jan. 2 and daybreak on January 3. Water was pouring over the dirt road leading to the trailhead on B15. The sounds of waterfalls roared across Missouri Mountain and throughout the Ouachita Mountains.

Needless to say, I was concerned for the safety of participants and their ability to safely ford the multiple streams along the course -- from the Little Missouri River on the north end to the Viles Branch on the south end. As much as I hated to do it, I decided to cancel the full course event and utilize the ice storm course created by David Samuel in 2001. Thank you to David for suggesting this course of action. George Peterka and I were both very depressed about cancelling the full event and utilizing an alternate course because George and I spent many days preparing the trail for the race this year. Many other friends and AURA members worked with us to prepare the trail this year. The numerous volunteers include Greg Bournes, Kurt Hauser, Dale Powell, Todd Payne, and Malcolm Smith. I thank all of these individuals for volunteering to help do difficult work on the ABF trail.

For the most part, I think the runners enjoyed the alternate course. Charlie and Lou Payton manned the B15 aid station in fabulous fashion. They are legendary AURA members, and their grilled cheeses were awesome! Dustin and Rachel Speer and Tom Brennan handled -- quite expertly as well -- the Little Missouri River aid station. Tom and his family camped by the Little Missouri and weathered the big storm the night before. Shortly after daybreak, a group scouts and troop leaders came out of the mountains from the south and arrived at the Little Missouri River. They reported the scary events of the previous night to Tom Brennan and others.

By the time I got to the Little Missouri aid station, Tom Brennan’s first report to me was that 8 or 10 guys had crossed the raging waters of the Little Missouri and were headed on to run the full marathon! I couldn’t believe it, but I soon realized where the saying “boys will be boys” comes from. Tom even admitted that he “probably would have gone with them if he were healthy and running.”

Late in the day, the group that crossed the Little Missouri and attempted to run the full course arrived back at Charlie and Lou’s aid station. They were all back safely and reported that the waters at Blaylock Creek were chest high, causing them to all turn back. I’m happy they all turned back and made it safely out of the mountains. Their report confirmed that canceling the full course event was the right decision. After talking with the Blaylock Creek rebels, I hiked over Missouri Mountain with my girlfriend, Nataleigh, and our dog, Nova. We were amazed at how much water was running down the trail. The trail itself seemed like a small stream to us, and Nova loved it.

All in all, it was a good day under difficult conditions. But then again, everyday on the trails in the Ouachita Mountains is a good day. Hearing the roar of the waterfalls in the mountains was a new experience for most of us. Even David Samuel, the creator of this great event and a forestry service veteran of many years, had never been in the mountains under these conditions. Thanks to all of you for coming out and participating in this special event. And thank you for helping support the good people of Big Fork and the Big Fork Community Center.

God willing and the creeks don’t rise, I look forward to seeing all of you in Big Fork, Arkansas on **January 24, 2015!**

Brady Paddock - ABF Race Director

ABF Rescue Story by Dustin Speer

Almost every ultra runner can tell a story of how they were suffering during an ultra and an aid station worker somehow rescued them from the brink of disaster. While the first scheduled attempt at this year's Athens Big Fork Marathon was shortened and our aid station became less important and saw fewer runners, we still got the chance to share that experience with some non-runners who needed some help.

Because of the high waters, the route we planned to take to the Little Missouri aid station wasn't passable. Unfortunately, we didn't figure this out until we had already made it a few miles down the road. It was 7:55 by then, so the long way back out and around a different road to the aid station meant we didn't arrive there until all the runners had come through. Thankfully Tommy Brennan was there and was able to take care of everyone. We decided to stick around and see the few runners who would do two loops or come back by the aid station after still attempting to go further on the trail.

While we were there, some scouts from Memphis came down the mountain towards us on the other side of the Little Missouri. They had seen some runners come by earlier and figured there would be some people where we were. The scouts had started their backpacking trip the Thursday before. They made it to the creek on the other side of the ridge from the Little Missouri to camp Friday night.

The rain started that night, and by midnight, they were already all soaked and had to seek higher ground because of the rising waters. By morning, they were cold, wet, and unsure what to do next. They were discussing backtracking all the miles they covered in the previous two days when the runners that had decided to continue on as far with the race as they could came flying by. One of the scout leaders had done some trail races and knew there would likely be someone on the other side of the ridge. So, rather than backtrack, they made the much shorter climb over the ridge to us.

Unfortunately, the Little Missouri was pretty high and flowing fast, but it had dropped enough over the previous couple of hours that it was now just under waist deep. Thankfully, we had brought a rope just in case, so when they reached us, we tied the rope between some trees across the river so they could cross. They clipped their packs to the rope with a carabiner and one by one, carefully came across the river. Besides one near-miss when one of the scouts jumped in the river to track down a trekking pole that nearly got away, everyone got across safely, if a little wet.

Thankfully, we had a fire going, so the scouts were able to get warm while one of the leaders caught a ride to their SUVs with Nick Norfolk. Since we had missed most of the runners, Rachel and I still had a lot of food, so we were able to treat the scout group to some awesome homemade tortilla soup and quesadillas.

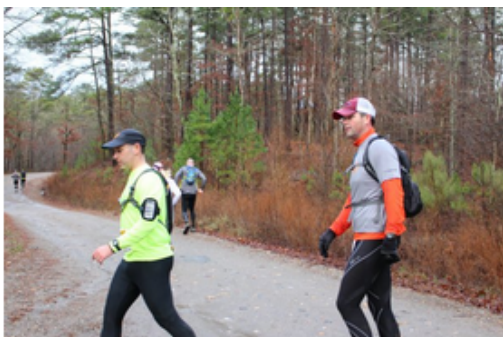
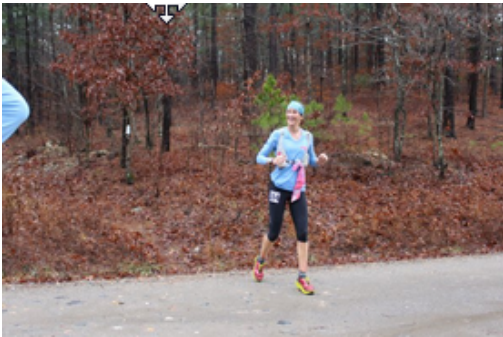
These races don't always turn out the way we hope they will, and it seems that's true for the aid station workers too. But, we were still able to share that same hospitality that we've experienced so many times with some kids that now have an interesting story to tell.

Reminder/Warning by Chrissy Ferguson

Little Miss Race Director (ME) has had many inquiries on my thoughts about the half dozen or so runners that chose to cross the Little Missouri River during Athens Big Fork Marathon yesterday.

Any last minute course changes due to weather, dangerous conditions or unforeseen events is a Race Directors nightmare! If a modification is made, it's for the safety of the runners and volunteers. Remember - Once you sign the Race/Fun Run waiver it's a binding contract for the Race Director to account for the runner and their safety. This is also a binding contract for the runner to abide by the rules of the Race/Fun Run and to follow the course and any changes made for their safety and accountability. Any runner that blatantly chooses to disregard the Race Directors wishes can and should be disqualified at the LEAST.

The Race Director and Arkansas Ultra Running Association (AURA) are responsible for the safety of any runner that runs an organized AURA event please be respectful, follow the rules, the course and/or course changes – Thank you Chrissy Ferguson



Frozen Gnome 50k - Crystal Lake, IL

by Stacey Shaver-Matson

I sent my baby girl off to “college” two years early. She is attending ASMSA in Hot Springs and I miss seeing her face and hearing her laughter on a daily basis so I always jump at any chance to spend time with her. Some of you that know me and my running habits are not going to believe me when I say that going to run this race a second year was my daughter, Emily’s idea! On one of her rare weekend trips home she asked if I was planning to go. I kind of shrugged it off. A week later I got a call from her begging me to go. She wanted to recreate the trip just as we had done the year before. It didn’t take much twisting for me or Jen Freilino, who also went with us last year.

We left on a sunny Thursday afternoon and drove 5 ½ hours to St. Louis for the night. The drive was fun as Emily and her friend Madeline entertained us for most of the drive. We slept in, had a lazy morning, and went for a late breakfast at The London Tea Room. After a spot of tea we hit the road for a less than sunny Crystal Lake, IL. We checked and rechecked the forecast during our 5 hour drive. They were calling for -11degree temps with -25 windchill. Our nerves were calmed a little after getting to the packet pick up. The locals were very kind to share their knowledge of cold weather running, however, they did mention that this was going to be cold even by their standards. Luckily the pick up was at The Running Depot, a really cool specialty running store. Taking the advice of the extremely kind race director Jen and I both purchased wool running shirts to wear as our base layer. We left the quaint shopping area, took the girls to eat sushi, and then raced to the hotel. We were eager to try on all of our race day attire and go out for a short jog to see if we were fully prepared for the challenge ahead. Smart Wool shirt, Marmont jacket, running underpants (didn’t want another butt slide hill mishap), Asics tights, \$3 track wind pants from Savers, Mountain Hardwear balaclava, buff, 2 pair of smartwool socks, trail shoes, Yaktraxs, 2 pair of Saucony mittens, and a pair of clear sunglasses. I think we may have frightened the girls basketball team that was congregated in the hotel lobby as we headed out for a couple of loops around the hotel. Everything seemed to be working for us except for the glasses. We were both very surprised at how little we actually felt the chill in the air. Although, it didn’t take much time with our mittens off the start feeling like frostbite would certainly take away or digits.

Neither one of us slept very well. I suppose that as much as we tried to convince ourselves that the cold wouldn’t be all that bad and that we could handle the challenge we really were not convinced. Alarm rings and we jump up to check the temperature. -9 at 8am, -7 by 10, and warming to a balmy -2 degrees. We decided we would be in our bathing suits by 1:00! No more time for joking around time to apply butt paste in all necessary areas, vaseline on every part of our faces that had any chance of being exposed, dress, consume nourishment, wake the girls, clean ice off Ruby’s windows, and hit the road for the short 2 mile drive to Veteran Acres Park. The Frozen Gnome’s beautiful course winds through the winter wonderland of Veteran Acres and Sterne’s Woods and is mainly single track trails on a lot of hills. It’s a 10k loop that is repeated 5 times for the 50k runners. They also offer one loop for those 10k speedsters. There was one main aid station “The Gnome Depot” at the start-finish line that was stocked with hot soup, homemade goodies, coffee and drinks. There was one unmanned aid station with sports drink on the course. The course is set up so spectators/crew are able to see the runners quite a few times. Both aid stations had heated bathrooms!!!

I made a pact with Jen to stay together for at least the first three loops as a precaution since we had neither experienced running in those temperatures. Carrying our water bottles upside down because they freeze top to bottom, and packing our gels close to our bodies we took off with the crowd for loop one. The first loop was very slow because we didn’t pay attention to where we were in the lineup and there was a lot of bottleneaking. Passing on single track is even harder in the deep snow. Our next mistake was blindly following the crowd. About 30 of us missed a turn and went an extra half mile out of the way. Thanks to a runner with a cell phone, we got in touch with the RD who directed us successfully back on course! Halfway through the first loop we realized that the nozzle on our bottle was frozen. The only way to drink what was now a Tailwind slush was to open the lid and guzzle. By the

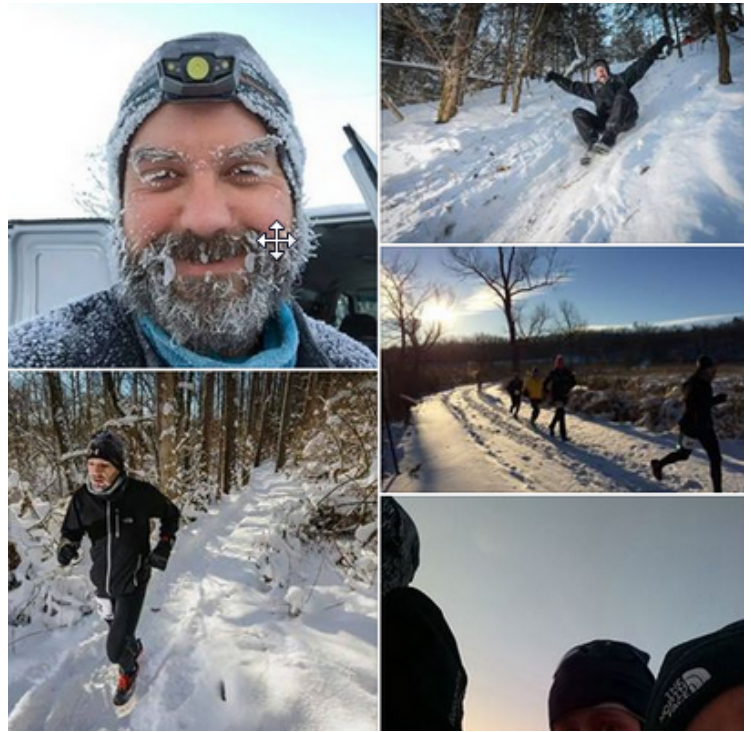
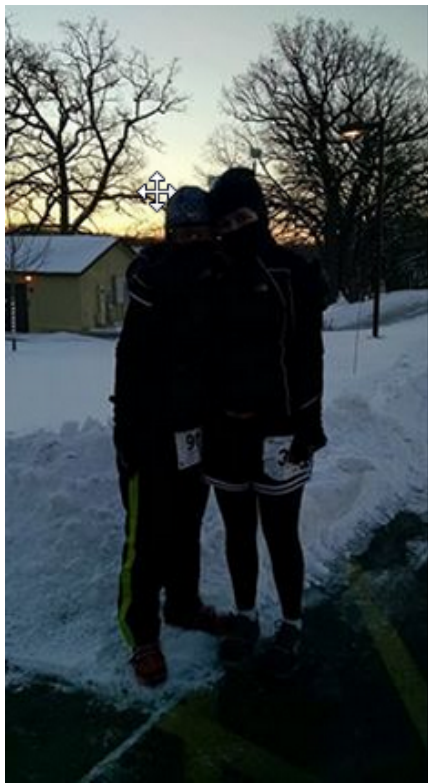
time we got to the unmanned aid station we had to bang our bottles on the ground to loosen the frozen lid of our even thicker Tailwind slushies! One poor soul asked “where are the cups”? Guess he didn’t read the race instructions letting us know that this was a cupless race. Let that be a lesson to us all! Those instructions are sent to us for a reason!

We made it back to the start/finish area, we moved our drop box inside the heated bathroom, and thawed out our lids with the hand dryer- yes the hand dryer is a multifunctional tool! The second loop was much more enjoyable. We were beginning to figure things out and the snow was packed from all of the runners in the first loop, making the course considerably easier to run. Most 10k runners were finished so the crowd was thinned out and we were really able to take in the scenery. Memories from last years race came flooding back and everything seemed so familiar. One of our favorite areas was in the forest where the snow had fallen just a little heavier, leaving every tree branch draped in glistening white snow. It was the most enchanting, picturesque scene! Butt Slide Hill did not disappoint either. A rope was added for those who preferred scale down. Not Us! We chose the fast pace of an out of control slide down the frozen hillside on our booties! My method was to tuck my drink in my jacket, leaving my hands free to somewhat guide the direction in which gravity tried to chose for us. I have to say, thanks to the \$3 wind pants, sliding down was fun every single time! On the last loop one older gentlemen was so happy that it was his last that he announced it to the world on his final slide down! He was quite a character. We ran beside him to the unmanned aid station. He was giddy with laughter most of the time and I do believe he laughed all the way to the finish.

Toward the end of the third loop Jen was a little apprehensive about being alone since the sun was being replaced by clouds, the temperature was beginning to drop, her bottle was still a big issue, her energy was starting to drop, and we had noticed a lot fewer runners were on the course. She realized that the gels she had been taking were not caffeinated. She got the needed caffeine to alleviate the energy issue, we both reslathered our faces with the shiny pot of vaseline, and began our 4th loop together. The course marshals who had been wrapped up in heavy clothing and cuddled in their sleeping bags looked to also be really feeling the cold even more so now. They still gave us a smile and cheered as we came past. I just wanted to give them all a great big warming hug for suffering the cold in order to keep us safe when signs could have taken their place. The volunteers are heros in my book! On the last loop they give everyone who passed an enthusiastic high five that would make Jacob Wells very proud! When we rounded over to the unmanned aid station Jen could tell that I was chilled, insisted that I finish at my own pace so I could warm up, and sent me off with a big hug. I raced the last 8 miles with all the gusto I could muster. I stopped at the Gnome Depot just long enough to guzzle a big cup of Tailwind and drop my frozen bottle. Except for the high fives the last loop was a blur which made me later realize what I miss out on when I really race.

The girls met me at the heated bathroom and helped me quickly get changed into warm clothes before gathering my award and refueling on the delicious homemade soups, chili, and other goodies they had waiting for us at the finisher’s area. When Jen finished we offered up the same help to quickly get into warm clothes. We were both very happy with the race, the experience, and with our ability to problem solve and to keep ourselves level headed enough to stay on top of our nutrition. After hugs from Michele, the race director, we left Veteran Acres Park with a hot cup of cider, warm souls, and fond memories of our run through the cold forest. The Frozen Gnome truly is everything one could wish for from a winter wonderland race!

Things we learned about running in negative temperatures: 1) snot rockets don’t work in those temperatures because the snot freezes as it leaves your nose begging to stay in the warm canal. 2) keep your nutrition close to your body to keep it from freezing including your liquids 3) several small flasks tucked into pockets close to the body is preferable to a hand held bottle 4) mittens work much better than gloves - even gloves with a convertible mitten cover 5) clear anti fog glasses would have been nice to have 6) if you are unsure about your clothing being windproof enough then test it out by sticking your hand through the garment and blow to see if you feel your breath. If you feel your breath then don’t pack it 7) although very expensive, a wool shirt is worth every penny (I paid enough that I would like to be buried in it) 8) stop to eat the snow but make sure it isn’t yellow - you’ll feel like a kid 9)running with a friend is smart and safe 10)running with a friend who likes to talk as much as you do is even better. No It’s The Best!



Upcoming AURA SERIES Races:

21st White Rock Classic 50K

Saturday, February 7, 2015

9:00 am

No Fees, No frills, No WIMPS!



Race begins at 9:00 am on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass).

Part of the 2014 - 2015 AURA Ultra Trail Series

Sign-up will be at the Turner Bend store--at the Mulberry River bridge on Highway 23.

There is no entry fee and no advance sign-up. A small donation to help cover costs would be appreciated.

Please plan to arrive at Turner Bend NO LATER THAN 8:30am to sign-up and hear run instructions.

Remember--we have to relocate to the start before 9:00.

Brought to you by Lisa Gunnoe, PoDog Vogler, and the Arkansas Ultra Running Association (AURA)

Refreshments will be near the finish line starting at 1:00 pm

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

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

Course closes by 5 pm. Early starts are accepted if you anticipate not completing the 50K under 8 hours. Note: There will be a few awards given--early starters are not eligible for awards. This 50K is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently.

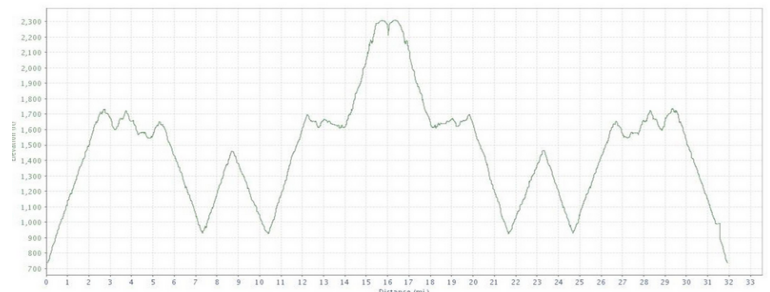
PLEASE NOTE: If for some reason you plan to NOT run out and back, you MUST plan ahead to arrange your own ride back to the start. No shuttling will be available.

Approximate cumulative elevation changes:

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

Back/Down: 1900' total climb and 3500' total descent

<http://www.runarkansas.com/WhiteRockClassic.htm>



LOViT 100k/100m
Saturday, February 21, 2015
6 a.m.



LOViT 100k (part of the AURA 2014-2015 Ultra Trail Series) – Saturday, February 21st 6AM at the East Cove Wilderness Pavilion – 18 hr cutoff (17:15 min/mile pace)/midnight Saturday

LOViT 100 Mile - Friday, February 20th, 6PM at the East Cove Wilderness Pavilion– 30 hr cutoff (18 min/mile pace)/midnight Saturday

Participants will receive an event shirt and the experience of a supported run through the Ouachita Mountains with 6 manned aid stations on the 100k course and 10 manned aid stations on the 100 mile course – many that you will cross multiple times. 100k finishers will receive a medal and 100 Mile finishers a custom finisher's buckle to commemorate their accomplishment.

Register online at <http://runlovit.com>. *Event proceeds are invested in trail development in the Ouachita National Forest and the greater Hot Springs area.*

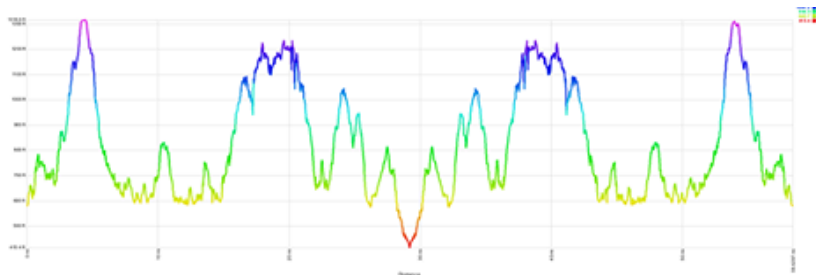
Ankles of Steel...Iron Will. That's what you'll need to take on the LOViT challenge – an endurance run of rocky, rolling hills and ridgelines that will take you along the southern rim of one of America's most pristine freshwater lakes and through the ruggedly beautiful Ouachita National Forest.

Please note: This is a challenging distance on a difficult trail. It is crucial that you are physically and mentally prepared for the stresses of the race through adequate training and preparation. **YOU, the runner, are responsible for your own well-being during the race.**

Volunteer: If you aren't running then please consider volunteering. It is always a lot of fun to party at the aid station plus you get a t-shirt! Sign up on the website today - You won't regret it!

Brought to you by Dustin & Rachel Speer, the founders of the Soaring Wings Marathon and avid trail runners.

Elevation for 100k - 24,000 feet of elevation change



Lottery Winners

Many of us were hoping to have our name drawn for Western States 100 or Hard Rock 100 but few were chosen. Big Congratulations to our AURA Members who were picked: **Hardrock:** George Peterka, Stan Ferguson, Paul Scheonlaub **Western States:** Melissa Martin

Congratulations Also to our non-Aura Trail Friends: **Hardrock:** Billy Simpson **Western States:** David Newman

Results for Sunset Lake 6/12/24 Hour Run

24 Hour - Female

Name	Age	City	Distance
1 Tammy Walther	43	Little Rock, AR	100.49 Miles
2 Elizabeth Kimble	28	Fort Smith, AR	50.75 Miles
3 Tanya Brown	41	Oklahoma City, OK	48.72 Miles
4 Andi Stracner	41	Mayflower, AR	43.65 Miles
5 Kelly Hair	45	Little Rock, AR	35.53 Miles
6 Lalita Flagg	47	Alma, AR	32.48 Miles
7 Cymber Gieringer	43	Pine Bluff, AR	31.47 Miles
Glorimar Toro	29	Sherwood, AR	31.47 Miles
9 Lisa Gunnoe	48	Judsonia, AR	26.39 Miles

24 Hour - Male

Name	Age	City	Distance
1 Maurice Robinson	73	Benton, AR	75.11 Miles
2 Johnny Eagles	62	Little Rock, AR	50.75 Miles
Eugene Bruckert	79	Arlington Heights, IL	50.75 Miles
4 David Meroney	44	Little Rock, AR	47.71 Miles
5 Arland Blanton	55	Cabot, AR	38.57 Miles
6 Dameon Smith	29	Fayetteville, AR	31.47 Miles
Jesse Riley	50	Mabelvale, AR	31.47 Miles
Jeffrey Vieyra	67	Lafayette, CA	31.47 Miles

12 Hour - Female

Name	Age	City	Distance
1 Lisa Mullins	46	Little Rock, AR	20.30 Miles
2 Ashley Edrington	33	Bismarck, AR	15.23 Miles

12 Hour - Male

Name	Age	City	Distances
1 Loren Kaylor	28	Maumelle, AR	58.87 Miles
2 Lance Biggers	32	Little Rock, AR	52.78 Miles
3 Bill Elmore	55	Little Rock, AR	35.53 Miles
4 Gregory Douthard	36	Little Rock, AR	31.47 Miles
George McDonald	61	N. Little Rock, AR	31.47 Miles
6 Paul Becker	54	Magnolia, AR	26.39 Miles

6 Hour - Female

Name	Age	City	Distance
1 Stacey Shaver	42	N. Little Rock, AR	34.51 Miles
Deb Baker	52	Little Rock, AR	34.51 Miles
3 Jen Freilino	30	Little Rock, AR	32.48 Miles
4 Chrissy Ferguson	53	Maumelle, AR	30.45 Miles
5 Melissa Martin	50	Conway, AR	29.44 Miles
6 Yoni Johnson	38	Benton, AR	28.42 Miles
7 Annette Blanton	54	Cabot, AR	26.39 Miles
Tappi Haney	50	Beebe, AR	26.39 Miles
9 Amanda Nikkel	40	Batesville, AR	23.35 Miles
10 Austin Mader	24	Bryant, AR	21.32 Miles
11 Erin McCarthy	36	Cabot, AR	20.30 Miles
Brenda Stallings	43	Little Rock, AR	20.30 Miles
Tara Begoon	25	Benton, AR	20.30 Miles
Jayme Butts-Hall	33	Alexander, AR	20.30 Miles
Leigha Jones	33	Benton, AR	20.30 Miles
16 Heidi Strode	71	Jacksonville, AR	16.24 Miles
Dawn Phillips	46	Benton, AR	16.24 Miles
18 Cynthia Yancy	44	Cabot, AR	15.23 Miles
Karen Hayes	61	N. Little Rock, AR	15.23 Miles
20 Mary Lou Stonesifer	51	Benton, AR	14.21 Miles
21 Beverly Brister	51	Benton, AR	13.20 Miles
Julie Kerr	42	Benton, AR	13.20 Miles
23 Lorena Moody	52	Benton, AR	11.17 Miles
24 Susan Beckwith	46	Lonsdale, AR	9.14 Miles
Jami Malley	44	Benton, AR	9.14 Miles
Angela Gattin	42	Benton, AR	9.14 Miles
27 Wanda Paes	61	N. Little Rock, AR	8.12 Miles
28 Shauna Veazey	44	Benton, AR	3.05 Miles

6 Hour - Male

Name	Age	City	Distance
1 Stan Ferguson	51	Maumelle, AR	40.60 Miles
2 Peter Kleist	47	Karup, Denmark	37.56 Miles
3 Erich Washausen	25	Russellville, AR	33.50 Miles
4 Stuart Gowdy	42	Bryant, AR	31.47 Miles
5 Michael Storey	40	Benton, AR	30.45 Miles
Alan Hunnicutt	60	Berryville, AR	30.45 Miles
7 Ben Walters	34	Little Rock, AR	28.42 Miles
8 Chris Hall	35	Alexander, AR	26.39 Miles
9 Jason Armitage	41	Hot Springs, AR	23.35 Miles
Ryan McGeerey	40	Little Rock, AR	23.35 Miles
11 Clydine Preston	33	Hot Springs, AR	21.32 Miles
12 Dale Powell	63	Mena, AR	20.30 Miles
13 Bill Brass	75	N. Little Rock, AR	16.24 Miles
14 Zeke Jones	37	Benton, AR	15.23 Miles
Shannon McFarland	39	Rogers, AR	15.23 Miles
Jonathan Young	33	Benton, AR	15.23 Miles
17 Michael Warren	49	Bryant, AR	14.21 Miles

Volunteer Info by the UTS Coordinator

We really appreciate everyone who volunteers their time at our AURA races. As you know, if you are signed up for the Ultra Trail Series, you will be awarded miles towards the High Mileage Club when you volunteer at an AURA race.

To help us ensure that everyone gets their miles, we are asking that you email Deb Baker at westbreeze40@yahoo.com when you have volunteered. Please include your hours worked and the type of work that you did. This will help us out greatly in getting you the miles you deserve.

Thanks to all of our wonderful volunteers! See you on the trails.

Deb

RETREADS (Retired Runners Eating Out)

We meet the first Wednesday of every month at Frankie's Cafeteria on Rodney Parham Blvd.

The food lineup begins sharply at 11:30am.

Come early to the lobby for a time of "Touching and Feeling".

Wear something to identify you as an old runner. T-shirt, medallion, etc...

Call Charley or Lou Peyton at 680-0309 if you have questions.