



THE ARKANSAS ULTRA RUNNER

January 2016

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: runarkansas.com

Message From President George Peterka



This month started with the Athens Big Fork Trail Marathon. I wish to thank Brady Paddock and all the volunteers who worked on the race. The weather could have been better. It rained through the night and during the first half of the race. Then it stopped raining but it got windy and even more cold. Then it snowed. But - at least we didn't get flooded out like last year. The course was challenging because it was very wet and slippery but the water level wasn't high enough to cause problems with creek crossings. We had 105 runners - not a record but a good turnout in spite of the bad weather. 65 runners finished the full marathon. A few turned back early - mainly due to being cold and wet.

The 2nd race this month was the Swampstomper 50K/25K in Memphis. I wish to thank James Holland and all the volunteers for putting this on. They had a battle with "Old Man River" this year as the mighty Mississippi flooded parts of the course. The river dropped a little before race day but they still had 2

sections that had to be re-routed onto the adjoining hillside as the flat land was under water. I ran this race for the first time last year and was a little disappointed that only 3 UTS members showed up. This year the turnout was better with 12 UTS members scoring points. It's a nice race and I would never believe how many hills there are. I thought Memphis was completely flat - not so.

Just want to say a few things about safety. In the winter I recommend carrying some emergency gear when you go run in the woods. Running with a buddy or carrying a cell phone is a good idea. I always bring a rain poncho (from Dick's sporting goods for \$1.99). It's thin and light weight and even if there is no chance of rain it will keep you warm. I also carry a small flashlight and cigarette lighter. Darkness comes early and with it cold - so always be prepared.

Well that's about all I got. Hope to see everyone at the White Rock Classic 50K!

22nd White Rock Classic 50K

Saturday, February 6, 2016 at 9:00 am

No Fees, No frills, No WIMPS!

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



UTS Race #9 (50k Only)

Please register online so we don't have to fill out any forms on race day morning.

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). There is no entry fee but a small donation to help cover costs would be appreciated. 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.

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.

WARNING: This 50K is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently.

PARKING: Parking at the start is limited. If you can, park at the Turner Bend store--at the Mulberry River bridge on Highway 23 and carpool to the start. If you park at the start pull over to the right as much as you possibly can. An ambulance must be able to get by you and they are wide.

BROUGHT TO YOU BY: Lisa Gunnoe, PoDog Vogler, and the Arkansas Ultra Running Association (AURA)

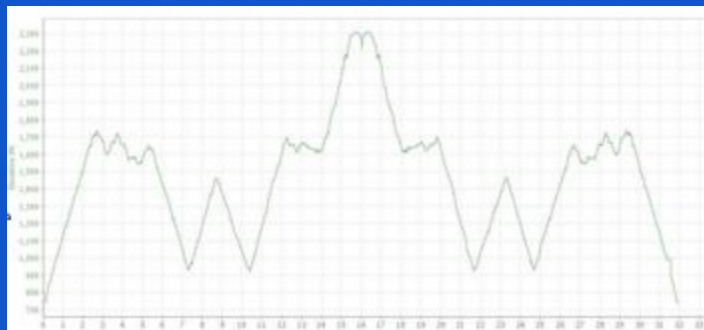
Refreshments will be near the finish line starting at 1:00 pm. Please keep your own time and sign in at the top (past the aid station at the lookout) and at the finish to be included in the results. This is a run/walk but you are welcome to ride your bike if you wish.

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



Course Records:

Male: Brian Hurley, 3:53:06 (2014)

Female: Chrissy Ferguson, 4:44:25 (1999)



3rd LOViT 100k ~ 2nd LOViT 100 mile

February 26th - 27th, 2016

UTS Race #10

LOViT 100 Mile – Friday, February 26, 2016, 5:00 PM start

LOViT 100k* (62 Miles) – Saturday, February 27, 2016, 6:00 AM start

**in Memory of Brent Morrison*

****REGISTRATION IS OPEN ONLINE THROUGH 2/22**

****REGISTER BEFORE FEB 9th TO GUARANTEE YOUR SHIRT (100K & 100 MILE) OR JACKET (100 MILE) SIZE**

<https://ultrasignup.com/register.aspx?did=32747>

The Lake Ouachita Vista Trail (LOViT) Endurance Runs feature rocky, rolling hills and ridge lines 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. The race course follows out and back sections along the single track trail - one of only 40 worldwide trails to receive the IMBA Epic Trail designation. The terrain is challenging, the views are amazing. Come find your LIMiT on the LOViT.

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

Pacing & Safety Runners

Due to the remote nature of sections of the course, pacers will be allowed during portions of the race. Safety runners can be picked/switched at crewable aid stations in the pacing sections. Runners 60 years and older may have a safety runner from the start with permission from the Race Director prior to the race. Runners may only have one safety runner at a time.

100k Safety Runners can be picked up/switched out at the following aid stations: Brady Mountain Road (return trip ONLY - approx mile 37) and Crystal Springs Pavilion (approx mile 48).

100 Mile Safety Runners can be picked up/switched out at the following aid stations: Brady Mountain Road (1st crossing - approx mile 57.5), Avery Recreation Area (east end - approx mile 64.5), Brady Mountain Road (return trip - approx mile 71.5), Crystal Springs Pavilion (approx mile 82.5), Charleton (return trip - approx mile 87).

Aid Stations

(locations and accommodations available at <http://runlovit.com/details/>)

Aid stations will have standard ultra food (bananas, pretzels, potatoes, chips, water, Tailwind Nutrition, etc.). If you have special dietary restrictions, please plan accordingly. There will be 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.

Awards

100k finishers will receive a medal. 100 Mile finishers receive a custom finisher's buckle, additional event swag, plus one comped breakfast buffet during Sunday's awards brunch. Awards will be given to the top three overall male/female finishers in the 100k and 100 Mile distances at an awards banquet Sunday morning.

Event proceeds are invested in trail development in the Ouachita National Forest and the greater Hot Springs area

Styx n' Stones



30 Kilometer Trail Run (15K Option Also Available)

Devil's Den State Park

March 19, 2016

8:00 AM

UTS Race #11 (30k Only)

Race Information

Please REGISTER IN ADVANCE (registration closes on Friday March 18 at 2pm) <http://www.runarkansas.com/StyxnStones.htm>

Time/Location: 8:00AM. Day Use Pavilion.

Distance: Approximately 30K (18.6 miles). The short option is 15K (9.3 Miles).

Aid: There will be minimal aid. This may include water, sports drink and light food. However, you are encouraged to carry your own provisions. Water bottle highly recommended.

Fee: No fees. No frills. No wimps. No whining. Donations to help cover costs are appreciated. There will be a donation can at the sign-in table.

Timing: Please keep your own time and sign in at the finish. Results will be posted on www.runArkansas.com

Difficulty: This is a long race on difficult, technical trail.

Runner Info: Gaiters recommended: expect any combination of sticks, stones, boulders, mud, scree, grit, trail debris, rocks, sand, slippery rocks, roots, loose rocks...

Much of the trail is very technical. Don't plan to run a personal best here. Enjoy the great outdoors and *exercise your demons.*

Major climb the first two plus miles. Gnarly climb at ~13 miles.

Six hour time limit. Runners passing the 9-mile checkpoint after 10:50 AM will be required to stop at 15k. Assume the 30k will take nearly as long as a road marathon.

Getting There: From the north, I-540 to the West Fork exit, right on Highway 170.

From the south, I-540 to the Winslow exit, Left on Highway 74.



Saturday, March 19th

6 p.m.

Ron Robinson Theater, Little Rock

If you have read the book "Born to Run," then you know who Caballo Blanco was -- and still is, in the minds of many. We invite you to join us as we celebrate the life of Micah True.

This film was just named winner of a Spotlight Documentary Film Award, designating it as one of the best 250 documentaries made anywhere in the world in 2015, regardless of subject. Tickets are available online at www.imathlete.com/events/runfree for \$12 and they will be \$15 at the door the night of the show.

****Some of the proceeds from this event will go back to benefit the Tarahumara in Copper Canyon***

Here too is their Facebook event for you to please "join" and invite your friends and followers:

<https://www.facebook.com/events/485791771605505/>

2016 Athens Big-Fork Marathon -

Jan. 11, 2016 - Athens Big Fork, AR - By Zach Adams



The Athens-Big Fork Marathon – heretofore to be referred to as “ABF” – has been on my radar for a number of years. Last year I was all set to go, but it got flooded out. The two years before that it was in conflict with a local race that I love. This year, I decided, come hell or high water, my fat ass was gonna be tromping over the *significant* (at least to a flatlander) mountains of the Ouachita National Forest. First off – don’t let the name fool you – this race may measure like a marathon – but it runs like a pissed off 50K. This year it got written up in [Trail Runner Magazine](#) as, “[The Hardest Trail Marathon You Have Never Heard Of](#)” or something similar. After running it – I would definitely agree to that statement.

Residing about 5 hours north of the ABF starting line and having a homecoming queen crowning to attend that Friday night meant that our arrival to Mena, Arkansas would be somewhere between 1:30am and 2:30am on race morning. PLENTY of time to make it not-so-well rested to an 8am starting line. My ultra-compadres Candi (my super hot and totally badass wife) and old buddy Ryan (Rhino – cause once this dude charges, he won’t stop) enjoyed a long and massively shitty, rain infested interstate trip down to our one-star motel. I woke the poor clerk up from his curry fueled slumber behind a thin wall behind the front counter with a ding of the bell, and with a creaking fart and some grumbled curses he got us checked in. I am definitely not complaining –

it was a double queen room 20 minutes from the start line for 57 bucks. Our room was just clean enough for a 3 hour sleep, and before you know it we were hanging out at the Big Fork Community Center waiting to get started.



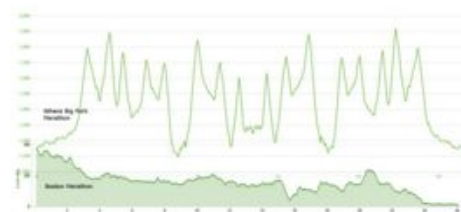
The beginning of the race is a short bit down the highway with full-on police escort in the front and rear followed by a nice jog down a red dirt road to get to the trailhead. That is when ALL HELL BREAKS LOOSE. By this time, the nice soaking rain has us totally drenched and showed no signs of letting up any time soon. After a short jaunt at the foothills of the first mountain, it was time to climb. And climb we did! Over and over and over. Eight mountains on this out and back course – and yes they were mountains. These climbs were GNAR for the midwest! I have run in the mountains of Colorado, and these were every bit as steep, although not as long. Basically the entire course you were either going up or down. It was freakin’ awesome!

There was an aid station shortly after getting on the trail, after the first

mountain I think, but Candi and I didn’t utilize it being only a few miles into the race.

We had decided to stay together and enjoy the day couple style like we often do, while Rhino set out a bit slower but VOWED to see us at the finish. We kept on at a nice steady pace, and I was pretty much cold the entire time – as my decision to only wear a couple of tech tees under my rain shell proved me a dumbass. Candi – being smarter than me as usual – had enough layers that she didn’t bother covering her ears. It was a steady rain with temps in the mid to low 30s and pretty good winds if the mountains weren’t providing cover.

The terrain once you get on the trail is pretty varied; from scree-like gravel, muddy ruts, rocky outcroppings, to soft pine needles track – this course really had it all. The valleys had flowing streams at every low point, and even a couple deer feeding plots. It was wonderful – totally what I look for in a trail. And did I mention you get to climb hills. Mountains. I had so much fun climbing that I made this graphic comparing the iconic Boston Marathon to the ABF.



<http://midpackzach.com/wp-content/uploads/2016/01/ABF-Boston.jpg>

2016 Athens Big-Fork Marathon -

Jan. 11, 2016 - Athens Big Fork, AR - By Zach Adams

We eventually made it to the top and bottoms of all the 8 mountains on the way out to the Jackass Aid Station. This was run by a bunch of cowboys... REAL cowboys... from Texarkana. These guys were serving up hot soup and real foods, had a warm fire, and an overall badass forest oasis set up for us. Candi and I made it to the turn in about 3:15 at right about 14 miles and felt good since we were shooting for a 7:30ish finish after looking at the finishers times from previous races.



Coming over the last mountain we ran into Rhino, who was about 30 minutes behind us and totally kicking ass. It was basically more of the same on the way back – power hike up the mountains, try not to roll down the other side like a snowball, and freeze your ass off crossing the stream at the bottom. Rinse. Repeat.



It was nice coming to the aid stations and getting hot food and a slap on the back before heading back out. We finally dragged our shredded quads off the last mountain and headed back down the roads to get back to the Community Center – and I tell you what... that Marathon ran WAY more like an ass-whipin 50k. It was tough. For technicality of trail I

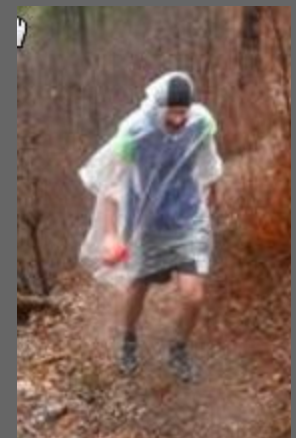
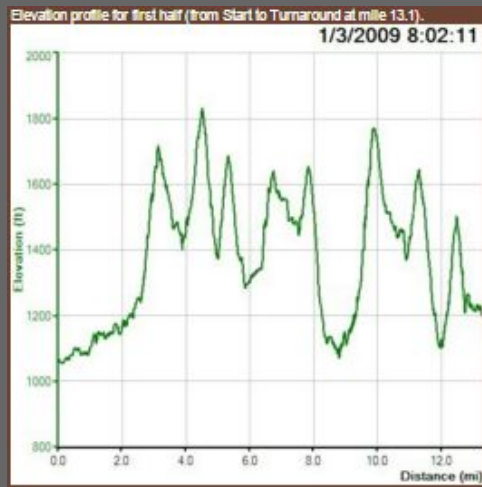
give it a 4 gel packs out of 5, and for difficulty compared to similar races I give it a full 5 snot rockets out of five.

Once we got finished, just over 7:22, I pretty much stripped my soaking clothes off and nakedly hugged the glowing wood stove while chugging hot coffee and eating from the various foods we had packed with us. I basically stayed cold as a witch's tits the entire day – my fault – and just wanted to be warm. For a fat-ass race, this thing had all the bells and whistles, minus a medal I didn't need and a shirt I didn't want – so I call it a win. Thanks to everyone who worked hard to put this on. It was outstanding!



Big Thanks to Zach for sending in his ABF race report!! For those that do not know Zach, he is an ultra runner out of Kansas and a blogger for Epic Ultras. Check out his blog at <http://midpackzach.com/bio/> and <http://epicultras.com/blog/>

Also check out Epic Ultra Events at <http://epicultras.com/>



Swamp Stomper 50K/25K

Sunday, January - By James Holland, RD



The 11th running of Swamp Stomper 50K/25K took place Sunday, January 17, 2016 at Meeman-Shelby Forest State Park in Millington, Tennessee. The 50K was UTS race #8 and several AURA members crossed the Mississippi River to participate for the 1st time not knowing whether they'd actually be running through the mighty river.

With the exception of 2006, I have been involved with Swamp Stomper as either 50K participant (2007-2012) or Race Director. While I am always anxious for the two week weather forecast, the story this year was the Mississippi River flooding. The flood stage in Memphis is 34ft and parts of the trail system at Shelby Forest start to flood around 35ft. The earliest prediction had the Mississippi River crest at 44ft the week before the race. Holy water! Eventually this was adjusted to 40ft and when it did crest Saturday, January 9, it did so at just under 40ft.

For safety reasons, Park Management indefinitely closed 2/3 of the trails used for Swamp Stomper on January 4 and ultimately did not reopen until after the race! There were seven sections of trail underwater but by race day, there were only two which we were able to reroute for additional elevation gain. Special thanks to Meeman Shelby Forest for allowing me access to the trails, allowing me to set up contingency re-routes, and allowing me to blaze trail for the temporary re-routes so they weren't a total bushwhack for the race.

Race day weather was just about perfect and the single track trail was in runnable condition with minimal mud for the record 174 finishers (42 - 50K/132 - 25K). Phew, I survived another year!

In 2014, we presented the inaugural Hilde Haynes (1943-2013) Memorial Award given in memory of Hilde's endless spirit and sportsmanship, her love for the trails and running and people. Last year's recipient, Andrea Stack, successfully took on the second part of this award to finish the Arkansas Traveller 100 (AT100) in 29:21. In this year's race, she was honorary bib #100 to mark her awesome accomplishment.

This year's recipient, Beth Garrison, is a Memphis local who completed her 5th consecutive Swamp Stomper 50K in a PR of 6:54:19. We hope her schedule will let her train and run the AT100 in October! Thus far, all recipients of the Hilde Haynes Award have been first

table.

time 100-mile starters. It has been extraordinary to watch these young women take on the challenge like Hilde did in 2005!

Olaf Schulz, 2015 50K and 2014 25K winner, successfully won the 50K in 4:15:26 after running 2nd for most of the day to Brandon Smith (Buffalo-Mahomet, IL) who started his second loop on course record pace but faded to 4:30:12. New this year was cash on course and first male and female to the Top of the Red Loop aid station (mile 4.7/mile 21) won \$50. While he did not win, Brandon did take home the \$100. Memphian Kyle Grady had his 3rd podium finish in 3 years in the 50K in a time of 4:44:14.

Congrats to Buffalo women (Illinois) who finished 1, 2, and 3. Sarka Petrickova went back to Urbana as winner and \$100 richer. Sarka was first to the Top of the Red Loop both times, dropped her first \$50 on course which someone picked up and turned into the Woodland aid station. Wow! Yvonne Learmonth, 2015 50K winner, was 2nd in 5:54:15. Jen Burton, 2014 50K winner, made her return to ultrarunning after a year hiatus with a 3rd place finish in 6:09:25.

50K course record money is now at \$300 for both the male (4:10:16) and female (4:50:32) records.

In the 25K, Memphian Max Paquette, who was 2nd in the 2015 25K, ran unchallenged and won the \$50 and the race in 1:55:24. Marty Clarke, a 53 year old from Huntsville, AL and long-time participant, ran a consistent race to finish 2nd in 2:17:31. Drew Soltau, a South Carolina transplant, finished 3rd in his Swamp Stomper debut in 2:21:06.

Local women finished 1st, 2nd and 3rd as Meghan Lewis, who designs the Hilde Haynes Award, won the \$50 and the race in her 1st Swamp Stomper. Defending champion, Nancyanne Hickman didn't have enough to reel in Meghan but finished less than a minute behind her in 2:32:56. After a hellacious work week, Jamie Turner had a solid race in 2:34:12.

Thanks to everyone for supporting this race and Meeman Shelby Forest State Park. See you down the trail.

JTH

Swamp Stomper 50K/25K





RRCA 2015 Ultra Runners of The Year Award Recipients

Each year the Road Runners Club of America gives out an award to the top Ultra Runners in the State. Unlike most of the awards given out on this day the Ultra Runner of the Year is an award that is earned and not voted on. Runners with the most points are the recipients. The accumulation of points begins the week after the Arkansas Traveller 100 and runs through to the Arkansas Traveller 100 of the following year. The point system is quite complicated but is on the AURA website for your viewing. All seven pages! However, I will attempt to explain and condense it the best I can.

Points begin with the distance you race. A 100 mile finish counts for 120 points, 40 to 69 mile races count for 50 points, 27 to 39 points count for 20 points, and in a 6/12/24 hour race one half the number of miles run equals the number of points received.

Sounds easy right? Think again! If you win First, Second, or Third among all finishers of your sex you receive bonus points. These points are based on the distance you ran and the size of the race. Since the size of the field (number of competitors) is the best indicator of the quality of the event, a field size factor is used when awarding bonus points. For races with fewer than 25 finishers bonus points are 50% of full value, races with 26-50 finishers bonus points are 75% of full value. For races with more than 50 finishers bonus points are full value. There are no bonus points for winning in your age bracket or in the master's category in a race.

For multi day events one half number of miles run equals number of points received. (Three Days of Syllamo is an exception). Daily miles must be a minimum of 27 miles. You might want to check with an AURA officer or the points tabulator to determine if an event qualifies.

There are other rules and eligibility criteria that I will not even attempt to get into. I suppose I should leave you some of those seven pages to read for yourself.

The current points tabulator is Bob Marston. If you have not met him then you should go out of your way to not only meet him but to sit and visit with him for a while. He is an amazing runner with some equally amazing stories of past races from days gone by. We are extremely fortunate that he is willing to keep up with points for so many runners across the state, take these rules and semi complicated point system, crunch the numbers at the end of the year, contact each of the runners with the top points to verify their races, and determine who in the end has the most number of points. He does this and more. You might find him working an aid station, sharing his knowledge with a new trail runner, or out running the trail when he is home in Arkansas. Bob, we thank you for all you do for AURA! It is you who deserves an award!

2015 ARKANSAS RRCA ULTRA RUNNERS OF THE YEAR

Male Overall Ultra Runner Of The Year Stan Ferguson



2015 Races Completed and Points Earned:

Berryman 50 Mile Trail Run	68.75
Tunnel Hill 100 Mile Run	145
Sunset Lake 6 Hour Run	40
Ouachita Trail 50 Mile Run	140
War Eagle Tail Twister 50K	30
White Rock 50K	30
Overall Winner, Ultra Trail Series	50
Lake Ouachita Vista Trail 100K	95
Hardrock 100 Mile Run	120
TOTAL	718.75

Male Master Ultrarunner Of The Year PoDog Vogler



2015 Races Completed and Points Earned:

White Rock 50K	55
Ouachita Trail 50K	65
Masters Winner, Ultra Trail Series	30
Lake Ouachita Vista Trail 100K	110
Arkansas Traveller 100 Mile Run	170
TOTAL	430

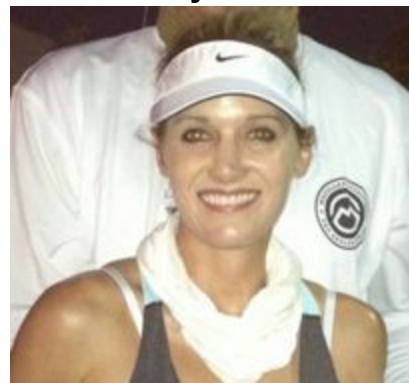
**Female Overall Ultra Runner Of The Year
Stacey Shaver-Matson**



2015 Races Completed and Points Earned:

Frozen Gnome 50K	25
Rock Away Night and Day 50 Mile Trail Run	110
Black Mountain Monster 24 Hour Run	70.5
Sunset Lake 6 Hour Run	22
Full Moon 50K	25
Ouachita Trail 50 Mile Run	50
War Eagle Tail Twister 50K	25
Lake Ouachita Vista Trail 100K	95
Trail Rail 50 Mile Run	106.25
Arkansas Traveller 100 Mile Run	300
White Rock 50K	25
3 Days of Syllamo 50 Mile Run	60
Overall Winner, Ultra Trail Series	50
Total	963.75

**Female Master Ultrarunner Of The Year
Tammy Walther**



2015 Races Completed and Points Earned:

Sunset Lake 24 Hour Run	120
Full Moon 50K	30
Keys 100 Mile Run	360
Arkansas Traveller 100 Mile Run	270
Total	780

Congratulations on a Great Year of Racing!!!

Special Thanks to the RRCA and Arkansas State Rep, David Meroney

Athens Big Fork Trail Marathon Results

UTS 2015-2016 Race #7

Marathon Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Chris Block	Roland	M	35	4:33
	Josh Snyder	Poteau, OK	M	33	4:33
3	Jake Anderson	Mountain Home	M	34	4:50
4	George Sefzik	Clovis, NM	M	40	4:57:18
5	Jon Bitler	Fayetteville	M	44	5:12:41
6	Stan Ferguson	Maumelle	M	52	5:16
7	Adam Bradbury	Bryant	M	30	5:22
8	David Joseph	Fayetteville	M	24	5:25:45
9	John Nobles	Tulsa, OK	M	30	5:33
10	Casey Kleinkenz	Fayetteville	M	34	5:38
11	Chris Ho	N. Little Rock	M	40	5:43:50
	Paul Turner	Conway	M	52	5:43:50
13	Jeremy Pate	Fayetteville	M	38	5:47
14	Rachel Furman	Little Rock	F	32	5:48:57
15	Harrison French	Rogers	M	55	5:53:03
16	Tony Baily	Heber Springs	M	41	5:53:35
17	Nico Hall	Poteau, OK	M	21	5:55
18	Natalie McBee	Fayetteville	F	42	5:55:55
	Paul Schoenlaub	St. Joseph, MO	M	56	5:55:55
20	John Hughes	Fayetteville	M	48	5:58
21	John Block	Fayetteville	M	23	6:05
22	Jason Armitage	Hot Springs	M	43	6:11
23	Brett Nguyen	Fort Smith	M	46	6:16
24	Bee Wilkerson	Russellville	F	25	6:18
25	Shannon McFarland	Rogers	M	39	6:19:00
26	Matthew Crownover	Sunnyvale, TX	M	43	6:24:50
27	Lance Biggers	Little Rock	M	33	6:31
	Kurt Hauser	Hot Springs	M	51	6:31
29	Robert Misener	Hot Springs	M	45	6:32
30	Tyler Files	Arkadelphia	M	24	6:42
	Russell Harvey	Gassville	M	30	6:42
	Ben Mansur	Little Rock	M	44	6:42

	Brandon Allen	Little Rock	M	33	6:42
34	Jim Tadel	Monticello	M	59	6:43
35	Jono Becker	Tulsa, OK	M	40	6:45
36	Stuart Johnson	Shawnee, KS	M	56	6:48
	Deb Baker	Little Rock	F	53	6:48
	George Peterka	Hot Springs	M	55	6:48
39	Malcolm Smith	Texarkana	M	52	6:50
40	Deb Johnson	Shawnee, KS	F	56	6:52
41	George Haney	Poteau, OK	M	46	6:55
42	Zach Howard	Tulsa, OK	M	34	7:02
	Zachary Hobbs	Cedar Park, TX	M	39	7:02
44	Russell Bennett	Tulsa, OK	M	44	7:05:01
45	Alan Hunnicutt	Berryville	M	61	7:05:30
46	Sidney Wood	N. Little Rock	M	22	7:10
47	Candi Adams	Girard, KS	F	34	7:22
	Zach Adams	Girard, KS	M	38	7:22
49	Rich Brown	Searcy	M	54	7:35:30
50	Will Blanchard	Bella Vista	M	34	7:45
	Dave Hughes	Bville	M	44	7:45
52	Kathleen Stabler	Albuquerque, NM	F	54	7:54
53	Aubrey Power	McKinney, TX	M	40	7:56
54	Chad Yocum	Hot Springs	M	40	7:58
55	Jim Sweatt	N. Little Rock	M	60	8:00:16
56	Arnold Begay	Broken Arrow, OK	M	52	8:03
57	Scott Vacca	Mena	M	39	8:11
	Paul Wurtz	Little Rock	M	39	8:11
59	Ryan Schwatken	Pittsburg, KS	M	39	8:18
60	Tina Mitchell	N. Little Rock	F	42	8:29
61	Michelle Bellomo	Mena	F	38	8:30
62	Jason Bement	Collinsville, OK	M	37	8:31
63	Johnny Eagles	Little Rock	M	63	8:47
64	Josh Drake	Hot Springs	M	47	9:48
65	Erin Miller	Hot Springs	F	39	9:48:52

Results for Other Distances

17-Mile Blaylock Creek Fun Run

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Tommy Brennan	Poteau, OK	M	44	3:16
2	Reid Landes	Maumelle	M	44	3:43
3	John Haddock	Springdale	M	49	4:01
4	Jenny Chitwood	Wister, OK	F	37	4:10
5	Myles Wilson	Chicago, IL	M	45	4:12:14
6	Kristin Snyder	Poteau, OK	F	32	4:16
7	Corbett Sanders	Hot Springs	M	44	4:52:23
8	Nicole Bradbury	Bryant	F	29	4:53
9	Tabatha Park	Royal	F	47	4:54
10	Tom Winton	Hot Springs	M	53	5:00
11	Brian Cochran	Fayetteville	M	45	5:03
	Brian Powell	Rogers	M	48	5:03
13	Bill Elmore	Little Rock	M	56	5:05
	Kimmy Riley	Mabelvale	F	54	5:05
15	Melissa Lewis	Oden	F	36	5:10
16	Tisha Deen	Little Rock	F	33	5:13
17	Austin Mader	Little Rock	F	25	5:14
18	Melissa Martin	Little Rock	F	51	5:35
	Robby Morris	Baton Rouge, LA	M	49	5:35
20	Pamela Messenger	Hot Springs	F	50	5:38
21	Chad Meli	Heber Springs	M	42	6:10
	Phyllis Bell	Mena	F	46	6:10
23	Alston Jennings	Little Rock	M	68	6:15
24	Lorena Moody	Benton	F	53	6:42
25	Yoneko Johnson	Benton	F	39	6:43
26	Lisa Gunnoe	Judsonia	F	49	7:43:14

Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Pete Ireland	Benton	M	75	2:27:55	7.2 Miles
	David Samuel	Mount Ida	M	72	2:27:55	7.2 Miles
3	Erik Smith	DeQueen	M	41	1:42	8.1 Miles
4	Brian Waller	Little Rock	M	30	2:15	10 Miles
5	Christine Meroney	Little Rock	F	46	4:06	12 Miles
	David Meroney	Little Rock	M	45	4:06	12 Miles
	Amy Hill	Lonoke	F	41	4:06	12 Miles
8	Sharon James	Owasso, OK	F	48	3:51	12.7 Miles
9	Jessica Soroka	Hot Springs	F	37	3:55	13 Miles
10	Missy Ezel	Bauxite	F	43	4:18	13.7 Miles
	Shauna Veazey	Benton	F	45	4:18	13.7 Miles
12	Daniel Arnold	Benton	M	30	2:52	14 Miles
13	Jeff Thostenson	Little Rock	M	38	3:14	14 Miles
14	Tina Ho	N. Little Rock	F	51	5:42	19.5 Miles

Swamp Stomper 25k Results Continued -

103	Wes Hale	Olive Branch, MS	M	38	03:40:48
104	Jason Gibert	Memphis, TN	M	39	03:40:58
105	Heather Gammel	Memphis, TN	F	34	03:41:17
106	Mary Elliotte	Germantown, TN	F	53	03:44:58
107	John North	Saint Joseph, IL	M	62	03:48:03
108	Julie Fike	Memphis, TN	F	54	03:49:03
109	Suzanne Whitehead	Memphis, TN	F	50	03:49:04
110	Clete Fike	Memphis, TN	M	55	03:49:48
111	Maureen McGargill	Memphis, TN	F	43	03:50:31
112	Andy Oglesby	Millington, TN	M	48	03:53:30
113	Tim Wilkinson	Cordova, TN	M	53	03:53:31
114	Wayne Conley	Rosemark, TN	M	68	03:54:30
115	Lois Langston	Memphis, TN	F	29	04:02:17
116	Kirsten Hall	Cordova, TN	F	33	04:03:34
117	Tiffani Glass	Dyersburg, TN	F	42	04:03:38
118	Laurie Braswell	Memphis, TN	F	30	04:06:21
119	Angie Wallick	Memphis, TN	F	32	04:06:24
120	Pam Scheidhauer	Brighton, TN	F	50	04:13:53
121	Angie Burrow	Dyersburg, TN	F	40	04:24:09
122	Debi Minnick	Collierville, TN	F	42	04:24:12
123	Renee Webber	Memphis, TN	F	36	04:30:17
124	Allison Barcelona	Atoka, TN	F	48	04:30:37
125	Todd Barcelona	Atoka, TN	M	49	04:30:37
126	Holly Judd	Memphis, TN	F	43	04:35:06
127	Jerry Turner	Memphis, TN	M	39	04:44:36
128	Melanie Dakin Chicoine	Memphis, TN	F	52	04:58:15
129	Julie Faulkner	Marion, AR	F	44	04:58:16
130	Andi Stracner	Mayflower, AR	F	42	05:03:42
131	Melissa Martin	Little Rock, AR	F	51	05:03:43
132	Maggie Moran	Como, MS	F	48	05:04:59

Message From The Editor - *Stacey Shaver*

Congratulations To All and Big Thanks to All Volunteers

I hope you all enjoyed this edition of the AURA Newsletter. The new look got rave reviews so it is official - out with the old and in with the new. I greatly appreciated the feedback from everyone. As always, if you have suggestions, complaints, or concerns please do not hesitate to send me an email.



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 hope to see you at some of the upcoming events. If you aren't running then please consider volunteering! "Volunteering is at the very core of being human. No one has made it through life without someone else's help." ~by Heather French Henry~

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.