

THE ARKANSAS ULTRA RUNNER

October 2017

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: runarkansas.com

Message From President George Peterka



A big thanks to Thomas Chapin and all the volunteers that worked on the Traveller. This was Thomas' first year directing it and he did a wonderful job. The race went very well. 89 people finished out of 139 starters which is good considering it was a warm day. Wesley Hunt went on to win four years in a row becoming the first person with 4 Traveller wins. Chrissy Ferguson became the first person to finish the Traveller 20 times.

We started the AURA Hall of Fame to honor members in recognition of a lifetime of both achievement and service in Ultrarunning in Arkansas. At the Traveller Picnic we inducted Lou & Charley Peyton, and Stan & Chrissy Ferguson as its first members. Lou & Charley started the AURA, directed the Traveller for the first 10 years, as well as directing other races. Stan and Chrissy directed the Traveller for the next 16 years and directed other races as well. Charley and Stan were club presidents and did the newsletter for many years. They also have numerous running achievements. Lou, Chrissy and Stan finished the Grand Slam of Ultrarunning. Chrissy was first female in the Traveller 8 times, just to name a few.

The Hot Springs National Park Trail Run was held on October 28th and had 71 participants. The weather was nice and the race went smoothly. Thank you to all who volunteered or participated in this event.

We have a date for Athens Big Fork Trail Marathon 1/6/18. We were not able to get radio people in March or April because they do a lot of mountain bike races so we put it back to January as it's always been. We hope you can make it out to this mountainous event.

Now that weather has cooled down we have more races on the calendar. Looking forward to seeing everyone at the the next race on the calendar, the Sweet Spot 50K. Best Regards

Sweet Spot 50k

Saturday, November 11, 2017

Russellville, AR
8:00am Start

Race #5 of the 2017 - 2018 AURA Ultra Trail Series

- *The race is on the Quita Coal Company Mtn. Bike Trail.*
- *The trail is a 7.1 mile single track lollipop shaped loop with 316 feet of ascent and descent.*
- *You will run 1.8 miles out to the loop. Then do four 7.1 mile loops.*
- *There will be 1 aid stations and 1 water drop on each loop. No drop bags.*
- *Directions: Just off I-40 Exit 78. This is one exit west of Hwy 7 in Russellville. Take Exit 78, Hwy 64 east, towards Russellville and the parking lot is on the left just before you start crossing the lake. The sign says Illinois Bayou Park See Map.*
- *Race directors: Tom Aspel and PoDog Vogler.*

Important Links:

Race Website

The More You Know - Illinois Bayou Facts



6/12/24 Hour Endurance Challenge

Sixth Annual Sunset 6/12/24 Hour Endurance Challenge

Friday and Saturday, November 24-25, 2017

Race #6 of the 2017 - 2018 AURA Ultra Trail Series

Please register in advance so we will know how many people to prepare for and minimize the need for data entry on race day. We are planning to chip time the race this year and Saturday morning the 24 hour race will be in progress which could create issues with race day entry for the 6 and 12 hour.

Location

Sunset Lake, Benton (see directions & parking info below)

Times

The 24 hour run will begin at 7:30 p.m. on Friday, November 27.

The 6 and 12 hour runs will begin at 7:30 a.m. on Saturday, November 28.

Check-in will be 45 minutes prior to the start time of the event you are running. As mentioned above, advanced registration is strongly encouraged to expedite the check-in process.

Course

The course will follow a one-mile paved loop around Sunset Lake (The certified distance is 1.015 miles.) There will be lighting on part of the trail loop after dark but it is recommended that the 24 hour runners bring a flashlight or headlamp unless they are comfortable running in the dark.

Entry Fee None – Donations will be gladly accepted to help offset costs

Few Frills

Water, Gatorade and soft drinks will be provided along with chips, pretzels, cookies, crackers, peanut butter, bananas, and boiled potatoes. If you want something else, feel free to bring it either for yourself or to share.

Runners are encouraged to bring a water bottle and/or other personal container either marked with their name or carried with them to minimize the use of disposable cups, thus avoiding unnecessary trash. There is room to set up your personal gear, ice chest, chair, etc., along the course near the pavilion.

We will have Overall, Masters, Grand Masters, and Seniors male/female first place (**only**) awards for each event.

Other

No DNFs – Runners will be credited with the total number of miles completed (completed full loops only) regardless of how long they run (or walk, hop, skip, crawl, or a combination thereof). Runners may stop at any time they decide they have had enough fun! Runners are free to take breaks whenever desired and for however long desired. Mileage credit will be based on completed laps.

Important Links:

Online Entry

Race Website

**LOViT Trail
Marathon
Saturday, Dec 2nd
8am**



Race #7 of the 2017 - 2018 AURA Ultra Trail Series

Miscellaneous Information:

- Distance: 26.2 miles (approximate)
- Location: Shangri La Drive on Lake Ouachita, near Mount Ida
- Race #6 of the 2015-2016 AURA Ultra Trail Series

Directions:

Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida off of Hwy 270. You will turn onto Shangri-La Drive and make the first left which is OLD HWY 270. Look for signs posted for the run. Registration will be set up 500 ft down OLD HWY 270. Parking will be at that location and along the road.

- The course will be on the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.
- Aid: There will be a total of 6 aid stations set up along the trail; all will have water and Gatorade, along with various goodies. Drop bag service will be available.
- There is no application or entry fee. There will be a waiver to sign and a can for donations to cover run expenses.
- Please keep your own time and check in at the finish.
- Race contact: Phil
- Check out more information on the Lake Ouachita Vista Trail <http://lakeouachitavistatrail.com/WP/>

Accommodations:

Shangri-La Resort will be renting hotel rooms and cabins for the weekend of the LOViT Marathon. The restaurant will be closed but rooms are available. Anyone that is running the LOViT Marathon and is looking for a hotel on Friday or Saturday night can call Shangri-La Resort at 870-867-2011. Be sure to mention you are running the LOViT marathon!!!

Registration Link:

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

Race Report - 2017 Arkansas Traveller 100 – Party of the Galaxy

~by Chrissy Ferguson

In his first year as our new Race Director, Thomas Chapin ROCKED IT! I'm sure Thomas had no idea of the amount of work and time involved in pulling it all together before, during and after race day. My analogy of turning the reins over to Thomas is sending your son/daughter off to college and hoping they will succeed. Part of you wants to "mom/guide" them every step of the way, while the other part of you knows you must allow them to step out on their own. You cross your fingers and hope they will come to you if and when they need advice and guidance. Thomas did ask lots of question the months, weeks and days before the race. I was nervous, very nervous! Stan and I are thrilled with his debut, and we are proud and looking forward to many more years with Thomas Chapin as Race Director! He will change lives and more, as Race Director of the Arkansas Traveller 100.

As the Race Director of the Traveller for 16 years I've always thought of the Traveller as a big party that Stan and I organized for runners from all over the Galaxy (me included). The Traveller is a Galaxy, the aid stations are each of many worlds ruled by aid stations captains and their volunteers to make sure all the runners (Stars within the Galaxy) can come party/run in the Ouachita Forest the first full weekend of October. This wonderful race with over 275 volunteers would not exist without their selflessness and tireless dedication for a full weekend and/or more – A BIG THANK YOU TO YOU ALL!

Aid Station Captains:

Michael Harmon – Flatside Pinnacle
Rosemary Rogers – Brown's Creek
Lou and Charley Peyton – Lake Sylvia
Chris and Kim Gunnoe – Pumpkin Patch
Kirk Riley and Bob Hunthorpe – Electronic Tower
Zac Henson and H.A.S.H. – Rocky Gap
Dale Burns, Pete Ireland and Maurice Robinson – Lake Winona
Rodney DeClue – Pig Trail
Tyler Wilkinson – Club Flamingo
Kim Fischer – Bahama Mama
Paul Turner – Powerline
Amanda and Matthew (Sexy Boots) Williams - Copperhead
Kristen, Samuel, Tammy and Tom Chapin – Turnaround

Key Volunteers:

Patrick Erwin, Alex Peterka and John Jones – Drop Shuttles
Charles O'Redditt, James Lemley and Cindy Edwards – I.T. People
Grant Davis and Joyce Taylor – Shirts Sales
Linda House – Registration and Finish Results
PoDog Vogler – Trail Clean-up and Maintenance
PoDog Vogler, Chris Baldwin and Jimmy Sweatt – Course Marking
Bill Walther – Bush Hogging
Carla Branch – Finish Line Medical
Denise Turner – Forest Service
U.S. Forest Service Law Enforcement – Course Patrol
Liberty Ambulance Service – Medical
Game and Fish – Course Patrol
Williams Junction Volunteer Fire Department – Pre/Post Race Meals
CAREN Radio Personnel – Runner Tracking

Key Volunteers Continued:

Central Arkansas Water Company – Course Patrol and Property Use
Stan and Chrissy Ferguson – Chief Advisers
Jack Evans and Harold Hayes – Runner Weigh-in
PoDog Vogler and Kristen Chapin – Used and Abused for 2 weeks
Pre Race Setup and Breakdown
Stan Ferguson, PoDog and Paul Turner – Trail Sweep and Clean-up

My 20 th Galaxy Party

Stan and I took over the Traveller in 2001 to relieve the founding Race Directors Lou and Charley Peyton. They Founded the Traveller in 1991 so that other Ultra Runners from all

over the Galaxy could see how beautiful the trails and Ouachita Mountains are in "The Natural State".

At the time, I had completed 8 Travellers with the goal of completing 10. The only way I saw finishing 10 Travellers was to take

over as Race Directors. Ten turned into 15, which turned into my 20 th

finish this year – Who would have ever thought! As I get older it gets

harder to wrap my "pretty little head" around finishing. 75 miles into

the race I thought long and hard about if I would reach the start line in

2018. It is like childbirth; you forget how bad it hurts in just a few

days. I'm not saying "yes" and I'm not saying "no" in 2018. Thanks to

my pacers Maryann Robinson and Melissa Martin, without you both I

would have had a hard time making it to the finish line! Many thanks to all the volunteers and Thomas Chapin for making Arkansas

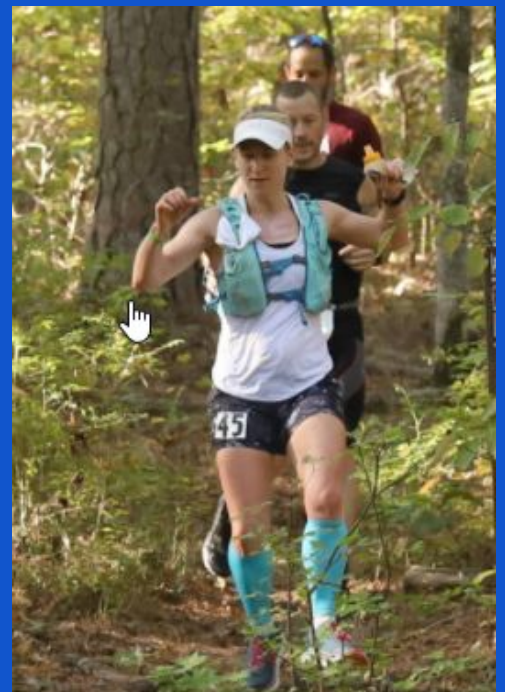
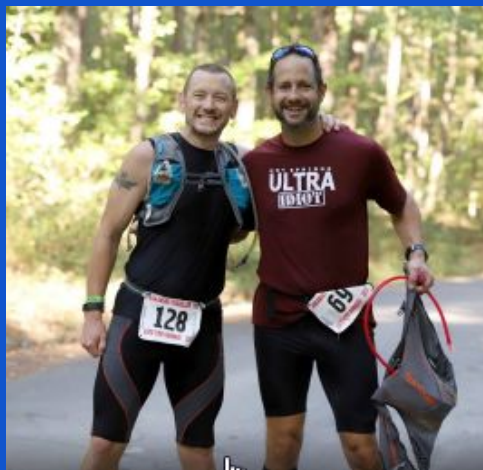
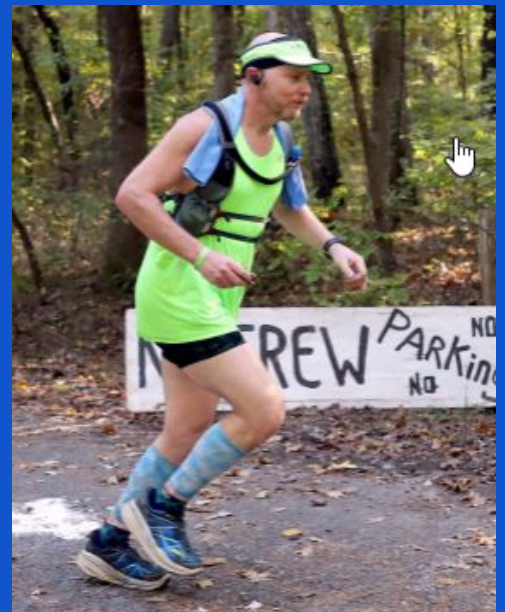
Traveller 100 - 2017 so memorable for me and many other runners! Finishing is Winning & Don't be a Dumb Ass!



AT 100 2017



AT 100 2017



AT 100 Volunteer Picnic & Awards 2017

Hall of Fame



Arkansas Traveller 100 Top Finishers



Arkansas Ultra Runners Association

Can You Help Camp Ouachita?

In 2016, the US Forest Service had announced plans to shut down Camp Ouachita permanently. Our volunteer, non-profit group put in a plan to operate and maintain Camp Ouachita if we could make it economically sustainable. Today, we are working hard maintain the camp by reinvesting rental revenue back into the facility, but we have many needs above / beyond any rental revenue:

AC Repair / Replacements

Foundation Repairs

Light Fixtures

Septic Sump Repairs

Kitchen Appliances Repair or Replacement to name a few. . .

Wheelchair Ramp

Hot Water Heaters

Screens & Doors

Floor Repair / Painting

Our Goal For 2017 Is \$9,600.00 Can You Help?

www.CampOuachita.com/Donate.html

Message From The Editor - Stacey Shaver

AURA MEMBERS,

I hope you enjoyed this edition of the AURA Newsletter. Congratulations to all who completed the Traveller 100 and a huge thank you to every volunteer who unselfishly gave of their time to make the event possible!

If any of you are interested in submitting a race report on the Hot Springs Trail Run, Sweet Spot 50k, or an out of state race, please email me and I will happily add your race report, photos, poems, gear or running book review.

See you all on the trails! Have a fun November and a Happy Thanksgiving!

Sincerely,

~Stacey Shaver-Matson~

~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.