



THE ARKANSAS ULTRA RUNNER

March 2017

**THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION**

AURA WEBSITE: runarkansas.com

Message From President George Peterka



The Athens Big Fork Trail Marathon on 1/7/17 was cancelled due to the weather. It has been rescheduled for April 1st 2017 (yes April Fools day). I wish to apologize to people who travelled long distances (one guy came from New York) and then couldn't run. The roads in the central part of the state were snow covered and/or icy and we didn't want to encourage people to drive when they shouldn't. I know it's a thrill to do a tough race in adverse conditions but there are safety issues. It was 15 degrees Saturday morning. It's hard on the aid station people to camp there and spend the whole day in the cold. Water and drinks freeze. If a runner got injured he would get cold quickly. If someone got off course and had to spend the night lost in the woods it's just too cold for that. The area is remote wilderness where search and rescue is difficult and takes a long time so it might be better if we move the race to warmer weather. We will see how people like it in April. It may rain but it shouldn't be cold.

I wish to thank James Holland and all his volunteers for putting on the Swampstomper 50K/25K. I didn't make it out there this year but I heard it went well and I see that plenty of AURA members ran it.

...continued Message From President

George Peterka

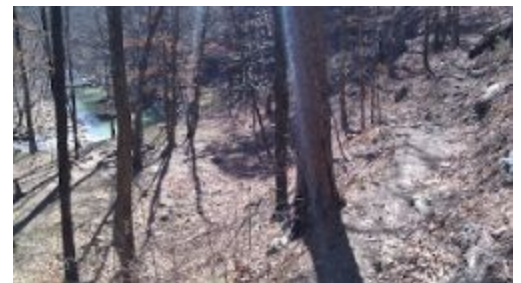
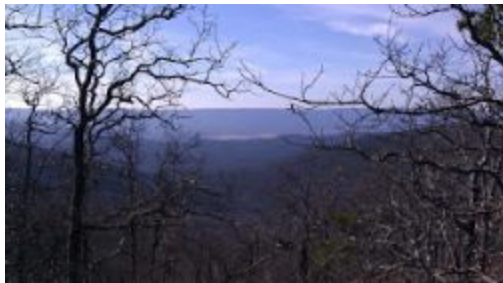
I also wish to thank Lisa Gunnoe, PoDog Vogler and all the volunteers for putting on the White Rock Classic 50K. We had a 75 runner limit from the forest service and we managed to stay below that. Next year we will try to eliminate that limit.



I tried the Ouachita Switchbacks 50K this year. I had never done that race. Always wanted to, but it was on the same day as the Swampstomper. This year I went for it. I really liked it. I visited that area before and knew it was scenic and had high mountains. The race is on the Ouachita Trail in Oklahoma just a little west of Mena. You start and go 8 miles west on the OT, turn around and return to the start. The 25K people are done. The 50K people then go 8 miles east on the OT, turn around and come back. Almost the entire race is on single track trail. It is very technical. There are a lot of rocks and long, steep climbs. We couldn't see any scenery because we were fogged in the whole time. The forecast called for rain the whole day but we only had fog and light drizzle. I would recommend it to anyone who wants a tough 50K - just be prepared that it may be your longest 50K time but it's well worth doing.

That's about all I got. Looking forward to seeing everyone at our upcoming races.

Photos From The Ouachita Switchbacks



Styx n' Stones



30k Trail Run

(15k Option Available)

Devil's Den State Park

March 25, 2017

8:00 AM

Race #10 of the 2016 - 2017 AURA Ultra Trail Series

Race Information:

- 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.
- Ultra Trail Series: This race is part of the UTS. [More information on the UTS](#)
- 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.

Contact:

- Race Information: Mark DenHerder
- Devil's Den State Park trails

<http://www.arkansasstateparks.com/things-to-do/trails/search.aspx?parkid=4>

Registration: <http://www.runarkansas.com/StyxStones.htm>



ATHENS BIG FORK TRAIL MARATHON

April 1st
8 am

ABF Community Center
(if you can't find it then this race is not for you)

Race #11 of the 2016 - 2017 AURA Ultra Trail Series

Entry Fee: 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.

Course: The course is an out and back course. You first run 2-1/2 miles on roads - paved and gravel up to the start of the trail. Then you enter the Athens-Big Fork Trail - White Blazes. Follow the trail over 8 mountains. The 8 mountain crossings on the trail are:

1. Missouri
2. Hurricane Knob
3. McKinley
4. Brier Creek
5. Leader
6. Brushheap
7. Brushy
8. Big Tom

You pop out of the trail and need to go about a half mile down the gravel road to get your full 13.1. Then you turn around and go back. It's that easy!

The 17 Mile Blaylock Creek Fun Run only gets to run half of the hills. You will turn around at the Aid Station just across Blaylock Creek.

Max Elevation: 1850

Min Elevation: 1050

Climbing Elevation Gain: 4600 feet

Climbing Distance: 7.10 miles

Average Grade: 12%

NOTE/WARNING: 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.

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 Link: <http://www.runarkansas.com/AthensBigFork.htm>

Race Info: <http://www.runarkansas.com/ABF/index.htm>



Hot Springs Nat. Pk. Trail Run

18-Mile Trail Run

Saturday April 8th, 2017

8am

Race #12 of the 2016 - 2017 AURA Ultra Trail Series

- Registration is required.
- We ask if you registered but will not come, please un-register (or contact us) so we don't waste a slot.
- Registration is free. There will be a donation can since the permit cost us \$620.
- 7:00-7:45 AM Runner check in at Fat Jack's Oyster Sports Bar & Grill, 101 Central Ave, Hot Springs, AR 71901
- 7:45 AM Mandatory pre-race briefing
- 7:55 AM Runners walk across Central Avenue and assemble at the Canyon Trailhead next to the Mountain Valley Water building
- 8:00 AM Race Start
- Runners must remain on trails at all time. Bushwhacking is not allowed.
- Runners must run in single file and pass only when there is room.
- Runners must be courteous and yield right of way to other trail users. The trail is used by hikers, tourists and even horse riders. We do not have exclusive use of the trails. The National Park was kind enough to allow this race to be held provided we do not interfere with other users of the trail.
- If you come upon a horse, do not startle it. Make sure the horse & rider know you are there before you get too close.
- If nature calls, make sure you leave no trace.
- You will be crossing several roads. Use caution. Stop and look both ways.
- The last 1/4 mile is on sidewalks down Fountain St. and up Central Ave. Use caution. The finish is at Fat Jack's.
- If you are new to the area we recommend that you familiarize yourself with the course beforehand. We will provide maps. See course map [Google Map](#). and [Park Trails Map](#)
- We recommend you carry a phone. Cell coverage is good. George Peterka RD 501-282-8090, Park Ranger 501-620-6739 or 911.
- This is a strenuous run on technical trails. Be sure you are properly trained. Carry plenty of water.
- There will be 2 manned aid stations at roughly mile 6 (Blacksnake Rd.) and 12 (Stonebridge Rd).
- Race Directors: Brady Paddock 903-276-0928 and George Peterka 501-282-8090.
- Links: [Hot Springs National Park](#) [HSNP Trails](#)

Registration Link <http://www.runarkansas.com/HSSunsetTrail.htm>

White Rock Mountain 50K

~By Cliff Ferren

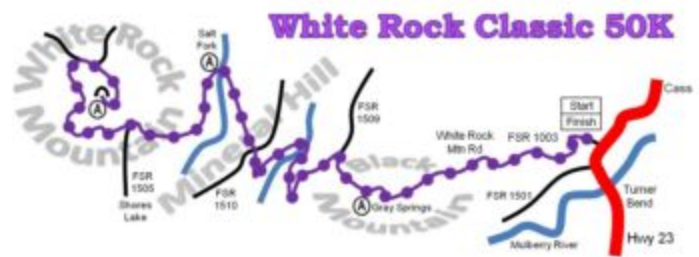


It was a chilly, overcast day as Deb Baker and I drove to Turner Bend to run the mountain. Although we've done this before, it's always a hard run up and down White Rock Mountain, so named because of the light colored moss covering the rocks near the top. This year the race was capped at 75 runners, but hopefully next year the race permit will allow a bigger field.



A couple of ultra-friends: Lisa Gunnoe and Robert Vogler directed the race and did a great job of taking care of the runners. Most of us did the full 50K, but some elected to settle for 25K. At 9:00 a.m., the gong sounded and we were off! Yes it was a gong! No starter's pistol here. I think it adds to the experience and is one of the coolest starting devices I can remember, rating up there with a shotgun at the 4 miler in Batesville and a canon at the Mid-South Marathon.

The first couple of miles are a steep uphill, but it sure is nice to hit the downhill on the return. I ran mostly solo this year, pushing the pace as best I could, struggling up the mountain in about 3 hours. There's a net downhill on the way back, so you'd think it would be faster, but for me it was about the same. I ran those last two miles hard and finished with a 6:01:47, better than last year when the weather was much nicer.



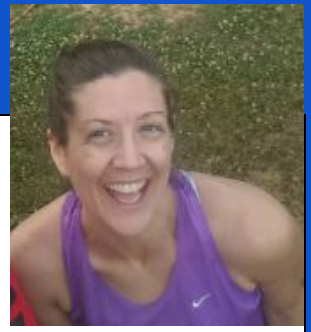
Once I crossed the finish line and stopped running, the cramps hit and I nearly froze, but what happens after you finish is generally not important. After I changed into dry clothes and consumed some calories I was fine.

After the race, Deb and I stopped at the Turner Bend Store for homemade sandwiches. I even had a throw-back Dr. Pepper with real sugar.



Swamp Stomper 25k

~by Meghan Shaffer Lewis



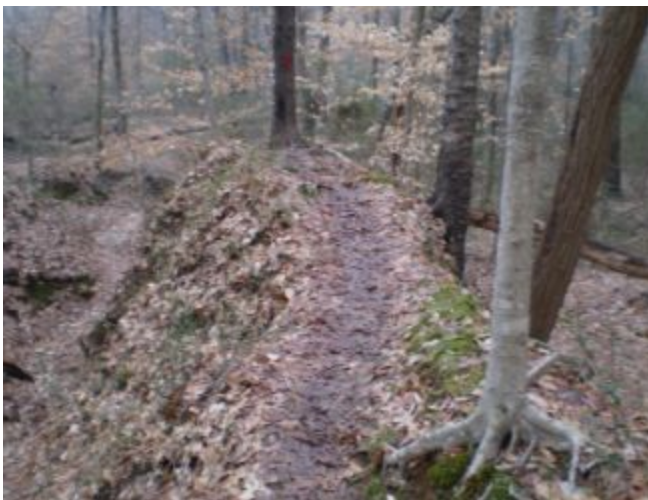
I don't write very often and I sometimes find myself hung-up on how to word things. So, I'm explaining this to a good friend and he suggested I think of something that makes this race special. Well, there are so very many. Friendship. Memories. Beauty. In a way this race is like a Homecoming for me. I currently live in Little Rock, but I was born and raised in Memphis and on those trails. Those trails are where my husband Nick and I first got to know each other. My wonderful friend James Holland is the race director and so many of my friends either volunteer or run it. I can't count the hugs and High-fives I received. Even my Parents and My sister and her Husband and two children were there with Nick and our daughter Nour to see me start and finish.

This year was also special in a different way. Last spring a dear friend, Mike Cooley, passed away and this year's race was dedicated to him. He was such a wonderful person – volunteered every year – always there to help and it was very moving to be able to run this race in his memory.

Now I feel like I also need to say that the race is so well put on too! The volunteers at each aid station are absolutely wonderful and so full of encouraging energy. James and his crew do such a wonderful job with trail clean-up and course marking it is just a joy to run. Oh, and the post-race food is one of the best food trucks in Memphis, Fuel Café!



The Beauty of the trails and the comradery just makes this race so dear to me. It is an amazing feeling running a race in my home town, in the woods I grew up in, surrounded by friends and filled with good memories.



Swamp Stomper 50k Race Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Olaf Schulz	Lakeland, TN	M	39	4:27:51
2	Daniel Arnold	Benton	M	31	4:42:11
3	Erno Lindner	Signal Mountain, TN	M	39	4:43:17
4	Kyle Grady	Memphis, TN	M	42	4:48:23
5	Chris Ho	N. Little Rock	M	41	5:02:21
6	Baker McCool	Covington, TN	M	36	5:19:38
7	Eric Knight	Memphis, TN	M	30	5:23:15
8	Sam Schwaller	Cordova, TN	M	29	5:37:10
9	Sarka Petrickova	Urbana, IL	F	30	5:40:53
10	Dustin Lovell	St. Petersburg, FL	M	34	5:49:42
11	Jonny Digby	Little Rock	M	34	5:51:53
12	Willie Roberson	Memphis, TN	M	44	6:03:04
13	Sean Hilsdon	Southaven, MS	M	34	6:09:35
14	Brett Nguyen	Fort Smith	M	47	6:10:43
15	Bruce Wood	Sherwood	M	54	6:12:53
16	Kevin Byron	Jonesboro	M	40	6:15:47
17	John North	Saint Joseph, IL	M	63	6:17:45
18	Jim Fair III	Springfield, IL	M	39	6:24:29
19	Magdalena Casper-Shipp	Urbana, IL	F	31	6:26:25
20	Les Jones	Memphis, TN	M	58	6:29:29
21	Erin O'Toole	Little Rock	F	27	6:30:17
22	Patrick Mills	Champaign, IL	M	65	6:37:52
23	Scotty Winston	Paris, TN	M	40	6:39:40
24	Kevin Strickland	Russellville, AL	M	47	6:40:22
25	Eva Adamova	Memphis, TN	F	29	6:46:45
26	Markus Mueller	Memphis, TN	M	52	6:51:35
27	John Phillips	Germantown, TN	M	57	6:52:58
28	Beth Garrison	Memphis, TN	F	46	6:57:06
29	Deb Baker	Little Rock	F	54	7:04:10
	Kenneth McKnight	Cordova, TN	M	36	7:04:10
31	Nic Carter	Urbana, IL	M	38	7:10:08
32	Joshua Tate	Germantown, TN	M	41	7:10:36
33	Jim Tadel	Monticello	M	60	7:10:45
34	Andrea Stack	Mahomet, IL	F	36	7:10:48
35	Glen Okui	Germantown, TN	M	49	7:11:28
36	Anthony Krone	Bartlett, TN	M	45	7:15:19
37	Scott Jeffrey	Sombra, ON	M	52	7:18:13
38	April Adair	Covington, TN	F	42	7:23:36
39	Michael Hiron	Memphis, TN	M	42	7:23:41
40	Nicholas Norris	Cordova, TN	M	24	7:32:41
41	Jeremy Parayos	Bartlett, TN	M	39	7:32:58
42	Steven Preston	Little Rock	M	34	8:08:45
43	Katrin Hartwig	Arlington, TN	F	50	8:09:40
44	Kelly Winston	Paris, TN	F	37	8:21:32
45	Tina Mitchell	N. Little Rock	F	43	8:24:38
46	Josh Tyner	Martin, TN	M	36	8:28:52
	Matthew Gardiner	Covington, TN	M	37	8:28:52
48	Lynell Harber	Germantown, TN	F	47	8:29:11
49	Eryn Money	Martin, TN	F	29	8:45:58
50	Sarah Harris	Bartlett, TN	F	51	9:21:26
	Marypat Harris	Bartlett, TN	F	20	9:21:26

Swamp Stomper 25k Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Doug Earthman	Memphis, TN	M	29	2:04:57
2	Derek Morgan	Memphis, TN	M	31	2:04:58
3	Brandon Wilmoth	Germantown, TN	M	40	2:15:52
4	Zack Perry	Memphis, TN	M	42	2:20:52
5	Doug Wright	Nashville, TN	M	30	2:23:51
6	Gunther Lee	Cordova, TN	M	26	2:25:45
7	Nathan Berry	Memphis, TN	M	39	2:28:04
8	Steven Miller	Memphis, TN	M	36	2:28:58
9	Justin Keeton	Memphis, TN	M	44	2:28:59
10	Abraham Velazquez	Jonesboro	M	30	2:29:59
11	Meghan Lewis	Little Rock	F	36	2:30:00
12	Forrest Owens	Germantown, TN	M	48	2:30:17
13	Rob Humphreys	Memphis, TN	M	36	2:31:07
14	Rafe Armstrong	Grenada, MS	M	54	2:32:43
15	Miles Fortas	Memphis, TN	M	45	2:32:54
16	Alan Haguewood	Memphis, TN	M	45	2:37:05
17	Becky Kasten	Champaign, IL	F	48	2:38:24
18	Scott Peatross	Memphis, TN	M	47	2:39:53
19	Fabien Llambi	Memphis, TN	M	38	2:43:09
20	Antonio Gaines	Covington, TN	M	32	2:43:50
21	Robert Hoehn	Cordova, TN	M	43	2:45:26
22	Mary Ellen Kelly	Memphis, TN	F	49	2:47:52
23	Jim Apple	Memphis, TN	M	49	2:52:47
24	Matthew Jerden	Bartlett, TN	M	38	2:53:21
	Steve Clark	Covington, TN	M	34	2:53:21
26	Sandeep Kumar Patimeedi	Collierville, TN	M	30	2:53:56
27	Don Frichtl	Paxton, IL	M	60	2:54:05
28	Paul Thomas	Memphis, TN	M	39	2:54:29
29	Darrison Wharton	Germantown, TN	M	45	2:54:35
30	Christopher Mueller	Collierville, TN	M	42	2:56:23
31	Miranda Bavier	Memphis, TN	F	43	2:58:33
32	Mason McWilliams	Memphis, TN	M	38	2:58:36
33	Sarah Soltau	Memphis, TN	F	40	2:58:55
34	Michael Smith	Dewey, IL	M	48	3:00:07
35	Jacques Woodcock	Nashville, TN	M	37	3:01:14
36	Roger Fakes	Memphis, TN	M	49	3:01:25
37	Brad Montgomery	Bartlett, TN	M	38	3:01:34
38	Brittany Fisher	Memphis, TN	F	30	3:03:00
39	Terri Harris	Memphis, TN	F	42	3:03:03
40	Brian Shwer	Memphis, TN	M	49	3:03:40
41	David Kurneta	Arlington, TN	M	39	3:06:49
42	Steven Ambrose	Bartlett, TN	M	46	3:06:50
43	David Allen	Jonesboro	M	42	3:06:56
44	Erik Martin	Memphis, TN	M	37	3:09:18
45	Rob Kinney	Lakeland, TN	M	43	3:09:49
46	Richard Crenshaw	Cordova, TN	M	58	3:09:52
47	Jeremy Stuart	Franklin, TN	M	33	3:10:10
48	Jason Auer	Little Rock	M	34	3:10:53
49	Bradley Wogsland	Franklin, TN	M	37	3:11:45
50	Andrew Signor	Haw River, NC	M	37	3:11:48
51	April Hilsdon	Southaven, MS	F	32	3:13:56
52	William Cranford	Memphis, TN	M	28	3:13:58
53	Jared Montegut	Memphis, TN	M	45	3:15:22
	Curt Soefker	Memphis, TN	M	46	3:15:22
55	Joey Hayden	Collierville, TN	M	42	3:15:56

56	Clinton Moss	Covington, TN	M	27	3:17:50
57	Mark Ogletree	Collierville, TN	M	59	3:18:07
58	Keith Reasons	Oakland, TN	M	35	3:18:40
59	Parker Magness	Lakeland, TN	M	37	3:19:49
60	Greg Bernstein	Cordova, TN	M	40	3:20:36
61	Heather Nichols	Moscow, TN	F	39	3:21:05
62	Renee Webber	Collierville, TN	F	37	3:21:25
63	Miguel Alvarez	N. Little Rock	M	29	3:21:41
64	Angela Clark	Covington, TN	F	34	3:21:57
65	Kristin Hutchinson	Germantown, TN	F	37	3:22:54
	Eva Rehkopf	Germantown, TN	F	42	3:22:54
67	Tony Suttle	Champaign, IL	M	64	3:24:57
68	Bill Luton	Memphis, TN	M	61	3:26:10
69	Roger Smith	Mahomet, IL	M	56	3:26:25
70	Todd Pitts	Germantown, TN	M	43	3:27:45
71	Matthew Anderson	Antioch, TN	M	29	3:28:19
72	Jodi Heckel	Champaign, IL	F	52	3:29:55
73	Juan Sotelo	Memphis, TN	M	41	3:30:02
74	Claudia Hillenbrand	Cordova, TN	F	47	3:31:16
75	Thomas McPherson	Memphis, TN	M	34	3:31:34
76	Tom Burton	Urbana, IL	M	48	3:32:07
77	George Brewton	Millington, TN	M	54	3:35:38
	Samantha Cox	Millington, TN	F	37	3:35:38
79	Tina Ho	N. Little Rock	F	52	3:35:51
80	Alison Wright	Bartlett, TN	F	40	3:37:58
81	Nancy Highland	Germantown, TN	F	45	3:38:13
82	Sonya Lageman	Olive Branch, MS	F	45	3:38:16
83	Kristopher Roux	Olive Branch, MS	M	40	3:38:27
84	Catherine Hodgson	Millington, TN	F	44	3:39:06
85	Maureen McGargill	Memphis, TN	F	44	3:39:42
86	Michael Chance	Memphis, TN	M	54	3:40:38
87	Darrell Richardson	Bartlett, TN	M	54	3:41:38
88	Andrew Forsdick	Memphis, TN	M	46	3:42:27
89	Lauren Perry	Memphis, TN	F	35	3:42:28
	Tracy Payne	Cordova, TN	F	33	3:42:28
91	Eddie Anderson	Munford, TN	M	56	3:42:41
92	Bobby Martin	Memphis, TN	M	45	3:42:45
93	Brian Swanson	Memphis, TN	M	41	3:44:35
94	Kristi Goldrick	Collierville, TN	F	35	3:46:36
95	Jason Hamm	Millington, TN	M	36	3:48:09
96	Robert Clark	Oakland, TN	M	52	3:48:10
97	Murray Butler	Memphis, TN	M	33	3:51:03
98	Leah Scharfetter	Memphis, TN	F	31	3:51:33
99	Shelly Hanumaiah	Memphis, TN	F	29	3:52:17
100	Tiffani Glass	Dyersburg, TN	F	43	3:53:31
	Rick Glass	Dyersburg, TN	M	46	3:53:31
102	Heather Harris	Memphis, TN	F	35	3:53:48
103	Amanda Horrell	Byhalia, MS	F	35	3:56:50
104	Murray Giesbrecht	Jonesboro	M	46	3:57:11
105	Aaron Smith	Arlington, TN	M	34	3:57:35
	Kirsten Hall	Cordova, TN	F	34	3:57:35
107	Christy Correa	Memphis, TN	F	39	4:00:03
108	Matthew Leskis	Mahomet, IL	M	48	4:03:04
109	Wilson Horrell	Byhalia, MS	M	40	4:03:05
110	Meredith Gaia	Bartlett, TN	F	35	4:04:58

White Rock 50k Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Victor Brown	Tulsa, OK	M	27	4:18
2	Kevin Golden	Maumelle	M	58	4:29
3	Stan Ferguson	Maumelle	M	53	4:31:21
4	Chris Ho	N. Little Rock	M	41	4:31:59
5	Samuel Young	Poteau, OK	M	25	4:35:37
6	Bruce Wood	Sherwood	M	54	5:01
7	Matt Clay	Fayetteville	M	38	5:08
8	Podog Vogler	Russellville	M	58	5:09
9	Kevin Gerteisen	Cannollton, TX	M	48	5:15:05
10	Alison Jumper	Fayetteville	F	41	5:21:43
11	Jon Bitler	Fayetteville	M	45	5:21:44
12	Faye McConnell	Fayetteville	F	23	5:25:18
13	John Haddock	Springdale	M	58	5:25:27
14	Candi Adams	Girard, KS	F	35	5:27
15	Donja Reel	Little Rock	F	28	5:29
	Jeremy Pate	Fayetteville	M	39	5:29
17	Kristin Snyder	Poteau, OK	F	33	5:34
18	Rob Green	Norman, OK	M	37	5:42
19	Zach Adams	Girard, KS	M	39	5:49
20	Randy Windle	Hot Springs	M	37	5:58
21	Sancho Ponza	Fairbanks, AK	M	37	5:52:28 *
22	Robert Misener	Hot Springs	M	46	5:56
	Brett Nguyen	Fort Smith	M	48	5:56
24	Cliff Fennen	N. Little Rock	M	61	6:01:47
25	George Peterka	Hot Springs	M	57	6:02:30
26	Deb Baker	Little Rock	F	54	6:05
27	Jake Van Lear	Springdale	M	48	6:07
	Tynel Denison	Fayetteville	M	34	6:07
29	Isaac Barnoskie	Vian, OK	M	34	6:16
	Jim Tadel	Monticello	M	68	6:16 *
31	Janet Cantwell	Rogers	F	52	6:22
	Chris Cantwell	Little Flock	M	53	6:22
33	Tabatha Park	Royal	F	48	6:22:05
34	Mark Denhender	West Fork	M	52	6:25
35	Corbett Sanders	Hot Springs	M	45	6:26
36	Beth Walters	Fort Smith	F	58	6:27
37	Alan Hunnicutt	Berryville	M	62	6:28
38	Eunsup Kim	Dallas	M	64	6:38
	Blu Cloud	Vian, OK	M	36	6:38
40	Prae Combs	Bryant	F	46	6:36
41	Tina Ho	N. Little Rock	F	52	6:48
	Stacey Shaver	N. Little Rock	F	44	6:48
43	Blane Hostetler	Buffalo, MO	M	25	6:41
	Brandon Hostetler	Clarksville	M	27	6:41
	Tennell Knopf	Clarksville	M	25	6:41
	Regan Swartzentruber	Clarksville	M	17	6:41
47	Chrissy Ferguson	Maumelle	F	56	6:53:21
48	Jeremy Brownfield	Ozark, MO	M	36	7:01
49	Terry Jamieson	Ozark, MO	M	53	7:05
50	Jim Hubbard	Ozark, MO	M	58	7:06
51	Jim Sweatt	N. Little Rock	M	61	7:07:32 *
52	David Heim	Newton, KS	M	55	7:13
	Chad Flint	Wichita, KS	M	52	7:13 *
54	Kimmy Riley	Mabelvale	F	55	7:32
55	Diane Bolton	Nashville, TN	F	55	7:45
	Mark Roth	N. Little Rock	M	54	7:45
57	Johnny Eagles	Little Rock	M	64	8:05
58	Ryan Schwatken	Pittsburg, KS	M	48	8:13 *
59	Eddy Light	Judsonia	M	54	8:58 *
	Emily Gabbard	Conway	F	44	8:58 *
	Deb Baldrige	Mabelvale	F	52	8:58 *
62	Mary McDonald	Conway	F	64	9:09 *
63	Thaveep Leach	Oppelo	F	62	9:33 *
	Wesley Leach	Oppelo	M	61	9:33 *

* denotes early starter

25k Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Brad Nesbitt	Greenwood	M	37	2:18
2	Kandace Standridge	Poteau, OK	F	28	2:15
3	Mandy Broadstreet		F		3:06:18
	Greg Hogue	Fayetteville	M	55	3:06:18
5	Mary Stone	Springdale	F	53	3:06:33
6	Inger Bakanic	Fayetteville	F	48	3:06:34
7	Rhonda Ferguson	Little Rock	F	61	3:27:31
8	Shari Misener	Hot Springs	F	46	3:58
9	Brianne Norton	Pearcy	F	36	3:58:43
	Debbie Rigsby	Lonsdale	F	68	3:58:43

Lovit 100k Results

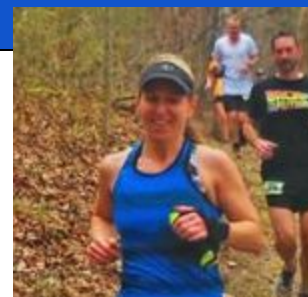
Place	Name▼	City▼	Age▼	Sex▼	Time
1	Chris Ho	N. Little Rock	42	M	10:18
2	Marc Gill	N. Little Rock	40	M	11:03
3	Matthew Crownover	Sunnyvale, TX	40	M	11:54
4	Rich Flint	Astatula, FL	56	M	12:12
5	Buddy Teaster	Nashville, TN	53	M	12:30
6	Erin Brunner	Little Rock	27	F	12:39
7	Clay Kimmi	Perry, KS	34	M	12:54
8	Tracy Denbleyker	Fennville, MI	45	F	13:11
9	Brett Nguyen	Fort Smith	48	M	13:22
10	Chris Cantwell	Rogers	53	M	13:52
11	Michelle Posey	Little Rock	47	F	14:05
12	Ted Niemann	Columbus, OH	54	M	14:07
13	Anthony Hardin	Broken Arrow, OK	29	M	14:12
14	Mark Edwards	Shreveport, LA	30	M	14:16
	Nathan Venable	Searcy	53	M	14:16
16	Amanda Yiznitsky	Cincinnati, OH	35	F	14:31
17	Jacob Hudgins	Maumelle	34	M	14:46
18	Jim Tadel	Monticello	60	M	14:54
19	Kurt Hauser	Hot Springs	52	M	15:01
20	Janet Cantwell	Rogers	52	F	15:03
21	George Peterka	Hot Springs	57	M	15:04
22	Justin Cook	Fayetteville	36	M	15:14
23	Michael Hirons	Memphis, TN	42	M	15:16
24	Deb Baker	Little Rock	54	F	15:25
25	Ashley O'Neill	Little Rock	45	F	16:21
26	Kaitlin Ryckman	Cincinnati, OH	30	F	17:29
	Sonia Burdett	Fort Worth, TX	51	F	17:29
28	Danari Fowlkes	Memphis, TN	44	M	17:42
29	Ben Walters	Little Rock	37	M	17:44
30	Ryan Saxton	Lawrence, KS	28	M	18:39
31	Cliff Ferren	N. Little Rock	61	M	19:23
32	Louis Chalfant	Hot Springs	42	M	19:44
33	Douglas Barron	Russellville	34	M	20:36

Lovit 100 Mile Results

Place	Name▼	City▼	Age▼	Sex▼	Time
1	Tyler Wilkerson	Russellville	28	M	22:20
2	Paul Schoenlaub	St. Joseph, MO	57	M	22:41
3	David Batchelder	Tulsa, OK	24	M	23:11
4	Bailee Wilkerson	Russellville	26	F	23:34
5	Gerardo Ramirez	Fort Worth, TX	44	M	25:05
6	Randy Windle	Hot Springs	38	M	26:14
7	Kamm Prongay	Portland, OR	53	F	27:09
8	Zac Lundgren	Minneapolis, MN	26	M	27:47
9	Shalini Kovach	Ballwin, MO	41	F	27:54
10	Aaron Lebell	Jefferson, TX	45	M	28:13
11	Robert Misener	Hot Springs	46	M	28:43
12	Tabatha Park	Royal	48	F	30:29
	Jason Armitage	Hot Springs	44	M	30:29
14	Shannon Hampton	Bentonville	44	M	30:50
15	Terry Jamieson	Ozark, MO	53	M	31:29
	Jeremy Brownfield	Ozark, MO	36	M	31:29
17	James Fountain	Jessieville	43	M	31:31
	Darin Anderson	Pearcy	45	M	31:31
19	Kimmy Riley	Mabelvale	55	F	31:41
20	Nancy Marks	Round Rock, TX	56	F	33:40
	Aubrey Callahan	Grand Prairie, TX	34	M	33:40

Message From The Editor - Stacey Shaver

With the rescheduling of the ABF race, the late dates for February races, and a shortage of submitted race reports we did not have a January or February AURA Newsletter. There are three AURA races in April and a couple more in May. If you plan to run any of these events I would like to encourage you to consider submitting a race report. It can be as long or short as you would like. You can write about your personal experience or simply a rundown of the race day events. You do not even have to worry about photos. I typically pull together race photos from Facebook, IG, etc. I try to make it as easy as possible for you the writer. People don't care if you aren't a professional writer or not, they just enjoy reading about the events and experiences. Especially those who can not make it out to the events. You can contact me at the email listed below. In advance I thank you.



Now let me say **HUGE THANK YOU** to Cliff Ferren and Meghan Lewis for your contributions this month!

Link to UTS Calendar- <http://www.runarkansas.com/UTS Races.htm>

~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.