

Arkansas Ultra Runner
Association

www.runarkansas.com



UPCOMING
RACES & EVENTS



Lifetime
Achievement
Award



OZARK TRAIL
100

BY ALSTON JENNINGS

AURA NEWS



Letter From the President

I wish to thank PoDog and Tom Aspel for putting on the Sweet Spot 50K. The weather was perfect and we had a nice race.

I also wish to thank Pete Ireland and the Saline County Striders for putting on the Sunset 6/12/24 Hour Endurance Run. We lucked out with nice weather on this one too and had 79 participants.

Styx n'Stones date has been set for March 24th.

At the annual RRCA meeting the following AURA members received/earned awards:

Lou & Charley Peyton - Lifetime Achievement Award

Stacey Shaver-Matson - Ladies' Overall Ultra Runner of the Year

Deb Baker - Masters Ladies' Ultra Runner of the Year

Wesley Hunt - Men's Overall Ultra Runner of the Year

Rolfe Schmidt - Masters Men's Ultra Runner of the Year

A big congratulations to those folks. There will be a write-up on the Ultra Runners of the Year in the next newsletter after we get pictures.

I want to wish everyone a Merry Christmas. Enjoy the holidays and I'm looking forward to seeing you at Athens Big Fork on January 6th.

LOViT Trail Marathon

Race #7 of AUARA UTS

Saturday, Dec 2nd

8am at Shangri La Drive on Lake Ouachita

Near Mt Ida

Directions:

Shangri La is located about 25 miles West of Hot Springs and 12 miles East of Mount Ida off of Hwy 270. You will turn onto Shangri La Dr and make the first left which is Old Hwy 270. Parking will be at that location and along the road.

Miscellaneous Information:

- The course will be on the LOViT Trail, a single track foot path. This contains no significant creek crossings
- Total of 6 aid stations with water, gatorade, along with various goodies.
- Drop bag service will be available
- No entry fee but there will be a can for donations to cover run expenses. There will be a waiver to sign.
- Please keep your own time and check in at the finish.
- Race Contact is Phil @Bpcarr13@gmail.com

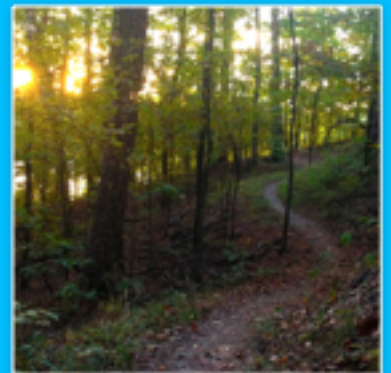
Accommodations:

Shangri La Resort will be renting hotel rooms and cabins for the weekend of the marathon. The restaurant will be closed but rooms are available. Be sure to mention you are running the LOViT Marathon when you call the resort at 870-867-2011

Registration Link

Lake Ouachita

Vista Trail



2,800 Ft of Elevation Gain
1,279 Ft Max Elevation

Trail Maintained

By The

Traildogs

Athens Big Fork Trail Marathon

Race #8 of AUARA UTS

Saturday, Jan 6th

8am at Big Fork Community Center

Entry Fee:

No entry fee, however a donation of at least \$10 per runner is encouraged to support the Big Fork Community Center for opening the door for us, and to cover race cost of supplies.

Course:

- The course is an out and back. The first 2.5 miles are on paved and gravel road up to the trailhead where you will enter the Athens Big Fork Trail, marked in WHITE blazes. Follow the trail over 8 mountains. You will pop off the trail and run about a half mile down the gravel road to get the full 13.1. Then you turn around and go back.
- Total of 3 aid stations with typical trail nourishment
- The 17 mi Fun Run only gets to run half the hills. You will turn around at the aid station just across Blaylock Creek.
- Drop bag service will be available
- Please keep your own time and check in at the finish.
- Chili, Soup & homemade goodies will be waiting for you at the finish

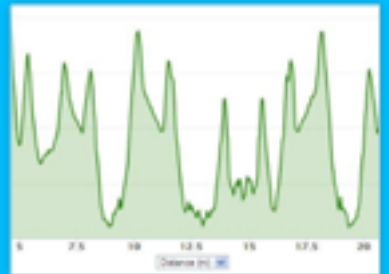
WARNING:

THIS EVENT IS NOT FOR TRAIL NEWBIES!!!

If you are not an experienced trail runner, 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 difficult trail that presents many opportunities for you to get lost, injured, or incapacitated with spare access for rescue.

[Registration Link](#)

Athens Big Fork Trail Marathon



Our Amazing Sponsors

- Big Fork Community Center
- Ouachita Amateur Radio Association
- Arkansas Ultra Running Association
- Ouachita Outdoor Outfitters
- Fleet Feet Easy Runner

Lou & Charles Peyton Receive Lifetime Achievement Award

Presented at the 30th Annual RRCA Arkansas State Meeting By David J. Samuel

November 18, 2017 – Hot Springs, Arkansas



After running road races for ten years all over Arkansas, I decided it was time to join the Arkansas ultra-runners on a few trail runs during the winter of 1989-90. I had been reading the ultra-trail column written monthly by Charley Peyton in the Little Rock Roadrunners Club newsletters. After running the “10-9-10” (21-mile run on Ouachita Trail from Highway 10 to Highway 9 and back) and the “Great Bear Run” (25-mile run on logging roads from Williams Junction to Pinnacle Mountain) I was hooked. I was scared to death that I would get lost on the 10-9-10 so I dropped in behind Charley Peyton. We discovered the Ouachita Trail markings were almost nonexistent and part of the trail was even under water. Falling twice by stubbing my toe on rock outcrops and climbing over a

barb-wire fence, I asked Charley if this was normal. He said “yes” but added this is one of the easy trail runs. During those four hours and 21 minutes, I got acquainted with Charley. We finished together with Lou Peyton not far behind us. When we got to Williams Junction for the start of the Great Bear Run, it was a minus four degrees and my water bottle froze solid after five miles. We could see the finish line (Pinnacle Mountain) with ten miles to go. When I reached Nowlin Creek with Scott McDermott, we walked across the ice holding hands. Several runners got lost, came out at Ferndale, and rode in the back of a pickup to Williams Junction. There were 11 starters and seven finished including Charley, Lou and me. Not long after that, I started coordinating “National Trails Day” runs in the Little Missouri River watershed west of Glenwood. Charley always provided logistical support by setting up my primary aid station. Later I came up with the course known today as the “Athens-Big Fork Trail Marathon”. Again Charley always supported me by setting up the Blaylock Creek aid station for ten years. Charley and Lou directed the first ten Arkansas Traveler 100-Milers along with numerous Arkansas Ultra Running Association (AURA) trail runs through the years.

Besides being very active in the early years with the Little Rock Roadrunners Club, they were also responsible for the organization of the AURA. Both were recently inducted into the AURA Hall of Fame and into the Arkansas Roadrunners Hall of Fame many years ago. I could spend 10 minutes listing the many running accomplishments by Lou Peyton. I do know that she was the 14th of 22 finishers and the only female completing the 1989 Arkie Ultra 50-Miler on the Bona Dea Trail in Russellville. In 1992, Lou and Jim Schuler run/walked the Ouachita Trail (Talimena, Oklahoma to Pinnacle Mountain). In 1993, Jim Schuler, Simon Hauser and Lou run/walked the Ozark Highland Trails. She has completed 20 100-milers in the required time limit including seven finishes in the Arkansas Traveller 100 Miler. Lou has two other great

accomplishments. One is the Grand Slam of Ultra Running (four 100-milers in the same year). Then last September on Labor Day, Lou completed her third “Race for the Ages” in Tennessee. The runners were challenged to complete as many miles as they could depending on their age. After completing 100 and 102 miles in the previous two events, at age 73 Lou finished with 105 miles in 73 hours. Lou was the RRCA/Arkansas Female Masters Runner of the Year in 1989; the RRCA/Arkansas Female Ultra Runner of the Year in 1990, 1991, and 1993; and the RRCA/Arkansas Female Ultra Masters Runner of the Year in 1994, 1996, 1998, and 1999.

I would like to close out with a 1981 article from The Runaround newsletter written by Charles Peyton, Jr., after he was honored as the Little Rock Roadrunners Club April “Runner of the Month”: “I began running back in the summer of 1970 as a hefty 200 pounder. At the urging of my wife, Lou, who was already a five mile a day runner. I would lace up my combat boots and head for my track. My track was the drive-in circle of the Pulaski Federal Savings and Loan Branch office. Maybe 20 circles to the quarter mile. Gradually I evolved into the typical mile-a-day jogger just to stay in shape for softball season. I enjoyed this routine until the Holiday Road Race in December of 1976. A 4-mile race through Pleasant Valley directed by Gary Smith, Otis Edge and Terry Mathews. This is where I first heard the term “marathon’ and shortly thereafter came into possession of a Runners World magazine. While reading this old back issue I thought of how unique it would be to run one of these “marathons’. I started to train longer and faster and two years and two knee operations later, I found myself in front of my house trying to walk again. If only I could get that mile-a-day back. By ten months I was up to a slow 10 to 15 miles per week. And then it happened!! On December 12, 1979, while driving home from work, my car caught fire and burned. What was I to do? How could I get to work until my car was repaired? The only answer was to ride the BUS. But – at that time there was no bus service to North Little Rock where I worked. (VAMC-Ft. Roots) I would have to catch the bus to downtown Little Rock and then run to the hospital – 4 miles. Reverse the run/bus in the afternoon. I purchased a day-pack for my clothes and December 17th I said a prayer and walked to the bus top at Cantrell and Mississippi. It was 5:15 AM, 11 degrees with the wind out of the north at 30 MPH. Since that day I haven’t looked back. I had stumbled onto an “oasis”. To my surprise I found that my car could be done without and sold it. I found that if I didn’t go too fast and get plenty of rest, the 4 miles, AM and PM, could be made with ease. I also found that it was possible to run in the heat, snow, sleet and rain and enjoy it. Since that first cold morning I haven’t missed a day due to the weather or illness, and lo and behold I found myself standing at the starting line of the Houston Marathon/81 on January 10th ! I’ll admit to mixed feelings of inadequacy and confidence. I was apprehensive because I had a goal of a 3:50 marathon without any long runs or speed work. 10 miles and 10:00 pace was the max. But I knew I had the base: 18 weeks averaging 39 MPW; 18 weeks of averaging 46 MPW and 20 weeks averaging 56 MPW. 2645 total miles in 56 weeks. At the halfway point I was on a 9:08 pace and felt like I was holding back. Passing the 20 mile point I realized that there would be no cramps or “wall” for me at this marathon and started my kick. The last 6.2 I averaged an 8:00 minute pace. It hurt sooo good. I’m proud of my 3:52 and would like some day to lower my time. However my goal is to Run/Bus to work and anything above that is a Honey Bun. Many of you know that if you have something you like and it is taken away and then you get it back, it becomes a little more special the second time around.”

Presented Ozark Trail 100

by Alston Jennings

November 4, 2017 – Steelville, MO

I won't try to write my usual long, witty commentary, as I am just arrived at home and have not actually slept in a couple of days. But I can attest that Kimmy finished under the 32 hour cutoff in the area of 31: 41. I was so excited to see her and Lisa show up, I forgot to try to record the time. Experience on Kimmy's part, great pacing by Lisa, and plain old toughness got her through. This is a hard race according to the experienced runners who have tried it. That's why it has a 32 hour cutoff. The two oldest runners were 61 year old men and they both dropped.



Chrissy outfitted Stan, PoDog and Paul Turner with sombreros and Tacocat T-shirts. The shirts read "Tacocat spelled backward is Tacocat." Tacocat is wrapped in a taco and has a mustache like Pancho Villa. The sombreros read "PT" for Paul. "Po Dog" for Podog and "Catsmacker " for Stan. These three ran at least one aid station, and were meeting the finishers at the line.

Weather could have been a lot worse, but was hardly ideal. It was 100% humidity most of the weekend. The roads were running with water although no significant rain fell. It was like being in Louisiana. Rain was expected, but never arrived. There was heavy cloud cover all Saturday, but the almost-full moon peeked through about midnight and was quite beautiful. It was mostly mid- 70's in the day and high-60's at best at night. It was not cool.

Lisa and I met Kimmy at mile 40 Saturday afternoon, mainly to show her we were there and in her corner. Lisa started pacing her from mile 65 and took her to the finish. Lisa had a foot issue that was worrying her and I was on standby to step in and I must admit I was terrified I'd have to do so. Every time I met them, Lisa was raring to go and I was relieved. The course is all single-track, 100.9 miles, constant up and down and some of it quite technical, with frequent foot-wettings. "The elevation profile "looks like a sawblade." It is a tough race.

Kimmy and Lisa were a great team with Lisa trying to press at the right places and not the wrong ones and Kimmy with such great athletic ability and enormous experience. Kimmy was always smiling and upbeat when I saw her. For me, it was kind of like watching Maurice and Pete at Heartland recently. I knew Kimmy would never give up and Lisa would keep her on pace.

Traveling from one crew station to the next was challenging (navigationally) and fun. I was, again, impressed with the sheer number and diversity of the people out helping at 3:00 am. Children cooking food, lots of non-athletes, like me, were involved. Every time someone said "thanks" the answer was "It's fun!"

Kimmy Riley
Ozark Trail
100





Hot Springs Trail Run



Hot Springs National Park Run

18 Mile Results

Place	Name	City	Sex	Age	Time
1	Adam Bradbury	Bryant	M	32	2:18
2	Daniel Arnold	Benton	M	32	2:20
3	Chris Ho	N. Little Rock	M	42	2:24
4	Caleb Ault	N. Little Rock	M	30	2:28
5	Tyler Wilkerson	Russellville	M	29	2:31:38
6	John Haddock	Springdale	M	51	2:35:30
7	Bee Wilkerson	Russellville	F	27	2:35:43
8	Stan Ferguson	Maumelle	M	54	2:37:42
9	Marc Gill	N. Little Rock	M	40	2:39:50
	Shawn Sellers	Benton	M	32	2:39:50
11	Ry Kabanock	Columbus, MS	M	30	2:43:20
12	Cole Pilgrim				2:47:30
13	Christian Wilkerson	Hensley	M	17	2:54:30
14	Jonny Digby	Little Rock	M	35	2:55:03
15	Steve Adkison	Arkadelphia	M	55	3:06:37
16	Matthew Jackson	Hot Springs	M	40	3:06:38
17	Katie Helms	Little Rock	F	40	3:07:20
18	Kurt Hauser	Hot Springs	M	52	3:09
19	Prae Combs	Bryant	F	47	3:11
20	Christine Bettis	Little Rock	F	61	3:13
	Dan Sobkoviak	Maumelle	M	55	3:13
22	Nate Smith	Alexander	M	52	3:15
23	Charles Redditt	Conway	M	49	3:20
	Stacey Shaver	N. Little Rock	F	45	3:20
25	Alan Hunnicutt	Berryville	M	63	3:22:50
	Josh Stewart	Sheridan	M	40	3:22:50
27	Nicole Bradbury	Bryant	F	31	3:23:57
28	Justin Clear	Little Rock	M	45	3:26
29	Kevin Golden	Maumelle	M	51	3:26:01
	Donja Reel	Little Rock	F	29	3:26:01
31	Chris Davis	Hot Springs	M	44	3:26:33
32	Robert Misener	Hot Springs	M	46	3:30
33	Eva Adanova	Memphis, TN	F	30	3:35
34	Ryan McGeeney	Little Rock	M	42	3:36
	Tina Mitchell	N. Little Rock	F	44	3:36
36	Jim Tadel	Monticello	M	61	3:37
37	Elizabeth Kimble	Little Rock	F	31	3:48:40
	Phil Brown	Little Rock	M	50	3:48:40
39	Alan McLain	Manassfield, TX	M	53	3:53
40	Kim McAllister	Hot Springs	F	45	3:55:50
41	David Reagler	Hot Springs	M	51	3:58
42	Michael Bart	Cabot	M		4:00
43	Kinsey Riley	Mabelvale	F	56	4:04
44	Stephen Rush	Jonesboro	M	36	4:08:20
45	Nandy Windle	Hot Springs	M	38	4:13:45
	Blake Butler	Hot Springs		48	4:13:45
47	Charles Sellers	Malvern	M	59	4:15
48	Chrissy Ferguson	Maumelle	F	56	4:20
	Tisha Deen	Little Rock	F	35	4:20
	Jim Sweatt	N. Little Rock	M	61	4:20
	Patrick Barker	Little Rock	M	53	4:20
52	Sherry Rogers	Memphis, TN	F	56	4:21
53	Jesse Rucker	Malvern	M	70	4:28
	Darin Sanders	Hot Springs	F	66	4:28
55	Charity Shaw	Hot Springs	F	39	4:31
56	Jamie White	Littel Rock	F	51	4:33
57	Eddy Light	Judsonia	M	54	4:48
58	Lisa Gunnoe	Judsonia	F	51	4:49
59	Brianne Norton	Fearcy	F	37	4:53
60	Debbie Rigby	Lonsdale	F	60	4:53:50
	Shari Misener	Hot Springs	F	47	4:53:50
62	David Taylor	Cordova, TN	M	35	5:00:30
63	Carol Graves	Hot Springs	F	47	5:16
	Linda Wood	Hot Springs	F	56	5:16

Other Distances

Place	Name	City	Sex	Age	Time	Distance
1	Sharon Bennett	Greenbrier	F	40	3:20	14 Miles
2	Tommy Brennan	Poteau, OK	M	46	1:34	10 Miles
3	Brady Paddock	Texarkana	M	51	1:40	10 Miles
	Keith Francis	Hot Springs	M	56	1:40	10 Miles
5	Rhonda Burgos	Jacksonville	F	46	3:30	8 Miles
	Reese Miles	N. Little Rock	F	36	3:30	8 Miles
7	Scott Siple	Rowlett, TX	M	54		13 Miles

Sweet Spot 50k

50k Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Shane Poland	Vilonia	M	33	4:13:08
2	Bee Wilkerson	Russellville	F	27	4:28:52
3	Daniel Arnold	Benton	M	32	4:32:19
4	Caleb Ault	N. Little Rock	M	30	4:37:31
5	John Haddock	Springdale	M	51	4:53
6	Stan Ferguson	Maumelle	M	54	4:57:06
7	Podog Vogler	Russellville	M	51	5:07:08
8	Rolfe Schmidt	Fayetteville	M	45	5:20:14
9	Nathan Venable	Searcy	M	54	5:25:20
10	Julia Moffitt	Barling	F	50	5:40:30
11	Brett Nguyen	Fort Smith	M	48	5:50
12	Brian Cochran	Farmington	M	47	6:09
13	Justin Cloar	Little Rock	M	45	6:28
14	George Peterka	Hot Springs	M	57	6:34:50
15	David Castronova	Bentonville	M	54	7:05:20
16	Chris Davis	Hot Springs	M	44	7:12:25
17	Alan Hunnicutt	Berryville	M	63	7:12:40
18	Kim Johnson	Harrison	F	48	7:45
19	Amy Bedwell	Bentonville	F	34	8:11
20	Jodi Ake	Conway	F	50	8:11:35
	Charles Redditt	Conway	M	49	8:11:35
	Stormie Wingo	Conway	F	45	8:11:35
23	Stephen Rush	Jonesboro	M	36	8:22:48
	Stacy Walz	Jonesboro	F	40	8:22:48
	Brad Bates	Jonesboro	M	34	8:22:48
26	Brooke Oliver	Conway	F	27	8:24:09
27	Lisa Gunnoe	Judsonia	F	51	9:22

Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Johnny Eagles	Little Rock	M	65	8:39	23 Miles
	Kandi McCoy	Little Rock	F	37	8:39	23 Miles
3	Steve George	Dardanelle	M	47	4:02	20 Miles
4	Chelsea Dickens	Van Buren	F	31	4:14:08	20 Miles
5	Thaveep Leach	Oppelo	F	62	5:15:06	20 Miles
6	Kelsey Walker	Russellville	F	31	1:48	10 Miles
7	Shellie Hanna	Russellville	F	50	3:02	10 Miles
8	Wesley Leach	Oppelo	M	62	3:06:05	10 Miles
9	Christy Brooks	London	F	55	3:10	10 Miles
	Teresa Houston	Conway	F	47	3:10	10 Miles
	Lacey Rush	Jonesboro	F	36	3:10	10 Miles

Sunset 6/12/24 Hour Challenge Results

**Preliminary*

24 Hour Male

Place	Name▼	City▼	Age▼	Distance
1	Denis McCarthy	Saint Louis, MO	58	88.31 Miles
2	Shawn Barlow	Benton	44	84.25 Miles
3	Maurice Robinson	Benton	76	78.16 Miles
4	Charles Redditt	Conway	49	77.14 Miles
5	Jesse Riley	Mabelvale	54	58.87 Miles
6	Jason Stracner	N. Little Rock	43	55.83 Miles
7	Johnny Eagles	Little Rock	65	51.77 Miles
8	Eugene Bruckert	Arlington Heights, IL	82	50.75 Miles
	Joel Martinez	Azle, TX	26	50.75 Miles
10	Wesley Leach	Oppelo	62	30.45 Miles
11	Mike Mitchell	Gravette	69	25.38 Miles
12	Chris Baldwin	Roland	43	20.30 Miles
	Ronnie Daniel	Little Rock	47	20.30 Miles
14	Glenn Berry	Vilonia	51	10.15 Miles

24 Hour Female

Place	Name▼	City▼	Age▼	Distance
1	Michelle Posey	Little Rock	48	101.5 Miles
2	Glenda Hernandez	Indianapolis, IN	23	62.93 Miles
3	Lisa Gunnoe	Judsonia	51	51.77 Miles
4	Brooke Oliver	Conway	27	50.75 Miles
	Monica Ritchie	Sherwood	47	50.75 Miles
	Andi Stracner	N. Little Rock	44	50.75 Miles
7	Elizabeth Kimble	Little Rock	31	45.68 Miles
8	Thaveep Leach	Oppelo	63	32.48 Miles
9	Sharon Bennett	Greenbrier	40	21.32 Miles

12 Hour Male

Place	Name▼	City▼	Age▼	Distance
1	Shane Poland	Vilonia	33	56.84 Miles
2	Justin Cloar	Little Rock	46	50.75 Miles
3	Andy Williams	Fort Smith	35	46.60 Miles
4	Chris Davis	Hot Springs	44	39.59 Miles
5	John Leighton	Bedford, TX	57	16.24 Miles
6	David Edwards	Morrilton	40	15.23 Miles

12 Hour Female

Place	Name▼	City▼	Age▼	Distance
1	Missy Harken	Little Rock	44	40.60 Miles
2	Charity Shaw	Jacksonville	39	32.48 Miles
3	Heidi Strock	Jacksonville	72	31.47 Miles
	Tina Mitchell	N. Little Rock	44	31.47 Miles
5	Kendel Prescott	Decatur, GA	57	26.39 Miles
6	Amanda Williams	N. Little Rock	41	20.30 Miles
7	Kay Scott	Bedford, TX	48	18.27 Miles
8	Tara Hicks	Conway	40	16.24 Miles

Sunset 6/12/24 Hour Challenge Results

6 Hour Male

Place	Name▼	City▼	Age▼	Distance
1	Stan Ferguson	Maumelle	54	38.57 Miles
2	Podog Vogler	Russellville	51	37.56 Miles
3	David Stafford	N. Little Rock	34	33.50 Miles
4	George Peterka	Hot Springs	57	31.47 Miles
	Alan Hunnicutt	Berryville	63	31.47 Miles
	Daniel Arnold	Benton	32	31.47 Miles
7	James Moy	Benton	46	30.45 Miles
8	Cliff Ferren	N. Little Rock	62	27.41 Miles
9	Alan Krenzelo	Hot Springs	61	25.38 Miles
10	Manfred Galatowitsch	Little Rock	69	23.35 Miles
11	J. Harris	Little Rock	42	21.32 Miles
12	Jonny Digby	Little Rock	35	20.30 Miles
	Jim Tadel	Monticello	61	20.30 Miles
14	Shawn Sellers	Benton	32	18.27 Miles
15	Brice Hammerstein	Sherwood	66	16.24 Miles
16	Charles Sellers	Malvern	59	14.21 Miles
17	Tom Avery	Bryant	55	11.17 Miles
18	Billy Plante	Bryant	49	08.12 Miles
	James Roberts	Little Rock	29	08.12 Miles

6 Hour Female

Place	Name▼	City▼	Age▼	Distance
1	Laura Kearns	Little Rock	34	37.56 Miles
2	Chrissy Ferguson	Maumelle	56	30.45 Miles
	Holly Craig	Fort Smith	39	30.45 Miles
4	Kimmy Riley	Mabelvale	56	29.44 Miles
	Debbie Rigsby	Lonsdale	61	29.44 Miles
6	Melissa Martin	N. Little Rock	53	26.39 Miles
7	Jennifet McGarrity	White Hall	37	23.35 Miles
	Shari Misener	Hot Springs	47	23.35 Miles
	Jamie White	Little Rock	51	23.35 Miles
10	Brianne Norton	Pearcy	37	22.33 Miles
11	Sheila Galatowitsch	Little Rock	58	21.32 Miles
12	Rose Ann Foster	Maumelle	53	20.30 Miles
13	Rebecca McGraw	Conway	48	17.26 Miles
14	Maegan Cochran	Bryant	26	15.23 Miles
15	Alice Jones	Benton	67	13.20 Miles
	Anna Gonzales	Benton	41	13.20 Miles
	Christi Lawhon	Jacksonville	41	13.20 Miles
18	Jennifer Williams	Baton Rouge, LA	33	12.18 Miles
19	Jamie Irwin	Benton	38	10.15 Miles
	Katie Roark	Sherwood	32	10.15 Miles
21	Cristie Turner	Little Rock	37	08.12 Miles
	Amanda Davis	Benton	39	08.12 Miles

Arkansas Traveller 100 Results

Place	Name	Sex	Age	State	Time
1	Wesley Hunt	M	34	AR	16:43:55
2	Richard Stigall	M	49	KS	19:30:50
3	John Mair	M	39	MT	19:59:20
4	Daniel Arnold	M	32	AR	20:24:10
5	David Theriot	M	43	LA	20:24:45
6	Zachary Harris	M	31	OK	20:38:09
7	Steven Carr	M	50	AL	20:53:51
8	James Mercer	M	48	MO	20:54:56
9	Victor Brown	M	27	OK	21:35:41
10	Jack Carey	M	35	LA	21:51:59
11	Andrew Smola	M	49	MO	22:19:57
12	Bailee Wilkerson	F	27	AR	22:20:00
13	John Nobles	M	32	OK	22:44:18
14	Lucas Moran	M	36	CA	23:05:35
15	Rolfe Schmidt	M	45	AR	23:16:01
16	Stan Ferguson	M	54	AR	23:16:35
17	Jeff Strickland	M	29	CO	23:28:04
18	Scott Simcox	M	34	TN	23:29:34
19	Marc Gill	M	40	AR	23:35:16
20	John Haddock	M	51	AR	23:36:16
21	Michael Scoggins	M	36	OK	23:41:17
22	Kyle Grady	M	43	TN	23:56:27
23	Daniel Barnes	M	34	LA	23:59:49
24	Elizabeth Kimble	F	31	AR	24:17:23
25	Michelle Posey	F	47	AR	24:31:36
26	Stacey Shaver-Matson	F	45	AR	25:15:10
27	Ronnie Daniel	M	47	AR	25:19:43
28	Pamela Chapman-Markle	F	61	TX	25:33:29
29	Lucy Scholz	F	28	LA	25:44:47
30	Pomillio Romero	M	47	AR	25:45:44
31	Jason Armitage	M	44	AR	25:56:51
32	Bill James	M	48	AR	25:56:55
33	Donja Reel	F	29	AR	26:10:27
	Kevin Golden	M	50	AR	26:10:27
35	Caleb Dufresne	M	30	LA	26:38:09
36	Monique French	F	50	CO	26:38:45
37	Leia Anderson	F	34	MO	26:42:30
38	Lisa Mobley	F	43	AR	26:43:27
39	Geoff Hanley	M	41	OK	26:43:55
40	Joel Gill	M	38	AR	26:46:30
41	Justin Cloar	M	45	AR	26:53:16
42	Ryan Witko	M	33	AZ	27:14:30
	David Witko	M	59	NY	27:14:30
44	Cassie Brown	F	34	AR	27:16:37
45	Gary Horn	M	60	TX	27:18:37
46	Brian Bailey	M	40	AR	27:21:05
47	Tabatha Park	F	49	AR	27:45:25
48	Jon Blankenship	M	44	TX	28:13:42
49	George Peterka	M	57	AR	28:21:33
50	Deb Johnson	F	57	KS	28:21:35
51	Brandon Allen	M	35	AR	28:26:22
52	Lael Wever	M	39	OK	28:29:41
53	Shelley Sparks	F	45	LA	28:29:43
54	Milt Leak	M	38	AR	28:36:20
55	Susan Kokesh	F	51	OR	28:36:35
56	Daniel Haight	M	42	OH	28:38:37
57	Ashley O'Neill	F	45	AR	28:39:09
58	Benny Hickok	M	45	IN	28:41:38
59	Guy Mundy	M	46	IN	28:41:39
60	James Dow	M	41	AR	28:44:24

Arkansas Traveller 100 Results (Continued)

61	Salli Scott Young	F	44	TN	28:45:53
62	Azam Poulatov	M	41	NY	28:51:03
63	Josh Hinojosa	M	35	AR	28:54:18
64	Deb Baker	F	55	UT	28:54:21
65	William Lynch	M	42	LA	28:54:59
66	Francis Powers	M	32	MO	28:56:09
67	Chrissy Ferguson	F	56	AR	28:57:48
68	Frank Jones	M	59	GA	29:01:37
	Jim Hubbard	M	50	MO	29:01:37
70	Troy Wolford	M	48	IA	29:04:57
71	Butch Allmon	M	62	TX	29:06:42
72	Max Roycroft	M	53	TX	29:07:01
73	Lea Ivy	F	43	TX	29:11:45
74	Andrea Knight	F	37	OK	29:13:58
75	Jim Tadel	M	61	AR	29:16:30
76	Georganna Quarles	F	63	NV	29:19:06
77	Bobby Le	M	40	AR	29:24:05
78	Missy Ezel	F	44	AR	29:25:23
79	Kurt Stein	M	35	MD	29:43:43
80	David Peters	M	41	TX	29:45:04
81	Leonard Martin	M	64	TN	30:22:44 *
82	Vincent Swendsen	M	55	NC	30:29:51 *
83	Katsuyuki Hatta	M	53	JPN	30:43:16 *
84	Agustin Negrete	M	44	TX	30:54:33 *
85	Steve Griffin	M	59	TX	30:54:34 *
86	Mikel Detmer	M	42	CO	30:57:13 *
87	Hironi Hata	F	56	JPN	31:28:22 *
88	Cliff Ferren	M	61	AR	31:38:40 *
89	Karen Lechtenberg	F	42	SD	32:09:17 *



RETREADS

(Retired Runners Eating Out)

We Meet the first 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...

From The Editor

I hope you enjoyed this edition of the AURA News. I also hope you like the new look. I have been playing with a new program and as always I am happy to have feedback. Big thanks to all who emailed me last month. I am not always good at replying to everyone but want you to know it does not go unnoticed and is greatly appreciated.



Most of you have heard Stan's Catsmacker story and I am sure many of you have had your own crazy runs or interesting turn of events during a race or training run. I am looking for funny running stories for upcoming newsletters. These can be new stories or decades old. If you have one please send me an email. Help me add some funny to 2018! I would also love to have a book or product review. If you have found a new product, running related of course, that you are passionate about feel free to share that too.

Great job to everyone who toed the line of these recent AURA events! Regardless of your finishing placement you showed up and that is more than most. Giant thank you to the race directors and the volunteers who helped make these events possible. As I prepare for my first race as a race director I have a new perspective and an even greater respect for what it takes to make these events happen. Be sure to thank these people who work behind the scenes if you get the opportunity.