



THE ARKANSAS ULTRA RUNNER

December 2015

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: runarkansas.com

Message From President George Peterka



It has been a busy month, 3 races since the last newsletter, Bona Dea 50K, Sunset 6/12/24 Hour Endurance Run, and LOViT Trail Marathon. I wish to thank everyone that worked to put those races on.

The Bona Dea 50K and LOViT runners enjoyed beautiful weather. The Sunset 6/12/24 runners did not. It rained non stop for the full 24 hours and a creek overflowed the course and had to be ran-through every lap. It was no fun for the volunteers either - being stuck under a roof in the dampness and servicing an aid station table that's standing in water. But even in spite of the rain we still had 51 participants.

Our next race is the Athens Big Fork Trail Marathon on January 9th. The course is in great shape and we have the aid stations taken care of. Let's hope the weather cooperates. Last year we got flooded out and had to re-do it 3 weeks later.

I want to wish everyone a Merry Christmas and don't worry, those holiday pounds will motivate you to more run next year!



Trail Marathon and 17 Mile Blaylock Creek Fun Run
UTS Race #7

January 9, 2016
8:00am Start Time For Both Runs

Both events are out-and-back courses utilizing the Athens-Big Fork trail.

No entry fee, however, a donation of \$10 per runner is encouraged to support the Big Fork Community Center, which is opened for the event, and to cover the cost of aid station supplies.

NOTE - This event is NOT for trail-newbies.

If you are not an experienced trail - or ultra-runner (or adventure racer), we happily invite you to one of the other UTS runs, BUT NOT THIS ONE. This is a difficult event on a difficult trail that presents many opportunities for one to get lost, injured, exhausted, or incapacitated--with sparse access for rescue.

MORE NOTES -

Please do not be enticed into trying this run because of the difficulty warning--it is merely an honest attempt at preventing the run organizers from having to find and rescue someone ill-equipped for the event. A cut-off time of 10:30am (2.5 hours) will be enforced at the turn-around (half-way) point for the 17-mile run. Runners reaching that point after 10:30 must turn around (--NOT proceed on the marathon course)

Registration - *please sign up in advance*

Course Information -

http://www.runarkansas.com/ABF/course_info.htm

T-Shirt Order Pre-Order - *long & short sleeve, order now, pickup race day*

http://www.runarkansas.com/ABF/t_shirt.htm

Host - *Big Fork Community Center*

The host of the Athens Big Fork Trail Marathon and Blaylock Creek 17 mile Fun Run is the Big Fork Community Center. There is no fee to this run, we only ask for a donation to the Community Center. This run is actually one of their biggest fund raisers of the year. We usually donate about \$200. Mr. Hayward opens up and makes sure everything is ready for the runners. He has a hot wood stove, and hot coffee for everyone. The Ouachita Amateur Radio Association provides communications for us because cell phones and other radios will not work. So please, please show the community your appreciation and donate what you can to their community center.



UTS Race #8 (50k Only)

The eleventh running of the SwampStomper is set for

Sunday January 17, 2016.

50K start - 7:30AM 25K start - 8:30AM

Race start location: Poplar Tree Lake Nature Center

Race start GPS Coordinates: 35.306107,-90.067424

Registration link is <http://ultrasignup.com/register.aspx?did=34228>

Course Map: <https://www.dropbox.com/s/l4zwa6d5zw0chwr/Course%20Map.jpg?dl=0>

*Please visit the Swampstomper 25/50k Facebook page ([facebook.com/groups/152633049467](https://www.facebook.com/groups/152633049467)) for any updates to the race and race registration.

*Please direct any questions to James at swampstomper50K@gmail.com.

Rock and Road Marathon -

Oct. 17, 2015 - Nashville TN - By George McDonald



Last year I stumbled across a race called the Rock and Road Marathon, a race on trails and roads of Percy Warner Park in Nashville, Tennessee. I wasn't able to work it in last year, but made plans to do it this year. The pictures and information got me interested in doing it. Linetta and I camped outside of Nashville the Thursday prior to the race. I went out to get my race packet and check out the park. I'm glad I did, since the directions and map were vague. Saturday morning I was out before 6am and on the road to the starting line. Not sure what to expect since I've never been there or knew anyone who had run it.

Arriving before dawn, temperature was 35 degrees and frost on the ground. Great weather for a marathon! The race started at 0800 and on time! This race was a combination of roads and trails. Just not sure how much of each. It had four different loops through the park. It also had relay runners, four-person, and two-person teams. The two-person runners could split which legs they wanted to run.

The first loop was 7.8 miles. Lots of hills and mostly road. In fact I ran almost 42 minutes before we had a short section of trail. At least their trails were like freeways; smooth, hard-packed earth and just a few rocks and roots. Nothing like our Arkansas trails.

The 1st loop finished with a steep $\frac{3}{4}$ mile downhill road to the Scott Hollow Pavilion, which served as the relay team exchange point and aid station for the runners. I

finished in 1 hour and 24 minutes. The next loop was 5.4 miles and started with a steady climb on a road from the valley floor. This is where I met Jill from Culleoka, Tennessee. She was doing a two-person relay with her sister and doing the middle two loops. We formed a bond to work together to get through the next 13 miles.



As we reached the top of the hill we dropped off to a trail. Jill had run this before and knew the course, so she led us through the maze. The trails were fun and we enjoyed sharing stories and family history. I asked if her husband ran and she said only if a bear was chasing him. I found that interesting since that is exactly what Linetta has said to me! Jill was concerned as her 20-month old daughter was sick, so we discussed dealing with sick children.

The trails were filled with walkers and families out enjoying the fall colors and a lot of dogs! BIG DOGS! At 12.4 miles we popped back out on the road and had the same $\frac{3}{4}$ mile downhill back to the valley floor as leg one. A quick refill at the aid station and we were ready for next section, which was 8 miles and mostly trails. We had quite a few climbing sections on this loop which kept us pushing the downhill sections to make time.

At 17.4 miles the race took a sharp turn to the right and we popped out of the woods and had a section of steep rock steps. They even have a name for them, the Belle Meade



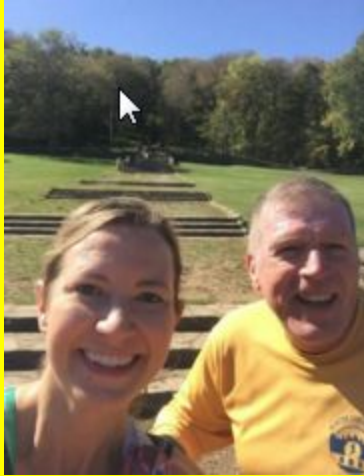
Stairs! Down the rock stairs we went to a flag pole at the bottom of the hill, circled the flag pole and back up the stairs. I don't know how many steps, but it really trashed my right knee and quad muscle.

As we reached 20 miles, Jill felt a lot better than me and cruised on to the exchange point. I came in to the 21.2 mile mark under the cutoff. Only 5 miles to go. A very long 5-miles! The first mile was the same steady climb out of the valley as leg 2 and then back onto the trails. A good steady downhill back to the valley floor and then a 2-mile section of the Vaughn Creek cross-country course.

A final section of road to finish in 5 hours and 49 minutes, a 13:20 mile average. Jill and her family were there to cheer me to the finish and we congratulated each other on our accomplishments. I am now a Crazy Owl, as that is what they call finishers of this marathon. A good run and now to recover! See ya on the roads!

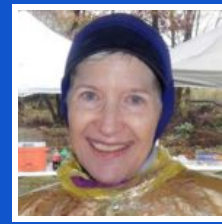
Rock and Road Marathon -

Oct. 17, 2015 - Nashville TN



Fifth Annual Sunset 6/12/24 Hr. Endurance Challenge

Friday and Saturday, November 27-28, 2015 - By Karen Hayes



I run to let my mind spin. I run to hang with friends. I run to see the world up close. Regularly, I run to push the envelope.

I've had a lot of envelope injuries.

Sunset Challenge is made-to-order for envelope pushers. Held on a paved path looping Sunset Lake, the race offers ample fallback opportunity. I would never be more than a half mile from the aid station and my big box of fix-it. If something went wrong, I could stop and try to put it right. If I crashed and burned, I could help count laps. Or I could kick a stump and then watch my friends go round and round. I could start Friday night with the 24 hour runners or Saturday morning with the 6 and 12 hour runners. I could run as long or as short as I wanted in the 24 hours. There was no DNF. The price was \$0. One caveat: runners would only be credited for full laps completed. Fair enough.



The Saturday of the race was my 62nd birthday. I started with the 24 hour runners on Friday night. My goal was to run 62 laps. 62.93 miles. I hoped it would not take 24 hours.

My preparation had been surprisingly commonsensical for an overtrainer. I had plenty of 20 milers in the bank over the past nine months, most of them at snail's pace from Sylvia or Winona. No back-to-backs. I ran longish mid-week, and short/fast on one other day. In September, I started practicing my run/walk intervals on the River Trail. I would not be running the entire 62 miles.

I settled on a plan: run $\frac{3}{4}$ mile, walk $\frac{1}{2}$ mile for the first 30 laps. Take a 30 minute break, then flip the intervals for the last 32 laps. I knew from past Sunset-a-thons that my running after 40 miles would be sporadic. My running math (always suspect) had me finishing in 16 to 18 hours.

My gear prep was monumental. Yes, that was my tent. It seemed idiotic as I was setting it up, but I was glad of it later. I had clothes, food and medical supplies out the wazoo. I had a headlamp and backup lights, a chair, a pink plastic box that makes a good table, a huge thermos of salty chicken broth with noodles, wet wipes, towels and an ice chest. I had a good night's sleep and birthday cupcakes from Community Bakery. I was set. When I got there, I dropped my cupcakes.

I almost went home. I had three boxes of cupcake avalanche. This did not bode well. I practiced my answer to my friends,

both running and non-, when they asked if I made it 62 miles. *No, I went home. I dropped my cupcakes.*



I opened the boxes and set each cupcake on its little butt. I closed the boxes up tight. I put them on the aid station food table.

The rain slacked to a mist as the 24 hour runners arrived. Maybe the 100% chance of rain with flash flooding was weatherman drama. We were a light crew, perhaps 20. I pitched my tent away from the path, behind where runners usually lined up chairs and supplies. Tonight most of the runners set up under the permanent pavilion, behind the volunteer tables. I put my 2 plastic shoeboxes of quick-grab stuff on a picnic table bench. It was almost time.

We weren't that cold at the start. I wore shorts and a short sleeve tech tee. Some of the guys were shirtless. We chugged into the dark, a slow moving train. The northwest corner of the lake had a healthy runoff across the path. It would get healthier. Many of us had lights. We ditched them before long. The ambient light was enough, even on the unlit side near I-30.

I wanted to run, but I knew better. I started with a walk interval, followed by a slow run. Repeat, repeat, repeat. I knew what was ahead. I had run 20 and 40 miles at other Sunsets, and 59 laps when I was 59. Only the 20 had been during daylight.

The rain fell. The temperature fell. Lisa Gunnoe ran ahead of me in a wide-brimmed hat, the ghost of a mountain cowgirl. Johnny Eagles was another ghost, his clear plastic poncho a filmy halo against the street lights. I did not feel very smart. Or warm. After lap 5, I put my warmup pants back on, and added a windbreaker and gloves. I only saw the rain in the street light circles, and heard it in the tick-tick-tick against the hood of my jacket. Early days. I needed to fasten onto something and let the miles go by.

I had nothing. I stayed with the present, not thinking more than a lap or two ahead. Maurice had advised: *don't get behind on your electrolytes*. I paid attention to my electrolytes. I ate a couple of multigrain fig bars, and a stack of Wheat Thins an hour later. I was happy Alston Jennings was volunteering. Alston knows me better than most, and said something upbeat

Fifth Annual Sunset 6/12/24 Hr. Endurance Challenge

Continued...

every time I passed. I didn't run with anybody for long, but I talked to everybody, whether they wanted me to or not. I did it for me. Worst case scenario, I would make people speed up to escape me. Jesse Riley and I were different paces, and saw each other often. Most of what I know about Jesse is from running with Kimmy. I worked on my conversational forays, waiting to see him again. Little connections were big for me.

I grabbed a poncho and a pair of surgical gloves. The gloves are a bear to slide onto damp hands, but not too mulish over cheap knit gloves. I drank at every walk interval and ate every hour. I didn't fool around at the aid station. Pete reversed our direction every so often. Johnny and I ran together, around the curve toward the runoff. It had been upgraded to a creek crossing. *It's almost your birthday*, he said.

It was? I looked at my Garmin. Yep, 11:58. I came into the aid station at straight-up midnight and lap 20. Nicole Hobbs wished me happy birthday. I snagged a cupcake and was gone.

The herd thinned. We were wet to the core. Most of the runners moved faster than I did. Many decided they were satisfied with a marathon for the night. I still felt okay, just generally miserable. After lap 25, I began to plan the Big Break. I was worried about my feet. No problems yet, but my foot lube had washed away. Reapplying it might save my race. Dry clothes couldn't hurt either. Changing shoes was pointless. One pair of water-logged Hokas would feel like another. I took mental inventory of my dry bag and supply kit. Figuring out my order of business, the next 5 laps went fast.

Lap 30. I dove into my tent and zipped it shut. I poured myself a cup of hot soup and started stripping. That took a while. I bagged the soppy heap of clothes and hung my plastic poncho and windbreaker for possible reuse. Once I was as dry as I was going to be, I commenced greasing everything I could reach. More soup, and a time check. This was taking forever. I wrassled clothes with stupid fingers. I got trapped in my sports bra. I panicked, but remembered Nicole across the path at the pavilion. If I had to, I could call her. I sat and drank soup, one arm awkwardly over my head. I tried to calm down. I finally manhandled the bra into place, and resumed coaxing dry layers onto both ends of me. I cinched my pack and took a quick glup of soup before heading out. Time check. Forty-five minutes. Forty-five minutes, and I hadn't relaxed, except for the time I was immobilized by my bra. At least I had been sitting down most of the time. I did feel better.

We were down to three: Jesse, Cody Jones, and me. In the pavilion, Alston and Nicole counted laps. Pete and Maurice had crawled into their trucks to rest up for the morning runners. Christmas music played at the aid station. I did not feel remotely jolly.

Lap 36. Only a marathon to go. Daybreak seemed far away. I wondered if I would quit.

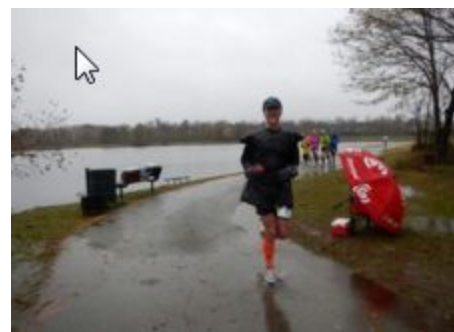
Finally, the first of the 6 and 12 hour runners arrived. My Garmin died. *Quitter*, I thought. I had a watch, but even if I had the manual dexterity to press the buttons, I wouldn't remember to do it. Without a Garmin, my intervals were shot. It didn't matter. They were goners anyway. I decided to run along the fence on Henry Street whenever I could. The fence posts were good company. Every couple of laps, I would stop to grab a post and stretch my back. I ran through the aid station to minimize the temptation to stop. I nabbed the recycled poncho and windbreaker off the clothesline in my tent, and dumped out two ziplock bags to use as mittens.



My clothing count was now gargantuan. Pants x 4. Jackets x 3. Two throwaway rain ponchos. One lowly shirt. Gloves to the 3rd power. I was still cold.

Once the 7:30 runners started, the idea of quitting faded. Deb Baker was running lightning laps, but still stopped for me. Every time. I needed it. I was hurting bad. I didn't hurt in an injury way, just a tight, fatigued, wanna-stop way. *I'll see you every lap*, Deb said. *Tina's going to help you, too*. If Deb was the doctor, Tina was the nurse.

Deb's black bag had hugs, encouragement, and advice. She dispensed all three generously. Tina Ho soothed me lap after lap. Tina got me settled, worked on her own race for a while, then came back to me. Our conversation was as easy as sitting in a warm pub over stout. I kept stumping forward. Tina and Deb checked on me regularly. Hot Legs friends hung with me, as did other runners I know, and runners I don't. Stan and Podog hollered me down every time they passed. George Peterka, Chris Ho and Marc Gill did the same. After Marc finished his miles, he walked a lap with me. Being with someone made me civil for the time I had them, and took my mind off my body.



Fifth Annual Sunset 6/12/24 Hr. Endurance Challenge

Continued...



Walking alone, civility was at an end. I worked on the Four Great Rain Cusses, none of which can be repeated here, or should ever be said aloud anywhere.

The ziplock bags were lousy mittens, but I kept them on. I visited the porta-potty in the parking lot and YES – black plastic dog poop bags. The gold standard of emergency hand-warming gear. I was able to pull one over my left hand and tuck it into my sleeve, but I was helpless to install the other. A vehicle was idling in the parking lot. Somebody's waiting husband? I knocked on the driver's window.

The window lowered slowly.

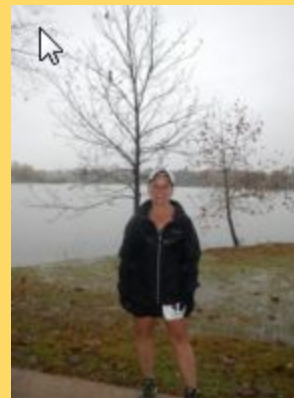
Can I help you?

I explained my problem. The kind man tucked the bag into my right sleeve. He looked relieved. The wet-dog woman in two rain ponchos did not want to get in to warm up.

I lost count of my laps. Fifty-something. I was lizard brain, icy quads and hamstrings. I ran for a change of pain. When I stopped for my fence post stretch, a flurry of concern slowed around me now. Was I living or dead? If I was dead, how would they ever get my body out of that position? I had to be getting close. I stopped at the pavilion to get a lap count.

60.

Only two more. I would finish.



Fifth Annual Sunset 6/12/24

—by Pete Ireland



The 5th Annual Sunset 6/12/24 Hour Challenge on November 27 and 28 lived up to its name more so than usual this year. The weather conditions were less than ideal, and some folks might have considered them miserable. Unfortunately, the requested nice weather was delayed in transit. Overnight for the 24 hour runners the temperature dropped into the upper 40s, the rain was frequent, and at times the wind was blowing making it feel even colder. It only reached the low 50s during the day Saturday, with rain continuing. Over 30 of the original 72 pre-registered runners chose to sit this one out. Maybe we should credit them with good sense! Despite the chilly rain, we ended up with 50 participants, including several who showed up to register on race day. Three of the six pre-registered out of state runners made it, including 80 year old Eugene Bruckert from Illinois who went on to complete 31 laps (31.47 miles). However, many of the runners chose to end their run or walk sooner than planned, having had enough fun for one day.

Starting Friday, until late Saturday afternoon, the rain fell almost continuously, often light but sometimes fairly heavy. The Saline River, which flows just over a quarter mile west of the lake, went from 200 cubic feet per second on Friday afternoon to over 30,000 CFS by mid-afternoon on Saturday, rising 15 feet during that time which put it above flood stage. It continued to rise for a few more hours. Well before the 6 and 12 hour races started, an inch or more of water about 10 feet wide was flowing steadily across a low spot on the path about 250 yards north of the pavilion. By Saturday afternoon, Sunset Lake was overflowing on to the adjacent street. There was not a dry soul (or sole) to be found.

Thanks to the volunteers who braved the weather to help with set up, take down, sign-in, and lap counting. The wet weather complicated

everything from some runners wearing rain gear that obscured their race bibs, to the lap tracking sheets (damp paper), to the food. While the ground was relatively dry when we set up the canopies and food tables Friday evening, by Saturday morning there were substantial puddles of water around and under the tables.

Anything dry in the way of food that was set out quickly became damp despite the canopy, and damp potato chips and crackers are not all that appetizing. Thus, not everything got opened or set out that normally would have.

Congratulations to Karen Hayes who completed her age in laps (62) in the 24 hour, finishing with 62.93 miles and the high total for the event. Congratulations also to Cody Jones who completed 50 loops (50.75 miles) for his longest distance ever and first place male in the 24 hour. Kudos to Stan Ferguson and Deb Baker, for completing 36 laps (36.54 miles) in the 6 hour race. In the 12 hour, Kristin Parker completed 31 laps (31.47 miles) for first place, and Steve Hughes completed 26 laps (26.39 miles) finishing as the top male. (Three of the above totals are corrections over the initial report sent to the participants on Sunday—lack of sleep, eye surgery and broken glasses can add up to bad math!) The results, as reported elsewhere in this publication, are still considered preliminary.

Thanks to all who braved the chilly and rainy weather to participate.

50k Results

50K Run (2015-2016 UTS race #4) ([splits-excel](#))

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jeffrey Zern	Little Rock	M	27	3:53:40
2	Chris Ho	N. Little Rock	M	40	3:54:16
3	PoDog Vogler	Russellville	M	49	4:16:24
4	Brett Nguyen	Fort Smith	M	46	4:38:53
5	Bruce Wood	Sherwood	M	53	4:41:15
6	Alan Hunnicutt	Berryville	M	61	4:51:47
7	Charles Redditt	Conway	M	47	4:54:08
8	Cade Pearson	Stillwater, OK	M	36	5:17:44
9	Brandon Allen	Little Rock	M	33	5:21:29
10	Jen Freilino	Little Rock	F	31	5:28:12
11	Lionel Burnett	Fort Smith	M	55	5:31:15
12	Kristin Parker	Maumelle	F	29	5:31:33
13	George Peterka	Hot Springs	M	55	5:34:09
14	Austin Mader	Little Rock	F	25	5:34:14
15	Chrissy Ferguson	Maumelle	F	54	5:34:36
16	Reid Landes	Maumelle	M	44	5:38:08
17	Angie Stewart	Fayetteville	F	34	5:40:50
18	Ryan Westin	Maumelle	M	36	5:59:21
19	Bill Elmore	Little Rock	M	56	6:18:50
20	Don Preston	Bigelow	M	60	6:20:15
21	Karen Hayes	N. Little Rock	F	61	6:28:12
22	Lisa Gunnoe	Judsonia	F	49	6:42:26
23	Shelly Mack	Lucien, OK	F	48	6:58:34
	Steve Hughes	Little Rock	M	67	6:58:34
25	Wesley Leach	Oppelo	M	60	7:22:30
26	Johnny Eagles	Little Rock	M	63	7:33:40
27	Dottie Rea	Vilonia	F	63	7:34:31

Results for Other Distances

Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Toby Yeager	Pottsville	M	41	3:07:00	20.4 Miles
2	Ben Walters	Rock Town	M	35	4:02:00	20.4 Miles
3	Tala Hill	Jacksonville	F	55	4:28:00	20.4 Miles
4	Thaveep Leach	Oppelo	F	61	5:11:00	20.4 Miles
5	Mary Hawkins		F	53	5:38:00	20.4 Miles
	Linda Panique		F	60	5:38:00	20.4 Miles
7	Kelsey Walker	Russellville	F	30	3:13:00	17.0 Miles

24 Hour Results

24 Hour					
Place	Name	City	Sex	Age	Distance
1	Karen Hayes	N. Little Rock	F	61	62.93 miles
2	Cody Jones	Benton	M	34	50.75 miles
3	Jesse Riley	Mabelvale	M	52	36.54 miles
4	Kurt Hauser	Hot Springs	M	51	31.47 miles
	Leigha Jones	Benton	F	34	31.47 miles
	Eugene Bruckert	Arlington Heights, IL	M	80	31.47 miles
7	Aaron Dickens	Van Buren	M	34	30.45 miles
	James Patillo	Alma	M	33	30.45 miles
9	Bill Elmore	Little Rock	M	56	29.44 miles
10	Lisa Gunnoe	Judsonia	F	49	26.39 miles
	Ryan Westin	Maumelle	M	35	26.39 miles
12	Johnny Eagles	Little Rock	M	63	22.33 miles
13	Michael Storey	Benton	M	41	20.31 miles
14	Ben Walters	Little Rock	M	36	18.27 miles
15	Arthur Priddy	Jackson, TN	M	45	17.26 miles
	Elizabeth Kimble	Little Rock	F	29	17.26 miles
	Brian Kilgo	Little Rock	M	38	17.26 miles
18	Andi Stracner	N. Little Rock	F	42	16.24 miles

12 Hour Results

12 Hour					
Place	Name	City	Sex	Age	Distance
1	Kristin Parker	Maumelle	F	30	31.54 miles
2	Christi Lawhon	Jacksonville	F	39	27.41 miles
3	Steve Hughes	Little Rock	M	67	26.39 miles
4	Angela Gattin	Benton	F	43	16.24 miles

6 Hour Results

6 Hour					
Place	Name	City	Sex	Age	Distance
1	Deb Baker	Little Rock	F	53	36.54 miles
	Stan Ferguson	Maumelle	M	52	36.54 miles
3	Chris Ho	N. Little Rock	M	40	35.53 miles
4	Podog Vogler	Russellville	M	49	33.51 miles
5	George Peterka	Hot Springs	M	55	32.48 miles
6	Debbie Rigsby	Hot Springs	F	59	28.42 miles
7	Marc Gill	Little Rock	M	38	27.41 miles
8	Becky Hedges	Malvern	F	36	26.39 miles
	Chris Hall	Alexander	M	36	26.39 miles
	Julie Hathcock	Malvern	F	36	26.39 miles
11	Melissa Martin	Little Rock	F	51	25.38 miles
12	Marilyn Lattin	Maumelle	F	57	21.32 miles
	Rose Ann Foster	Maumelle	F	51	21.32 miles
14	Nancy Gambill	Little Rock	F	44	20.31 miles
15	Shari Misener	Hot Springs	F	45	19.29 miles
16	Tina Ho	N. Little Rock	F	50	18.27 miles
17	Paula Cornett	Maumelle	F	59	16.24 miles
18	Erin O'Toole	N. Little Rock	F	26	15.23 miles
	Maurice Robinson	Benton	M	74	15.23 miles
20	Maegan Cochran	Maumelle	F	24	13.21 miles
	Chris Beason	Malvern	M	43	13.21 miles
	Greg Davis	Benton	M	38	13.21 miles
23	Diane Hargis	Sherwood	F	48	12.18 miles
24	Rebecca McGraw	Conway	F	46	11.17 miles
	Ashley Holley	N. Little Rock	F	27	11.17 miles
26	Amanda Williams	N. Little Rock	F	39	10.15 miles
	Robert Misener	Hot Springs	M	45	10.15 miles
28	Jayne Butts-Hall	Alexander	F	33	8.12 miles
29	Janelle Belmonte	Memphis, TN	F	32	7.11 miles

LOViT Trail Marathon Results-

UTS 2015-2016 Race #6

Marathon Results

Half Marathon Results

Marathon - 26.2 miles (2015-2016 UTS Race #6)

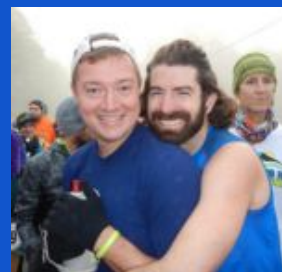
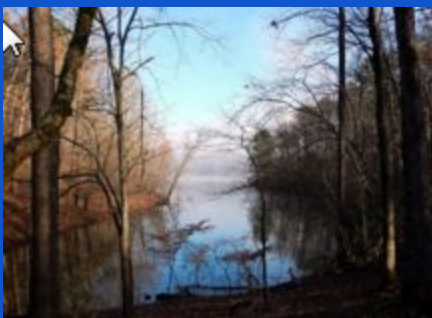
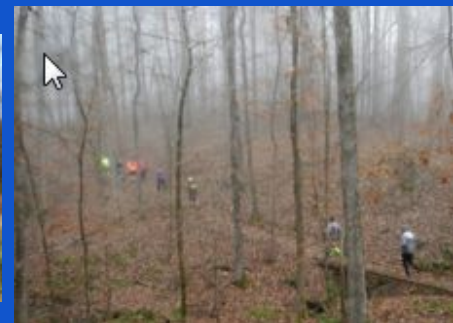
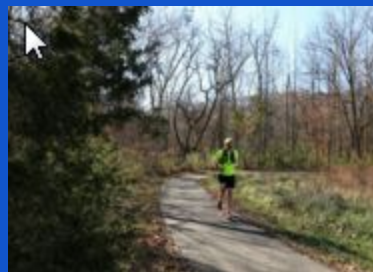
Place	Name	City	Sex	Age	Time
1	Christopher Block	Roland	M	34	3:36:21
2	Thomas Chapin	Paron	M	37	3:50
3	Joshua Snyder	Poteau, OK	M	33	3:51
4	Tyler Wilkerson	Russellville	M	27	3:52:51
5	Tommy Brennan	Poteau, OK	M	44	3:57
6	Stan Ferguson	Maumelle	M	52	4:14:02
7	Samuel Young	Poteau, OK	M	23	4:18:08
8	Paul Turner	Conway	M	52	4:29:36
9	Katerine Seywerd	Little Rock	F	38	4:47
10	Deb Baker	Little Rock	F	53	4:51
11	Jason Armitage	Hot Springs	M	42	4:54:42
12	Fonnest Dickinson	Roeland Park, KS	M	39	4:56:17
13	Brett Nguyen	Fort Smith	M	46	4:57
14	Jenny Chitwood	Wister, OK	F		5:02
15	Kasey Ng	Claremore, OK	M	23	5:04
16	Ben Mansur	Little Rock	M	43	5:05
17	Kurt Hausen	Hot Springs	M	51	5:06
18	Robert Misener	Hot Springs	M	45	5:21
19	Chad Yocum	Hot Springs	M	40	5:25
20	Lionel Burnett	Fort Smith	M	55	5:26
21	Kristin Snyder	Poteau, OK	F	32	5:30
	Brook Wiensig	Poteau, OK	F	33	5:30
23	George Peterka	Hot Springs	M	55	5:32
24	Austin Mader	Little Rock	F	25	5:35
25	James Dow	Morrilton	M	40	5:35:01
26	Randy Windle	Hot Springs	M	36	5:41
27	Tabatha Park	Royal	F	47	5:43
	Corbett Sanders	Hot Springs	M	44	5:43
29	Cliff Fennen	N. Little Rock	M	60	5:44
30	Joshua Bornhorst	Little Rock	M	41	5:45
31	Larry Archibald	Edmond, OK	M	52	5:53
	Amy Archibald	Edmond, OK	F	50	5:53
33	Ben Walters	Rock City	M	35	5:56:50
	Tisha Deen	Little Rock	F	33	5:56:50
35	Johnny Eagles	Little Rock	M	63	6:07
	Gabrielle Zartman	Tucson, AZ	F	42	6:07
37	Bill Elmore	Little Rock	M	56	6:08
38	Beth Walters	Font Smith	F	48	6:20:49
39	Michelle De La Vega	Conway	F	36	6:27
40	Shauna Veazey	Benton	F	45	6:40
	Melissa Martin	Little Rock	F	51	6:40
42	Missy Ezel	Bauxite	F	42	6:41:02
	Laura Babbitt	Bryant	F	39	6:41:02
44	Kay Scott	Bedford, TX	F	46	6:43
45	Patrick Barker	Little Rock	M	51	6:51:15
	Jim Sweatt	N. Little Rock	M	59	6:51:15
	Chrissy Ferguson	Maumelle	F	54	6:51:15
48	Charity Shaw	Hot Springs	F	37	7:00:54
49	Bryan Kilgo	Little Rock	M	38	7:06
	Elizabeth Kimble	Little Rock	F	29	7:06
51	Mary McDonald	Conway	F	62	7:15
52	Pam Moore		F		7:20
53	Jay Harbert	Shreveport, LA	M	57	7:30
54	Earl Simpson	Conway	M	67	7:36
	Mina Evans	Conway	F	42	7:36
56	Sean Archibald	Edmond, OK	M	23	7:42

Half Marathon (14+ miles)

Place	Name	City	Sex	Age	Time
1	James Helms	Royal	M	44	2:23
	Lance Biggers	Little Rock	M	33	2:23
3	Nate Smith	Alexander	M	51	2:28
4	Eva Bailey	Benton	F	48	2:31
5	Jessica Soroka	Hot Springs	F	36	2:34
6	Amanda Xaysuda	Sherwood	F	29	2:35
7	Adam Xaysuda	Sherwood	M	29	2:35:01
8	Don Edge	Ozark	M	45	2:38
	Joshua Hutchings	Fort Smith	M	30	2:38
10	Brock Hine	Fayetteville	M	24	2:55
11	Christy Wells	Benton	F	45	3:07
12	Dale Powell	Mena	M	65	3:07:50
13	Dawn Horn	Vilonia	F	38	3:14:05
14	Matthew Keene	Little Rock	M	32	3:15
15	Lorena Moody	Benton	F	53	3:19
	Lisa Stuart	Benton	F	43	3:19
17	Becka Gartner	Hot Springs	F	44	3:20
18	Erik Smith	DeQueen	M	40	3:23
19	Turner Vance	DeQueen	M		3:28
	Brooke Vance	DeQueen	F		3:28
21	Nesley Leach	Oppelo	M	60	3:48
22	Louis Chalfant	Hot Springs	M	41	3:49
23	Bea Nickelson	Hot Springs	F	54	3:56
	Debbie Riggsby	Lonsdale	F	59	3:56
25	Andy Messenger	Fort Smith	M	43	4:01
26	Bill Brass	N. Little Rock	M	76	4:11
27	Nesley Stone	Hot Springs	M	38	4:13
28	Thaveep Leach	Oppelo	F	61	4:15
29	Christie Hauser	Hot Springs	F	48	???
	Sherry Blackstead	Pearcy	F	48	???

Other Participants

Place	Name	City	Sex	Age	Time	Distance
1	Shari Misener	Hot Springs	F	45	2:30	10 Miles
	Liz Ryan	Hot Springs Village	F	59	2:30	10 Miles
3	Bob Sikes	De Queen	M	57	3:00	10 Miles
	Nick Drakes	Hot Springs	M		3:00	10 Miles



Congratulations To All and Big Thanks to All Volunteers

I hope you all enjoyed this edition of the AURA Newsletter. In case you didn't notice it is VERY different this time. I am trying to give our newsletter a more modern look. If you have suggestions or complaints concerning the changes I am happy to listen. My email is listed below.



Also, if you are interested in submitting a race report, whether it be an AURA event, or an out of state race please email me and I will happily add if space is available. Many thanks to all who shared your stories and photos with us for this edition.

I am overwhelmed by all who sent me thank you emails and cards! I enjoyed reading them all and it certainly made me feel loved and appreciated. Thank you for making my day!!

mverunnergirl@gmail.com
~Stacey Shaver-Matson~

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.