



THE ARKANSAS ULTRA RUNNER

May 2016

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION
AURA WEBSITE:runarkansas.com

Message From President George Peterka



I wish to thank Paul Turner and Deb Baker and all the volunteers who helped put on the Mt. Magazine Trail Run. We had perfect weather and a record 118 starters. It is a scenic race and the last few years we had fog and rain and poor visibility. This year made up for it.

Some of you will remember the Gulpha Gorge Challenge race that we had from 2002-2009. We are trying to bring it back as the Hot Springs Sunset Trail Run. We had kind of a test run of it on May 7th with a 75 runner limit. Next year we would like to make it part of the UTS series and eliminate the 75 runner limit. The race got too big to handle from Gulpha Gorge campground so we moved the start/finish to Fat Jack's in downtown Hot Springs where there is plenty of space. It also makes a nice place to eat and relax after the race or sightsee in downtown Hot Springs.

Our next run is the Catsmacker with the UTS awards ceremony. Hope to see everyone there. Have a fun summer and put on some sunblock.

The Catsmacker 2016 Fun Run

Saturday, May 28, 2016
6:45 Trail briefing, 7:00 am Start
Lake Sylvia Park



UTS Fun Run - End of Series Event (No Points)

NEW COURSE THIS YEAR

Features:

Distance: 21 miles (+/-)

Terrain: Plenty of hills

Surface: Forest roads with some single track and double track

Also a 12-mile Kitty Run option

Queens and Kings of the Trail!

The 2015-2016 Ultra Trail Series awards ceremony will be held after the run. This is a NO-POINTS UTS run. It is the season-closer and basically a celebration of the end of another amazing year in Arkansas ultrarunning. A chance to close out the year with your closest friends.

To get there:

You should be able to find Williams Junction, AR on most maps; it is approximately 30 miles west of Little Rock on Hwy 10, or 20 miles south of Morrilton on Hwy 9. To get to the race site from Williams Junction, go north on Hwy 10/9 for a mile and a half, then take Hwy 324 and follow for three and a half miles. Turn left into Lake Sylvia Park. If the road turns to gravel you went half mile too far.

No entry fee, no frills. There will be a donation can to help cover expenses.

I think the parking fee at Lake Sylvia is \$3.00

There will be a waiver to sign morning of run.

There will be an unmanned aid station at mile 9.5 (not part of Kitty) and at mile 14 (mile 6 for Kitty).

Please carry a water bottle and any snacks you want. Food at the aid stations will be minimal.

There is a swim area at the finish line for those who want to cool off after the run.

A cook will serve lunch before the awards ceremony.

For more information, contact the race director Chris Block 501-454-1525

Course Description:

The roads/trails used, in order, for The Catsmacker course

- FSR 152 (from Start at Lake Sylvia Park) turning Right on FSR 132
- FSR 132 staying straight on FSR 94
- FSR 94 turning right on FSR 805
- FSR 805 turning right on HWY 324
- HWY 324 to finish at Lake Sylvia Park
- The Kitty Run course is the same as above with one deviation that is seen on the map. Approximately 3.5 miles into the course the Kitty run incorporates the Ouachita Trail for 1.5 miles and then turns back right onto FR 805.

See Race Website for More Information And Registration Form

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



Full mOOOn 50K & 25K

Saturday Night, July 23, 2016
Camp Ouachita Girl Scout Camp
50k Starts at 7pm
25k Starts at 8pm

Race Info:

It's time to register for the 2016 Sweet '16 Smokin' Hot Full mOOOn 50K & 25K! This year's race is back and hotter than ever! The all night party and breakfast fest continues on Saturday, July 23.

Early Registration ends June 12. Be sure to sign up before then to take advantage of our always-low \$40 fee. This year, the price jumps to \$75 on June 13 (no registration/transfers after July 10), so sign up early and often!

Be sure to tell everyone you know who might sorta kinda maybe be interested in running it to sign up! Although we didn't reach our cap last year, it's still set at 500 total runners. More people contact me after the July registration deadline to sign up every year. **Don't wait! Sign up today.** If you get injured, decide to move, find something better to do, or otherwise change your mind, I'll be happy to transfer your entry to someone else or to the next year. Just don't get shut out by the deadline!

For details, photos, visit our website: www.fullmoon50k.com. To sign up, visit Full mOOOn 50k/25k (at Runsignup.com), or complete and mail a registration form with your check.

We need volunteers! If you need ultra miles, are injured and can't run but don't want to miss the party, have a family member or friend running, or whatever, we can use you to help out on race day. You get a free shirt and full access to the fun! Visit our volunteers page and send in your volunteer registration today! www.fullmoon50k.com/volunteers

My First OT 50k-

April 16, 2016 - by Karen Knudsen



It was early Saturday morning on the 16th of April. The infamous Ouachita Trail 50Miler/50k was to begin at 6 am. At Maumelle Park Pavilion #8 a group of friends and family were gathering to ready ourselves for this adventure that included climbing Pinnacle Mountain.

Wow! I'm thinking "am I ready for this"? The temperature was cool with a sprinkle here and there. The closer to start it got the more the rain fell. I didn't mind the rain so much as long as it stayed light because the trauma of Village Creek's mud bath was still very fresh in my memory.

It was time to start and off we went, heading down Pinnacle Valley road towards the trailhead at the Visitor's Center. The asphalt start wasn't too bad but trail shoes made it a little more difficult. Trail time! From the Visitor's center it is a nice descent. Then the trail levels out for a while. Along this part it is often muddy and it was. Coming out of that trail was at the parking lot of the East Summit Trail. Now time for some incline mixed with a bit of flat. Nice to be on familiar trail all the way to where the real climb up the mountain begins. But no matter how familiar with the east side of Pinnacle Mountain I was; nothing had prepared me for climbing it in the rain and fog. Each rock was wet, gritty from mud and slippery. This was a real struggle. After what felt like an eternity, finally at the top! Yay!

The descent was either steep wet dirt or slippery rock steps. I opted for the dirt which joins the main trail about a third of the way down. Took one plop on my butt. At the bottom at last! Took advantage of the facilities. As a trail runner, a good restroom is such a treasure.

Now on the Base Trail heading for the blue blazes on the other side of the mountain. At this point my goal time is already off by nearly an hour due to it taking so long to get up and over the mountain but I'm still feeling confident. This confidence is important because some of my efforts at LOViT and 3 Days of Syllamo had been met with various measures of defeat; from rookie mistakes to injury. My head and heart needed to FINISH this race.

Leaving the Pinnacle trails and heading out to the Northshore there is a little stretch of Highway 300 that is a bit treacherous trying to avoid the vehicles speeding by especially on the bridge. Once past

the bridge you get to drop back onto the trail. It stays pretty flat until you get past the Spillway. Then the trail starts going up again. Training-wise this was as far as I had been. Now comes the technical roller coaster. A lot of up, down, turns and twists but runnable. {Unless you have a foot that really wishes you would take a run-cation.} But this trail race is so legendary, nothing short of not being able to walk at all, was going to stop me. The beauty of this part of the Ouachita Trail system is beyond words. The course is well marked. I enjoyed each aid station. Northshore really took excellent care of everyone and was the turnaround for the 50k. Secretly, there was one special aid station that made me Happy, Happy, Happy!

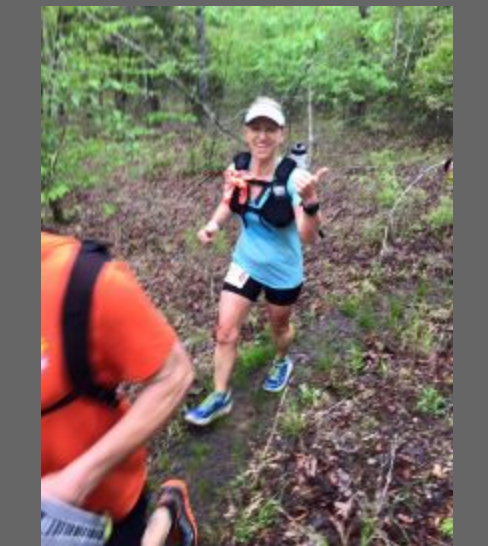
After the turnaround, the reality of how far and the time it was going to take hit me like a ton of bricks. Thank goodness for the traveling sisterhood of Monica and Andi. Their companionship for the majority of the journey was priceless. As was all of the familiar faces on the trail with "Good Jobs" and "High-fives". Somehow the same hills and valleys on the return seemed so much harder. By the time I made it back to the Pinnacle Base Trail I was going it alone. At first it was a little emotional but then I settled into the "determined to finish" mindset.

I tuned my iPod to K-Love for some much needed inspiration and kept moving forward. I knew I had that tremendous hill back up to the Visitor's Center and the High Five at Jacob's Tree helped. Yay! Back on the asphalt. A little jogging by then but mostly walking; as was everyone else that was coming in with me. Then there it was...The Finish was in sight!!! I found the strength to run to the end while being cheered on by some of the best people I know. My beloved running family! What I had imagined would be an 8 or 9 hours had become nearly 13 hours. Regardless of how long it took or the pain my left foot was screaming I would not trade this experience for the world. I highly recommend this trail run and hope to do it again next year.

The icing on the cake, I was the recipient of the coveted "DFL" (dead f*ing last) Award for the 50k (31 mile). I love my skinny rooster.

2016 OT 50 Mile & 50k -

April 16, 2016 - Little Rock, AR



2016 Sunset Trail 18 Mile Run

Adventures in trail running: the quest for 50K ~By Nicole Hobbs

May 7, 2016 - Hot Springs, AR



I like to have one big running goal each year. Last year, my goal was to qualify for Boston. This year, my big running goal is to run a 50K - to become an ultra-marathoner. As an 8-time marathoner, it's time for the next big thing: to test the waters of the unknown - a new distance barrier. A new adventure. June 4th, I hope to do so at the War Eagle 50K in Rogers. The thing about ultra-marathons, though, is of course that they are almost always on trails. I am not really a trail runner - yet. I have run about 30 races a year for going on 6 years, and only a few have been on trails. Training up to run 31 miles has been a test of endurance and strength. Running my longest mileage month ever in March at 195 miles, in prime work time in my position as a tax manager, was no easy task. Now, I've trained my way through tax season, and have been working on putting in some trail miles before my race gets here. I've put in two twenty milers and a marathon so far this year, so on May 7th, it was time to finally get out and test the trail waters for the first time in a while. I've done a couple of 25Ks before, but this was would be my longest trail run ever. When I saw AURA announce this new race, the 18 mile Sunset Trail Run in Hot Springs, I jumped at the opportunity to get in some great trail practice. The race was limited to 75 runners, so I had to act fast. The timing was going to be perfect for my training plan.

On race day, the 7:00 am start came early, but I knew I would be grateful for it later when we would be finishing in 80 degree heat. Runners gathered at Fat Jack's on Central Avenue to sign in and for the pre-race instructions in the parking lot of the restaurant. After some words about the course from RD George Peterka, we crossed the street and walked a short way down to the start at the trailhead behind the Mountain Valley Water building. Growing up around Hot Springs, I was not a runner. It was interesting to me to have an opportunity to run this trail that was completely new to me, in an area that was so familiar. I'd been on Central Avenue hundreds of times, yet never knew this trail existed just a few yards from

the bustling street that would soon be filled with tourists on a busy spring Saturday.

As we made our way to the start, I could see that we would start climbing right off the bat. This was going to be a hilly run. I started off at what I felt was a fairly easy pace, but soon realized I needed to back it off some more. It's difficult to get used to not looking at my watch to check my pace like I normally would on a road run. On trails, slower pace does not mean easier with the hilly, uneven terrain under your feet. The trail was wide and mostly well groomed, and hills were in abundance. We ran switchbacks, up and over the mountains, with not many truly flat spots. The hills were tough for me. I spent some time walking, as is to be expected with any difficult trail run. In the beginning, I walked to save energy, but in the end, it was because that's all I had left. For me this was just for training, and I didn't want to beat myself up too much on this run. Once we made our way up the mountain, the air was crisp and cool, with the sweet smell of honeysuckle. It made for an invigorating and enjoyable run through the forest. A few miles in gave way to knee-high grass. It was hard to see the trail in some spots, and the yellow tape marking the course was a welcome reassurance that I was on the right path. I enjoyed this trail - there were many different surfaces, though none were too technical. The trail was mostly wide enough for two people, and though rocky in some spots, was still manageable, though I was cautious on some of the downhills. I've had bad luck with trail runs, as I seem to always twist my ankle. Surprising, that was not the case on this run. Maybe I am finally getting the hang of it. There were two manned aid stations, at miles 6 and 10.5. The second aid station was a welcome sight, and a chance to fill my bottle with some cool water. And thanks to my buddy Susan for taking my hydration belt that was really starting to get on my nerves.

2016 Sunset Trail 18 Mile Run

Adventures in trail running: the quest for 50K ~By Nicole Hobbs

May 7, 2016 - Hot Springs, AR

Just when I started feeling exhausted, I knew I was almost finished. Overall this was great training for me and a trail I would definitely like to visit again. There were some beautiful views along the course - first of downtown Hot Springs, then later above Gulpha Gorge. There were abundant wildflowers and even a few natural springs. If you are looking for a change of scenery, or maybe just a new adventure, add this trail to your list.



2016 OT 50 Mile Results

2015-2016 Race #12

Place	Name▼	Sex▼	Age▼	State▼	Time
1	Matt Pruitt	M	32	AR	7:14:04
2	Daniel Arnold	M	31	AR	8:13:24
3	Tommy Doias	M	44	MO	8:14:43
4	Jake Anderson	M	34	AR	8:22:41
5	Chris Ho	M	41	AR	8:35:41
6	Jason Dashow	M	40	LA	9:20:08
7	Justin Franklin	M	29	OK	9:28:17
8	Alison Jumper	F	40	AR	9:31:42
9	Paul Zani	M	48	TN	9:40:22
10	Chris Bennett	M	44	AR	9:45:27
11	Jacob Curley	M	26	OK	9:50:33
12	Stan Ferguson	M	52	AR	9:53:40
13	David Lofton	M	42	TN	9:59:53
14	Paul Schoenlaub	M	56	MO	10:04:38
15	Michael Scoggins	M	35	OK	10:06:56
16	PoDog Vogler	M	49	AR	10:08:37
17	Faye McConnell	F	22	AR	10:14:45
18	Brett Nguyen	M	47	AR	10:30:16
19	David Fox	M	28	AR	10:32:24
20	Jennifer Doias	F	44	MO	10:34:37
21	Paul Turner	M	53	AR	10:42:13
22	Kevin Byron	M	39	AR	10:44:09
23	Steve Thompson	M	48	MO	10:50:34
24	Scott Irwin	M	51	TN	10:50:34
25	Bruce Wood	M	53	AR	11:07:26
26	Stacey Shaver-Matson	F	44	AR	11:08:25
27	Scott Sander	M	47	AR	11:14:11
28	Steven Kohler	M	33	MO	11:17:45
29	Nicholas Norwood	M	21	AR	11:24:15

30	Austin Opalko	M	18	TX	11:24:16
31	Reid Landes	M	45	AR	11:26:49
32	Philip Lawrence	M	54	LA	11:34:32
33	Tom Kutilek	M	27	TN	11:36:03
34	John Laughlin	M	27	NE	11:36:03
35	Ronnie Daniel	M	46	AR	11:36:57
36	Lance Biggers	M	34	AR	11:40:31
37	Deb Baker	F	53	AR	11:40:31
38	Rich Kelly	M	52	TN	11:48:17
39	Phil Brown	M	49	AR	11:49:00
40	Shelley Sparks	F	43	LA	11:50:23
41	Alan Hunnicutt	M	62	AR	11:56:57
42	Charles Redditt	M	47	AR	11:58:25
43	Glenn Kasper	M	52	MS	11:59:25
44	Tammy Walther	F	44	AR	12:08:09
45	Robert Misener	M	45	AR	12:08:22
46	George Peterka	M	56	AR	12:11:55
47	Kurt Hauser	M	51	AR	12:14:37
48	Tina Ho	F	51	AR	12:17:28
49	Cliff Ferren	M	60	AR	12:18:59
50	Rusty Harvey	M	30	AR	12:28:34
51	Stacy Warren	F	42	AR	12:38:11
52	Melanie Baden	F	47	AR	12:38:39
53	Brad Schmitt	M	44	AR	12:38:39
54	Tina Mitchell	F	43	AR	12:39:04
55	Steve Griffin	M	58	TX	12:41:16
56	Laura Thompson	F	54	LA	12:41:58
57	Justin Cloar	M	44	AR	12:44:03
58	Aaron Smith	M	33	TN	13:08:35
59	Patrick Barker	M	51	AR	13:21:51

2016 OT 50k Results

2015-2016 Race #12

Place	Name▼	Sex▼	Age▼	State▼	Time
1	Brock Hime	M	24	AR	4:41:50
2	Caleb Ault	M	29	AR	4:43:12
3	Eric Knight	M	29	TN	5:03:27
4	Jason Abernathy	M	41	PR	5:34:39
5	Rachel Furman	F	33	AR	5:37:50
6	John Haddock	M	49	AR	5:43:02
7	Tiffany Gaulke	F	32	AR	5:47:09
8	Todd Welch	M	49	AR	5:48:23
9	Tony Baily	M	42	AR	5:54:17
10	William Harmon	M	19	MO	6:04:38
11	Richard Easter	M	28	TN	6:07:36
12	Brandy Risner	F	33	AR	6:08:51
13	Tanner Freeman	M	26	Ar	6:09:11
14	Ry Kabanuck	M	29	WV	6:10:38
15	Matthew Pickard	M	35	AR	6:11:14
16	Jennifer Bendokas	F	29	AR	6:14:51
17	Joshua Scherrey	M	43	AR	6:23:06
18	Kevin Golden	M	49	AR	6:23:06
19	Charlene Yeung	F	31	TN	6:23:07
20	Donja Reel	F	27	AR	6:23:15
21	Sam Sanders	M	56	AR	6:24:08
22	Courtney M Munson	F	30	TN	6:28:01
23	Kipp Love	M	46	OK	6:31:48
24	James Dow	M	40	AR	6:35:09
25	James Fountain	M	42	AR	6:35:10
26	Keith Reasons	M	35	TN	6:42:59
27	Annette Kutilek	F	27	TN	6:44:19
28	Laura Kearns	F	33	AR	6:47:44
29	Kiran Hanumaiah	M	39	TN	6:48:02

30	Chuck Parks	M	42	TN	6:49:44
31	Brenden Bishop	M	50	AR	6:55:08
32	Corbett Sanders	M	44	AR	6:57:05
33	Abe Nutt	M	46	AR	6:59:12
34	Shannon Hampton	M	43	AR	6:59:13
35	John Berger	M	30	TN	7:01:55
36	Jody Hodges	M	39	TX	7:08:12
37	Michael Wilhite	M	44	AR	7:10:56
38	Jon Honeywell	M	46	AR	7:10:56
39	Lauren Pasley	F	50	TN	7:11:26
40	Salli Scott Young	F	43	TN	7:11:26
41	Jen Freilino	F	31	AR	7:11:56
42	Tabatha Park	F	47	AR	7:15:41
43	Michael Hirons	M	41	AR	7:18:44
44	Stephanie Maricle	F	28	AR	7:20:02
45	John Opalko	M	54	TX	7:21:49
46	Brenda Bonner	F	55	AR	7:25:28
47	Carla Branch	F	64	AR	7:25:28
48	James Gaston	M	49	CO	7:27:41
49	Brandon Allen	M	34	AR	7:29:19
50	Ken Graves	M	54	AR	7:32:56
51	Darron Tytler	M	50	AR	7:34:56
52	Richard Fobell	M	32	TN	7:37:19
53	Tim Dinger	M	53	AR	7:46:38
54	Eunika Rogers	F	45	TN	7:48:41
55	Rodney DeClue	M	51	AR	7:50:57
56	April Hilsdon	F	32	MS	7:52:34
57	Sean Hilsdon	M	33	MS	7:52:34
58	Katie Liermann	F	46	AR	7:53:11
59	Tisha Deen	F	34	AR	7:53:14

2016 OT 50k Results

2015-2016 Race #12

60	Trey Pittman	M	41	LA	7:54:01
61	Steve Wright	M	42	LA	7:54:02
62	Misty Miller	F	41	LA	7:55:46
63	Britt McMillan	M	42	LA	7:56:33
64	Lisa Mullis	F	47	AR	7:58:57
65	Angie Kiihnl	F	39	LA	8:16:00
66	Shane Kiihnl	M	40	LA	8:16:23
67	Debbie Rigsby	F	59	AR	8:17:46
68	D.R. Jones	M	48	TX	8:19:48
69	Ethan Sanchez	M	19	OH	8:21:29
70	Louis Chalfant	M	41	AR	8:30:50
71	Bill Elmore	M	56	AR	8:32:02
72	Mark Roth	M	54	AR	8:39:31
73	Melissa Martin	F	51	AR	8:39:41
74	Jim Ingalls	M	71	TX	8:39:53
75	Mike Trahan	M	50	LA	8:39:59
76	Tyler Bishop	M	25	AR	8:41:03
77	Bryan Kilgo	M	38	AR	8:41:55
78	Elizabeth Kimble	F	30	AR	8:41:55
79	Lisa Gunnoe	F	50	AR	8:44:24
80	Karen Vollan	F	47	NV	8:45:47
81	Randy West	M	59	AL	8:46:15
82	Paul Becker	M	56	AR	8:46:36
83	Laura Babbitt	F	39	AR	8:51:46
84	Shauna Veazey	F	45	AR	8:51:46
85	Amy Haygood	F	46	MS	8:53:44
86	Brittany Holeman	F	34	AR	8:53:55
87	Chase Holeman	M	26	AR	8:53:55
88	Angie Orellano-Fisher	F	65	AR	8:58:30
89	Mack Varner	M	71	MS	9:02:24
90	Karen Hayes	F	62	AR	9:03:19
91	Mira Evans	F	43	AR	9:10:16
92	Heather Bush	F	39	AR	9:10:17
93	Tonja Fillippino	F	42	AR	9:10:17
94	Wesley Leach	M	60	AR	9:21:09
95	Mary McDonald	F	63	AR	9:24:01

96	Bryon Dunn	M	36	AR	9:26:01
97	Gerry Smedinghoff	M	53	AZ	9:27:44
98	Johnny Eagles	M	64	AR	9:29:22
99	Nathan Cairns	M	39	TX	9:29:40
100	Jenny Stinson	F	56	ID	9:29:40
101	Joan Filipowski	F	62	IN	9:29:41
102	Chris Chalfant	M	36	AR	9:34:44
103	Allison Armitage	F	28	CO	9:34:49
104	Leah Pearce	F	48	AR	9:36:23
105	Susan Armitage	F	62	IL	9:41:42
106	Jason Armitage	M	43	AR	9:41:47
107	Johnny Mitchum	M	69	AR	9:50:10
108	Leah Brasher	F	38	TX	9:55:41
109	Peggy Sue Hill	F	51	AR	9:59:24
110	Joe Milligan	M	66	AR	10:07:37
111	Gregory Milligan	M	38	AR	10:07:37
112	Eddy Light	M	53	AR	10:14:07
113	Amanda Galiano	F	38	AR	10:21:18
114	Mindy Simonson	F	34	AR	10:25:47
115	Steve Hughes	M	67	AR	10:25:48
116	Dottie Rea	F	63	AR	10:26:52
117	Kristi Rainwater	F	34	AR	10:38:23
118	William Gaston	M	48	AR	10:42:27
119	Deborah Baldrige	F	51	AR	10:48:33
120	Nancy Stotts	F	55	AR	10:54:19
121	Diane Peterson	F	46	TX	10:54:44
122	Bonnie McElwee	F	75	IL	11:28:47
123	Sandi Brown	F	66	AR	12:10:53
124	Rose Rogers	F	68	AR	12:11:00
125	Christy Brooks	F	54	AR	12:22:45
126	Teressa Houston	F	46	AR	12:22:53
127	Monica Ritchie	F	45	AR	12:43:02
128	Andi Stracner	F	43	AR	12:43:03
129	Karen Knudsen	F	52	AR	12:49:23

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. Much appreciation to Karen and Nicole for their race report contributions. Thank you also to Ashley O'Neil for the photos. As always, if you have suggestions, complaints, concerns, a race report or photos please do not hesitate to send me an email.



Huge Thank You to all who volunteer to make our trail racing possible!!!

I hope to see you all at the upcoming events. Keep in mind that the NEW 2016-2017 AURA Trail Series begins in July with the Full Moon 50k! Register for the race before prices increase!! Also, share the love and encourage others to join AURA Club and register for the next Ultra Trail Series!!!

~Stacey Shaver-Matson~
mverunnergirl@gmail.com

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.