

ARKANSAS ULTRA RUNNER  
ASSOCIATION

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**Upcoming Events**



**Appalachian Trail  
Adventure  
by Lisa Gunnoe**



# AURA NEWS

## From the President: George Peterka

Greetings everyone. We haven't had a newsletter in a while, since October. Today people use the internet to find out about upcoming races, see race results and get UTS standings. They communicate on social media, posting race photos and race stories, so the newsletter is not as vital as it once was. It's more for race reports that members submit and if there aren't any then the newsletter get delayed. So if you have something interesting to share, please send it to Stacey so she has material for a newsletter.

I wish to thank all the race directors and volunteers who put on races. Without them none of this would be possible.

PoDog Vogler and Tom Aspel put on the Sweet Spot 50K. It was a nice sunny day, little cold at the start but it got better. This is a small race. Only 19 runners finished the full 50K out of a total of 46 participants. I'm not sure why more people don't run it. It's 3 loops and maybe folks don't like that. But the trail is nicely run-able with only minor climbs. There are some roots but not too many rocks.

Pete Ireland along with the Saline County Striders put on the Sunset 6/12/24 Hour Endurance Challenge. This was the 8th year and it's always a fun race. The weather could have been a little nicer. There was light rain and fog throughout the night. The temps weren't that low but the moisture made people cold. It cleared up during the day and got sunny and nice.

The LOViT Trail Marathon, put on by Phil Carr is a very popular race. The weather could not have been nicer and we had 101 participants.

The Athens Big Fork Trail Marathon, put on by Stacey Shaver-Matson and Carrie McAdam-Marx reached its 200 runner limit and we had to close registration and start a wait list. It is a very popular race. One thing I wish to stress. If you register and change your mind, make sure you un-register so somebody else can get in. And please don't wait till the last minute. This applies to all races. The race went well, The weather was perfect. The course was pretty wet but the creeks were crossable. The food at the finish line was fantastic.

A word about winter trail safety. Anytime you go out on a trail always carry a flashlight, a way to start a fire (small cigarette lighter), a rain poncho and of course a phone. Always plan on having to spend the night out there. I hope you never will but darkness comes soon in the winter and the nights are cold. Wal-Mart sells a tiny 1-AAA cell LED flashlight that I always carry. It's about the size of your finger and it shines all night. Dick's Sporting Goods sells an emergency rain poncho for \$2 that's about the size of a cell phone. Even if it doesn't rain, it can keep you warm. And remember, even though you're not sweating as much as in the summer, you still have to drink while you run.

Stay safe and I'm looking forward to seeing you at the SwampStomper or at White Rock.

# White Rock Classic 50k

Saturday, February 2 9am Start

Race #10 of AURA UTS

No Fees, No frills, No WIMPS!

## Race Info

- Race begins 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.
- Refreshments will be near the finish line starting at 1:00 pm
- If doing the 50K and not confident of a 5:00PM finish you are welcome to start early. (study the map, you will be unsupported till the aid station volunteers get set up).
- Please keep your own time and sign in at the top and at the finish to be included in the results.
- You must sign out before leaving.
- The 50K course runs to the top of White Rock Mountain on well maintained forest road, then retraces back to the start.
- Aid is set up approximately every 5 - 6 miles.
- PLEASE NOTE: If for some reason you plan to NOT run 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
- This 50K is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently.
- Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation. This race has been cancelled in the past due to bad weather.
- **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.
- Alcohol is not allowed on forest land.

## 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 left as much as you possibly can. An ambulance must be able to get by you
- All cars must park on same side of road, left/South.

## Restrooms

- Please use the restrooms at the Turner Bend Store (please show gratitude by purchasing something).
- There are no restrooms in the campground at the start. If you need to go, walk up the road, away from the campground, and leave no trace.
- This has been a problem in the past and we may loose our permit so - LEAVE NO TRACE!!!

## White Rock Classic 50k



Race Directors  
Lisa Gunnoe  
&  
PoDog Vogler

Email Lisa at  
[shebalynnx@gmail.com](mailto:shebalynnx@gmail.com)

# LOViT 100

*Feb 22nd & 23rd*  
**100k Start at 6am**  
*Race #11 of AURA UTS*

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).

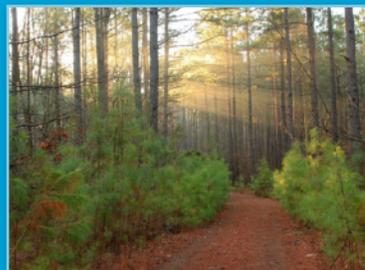
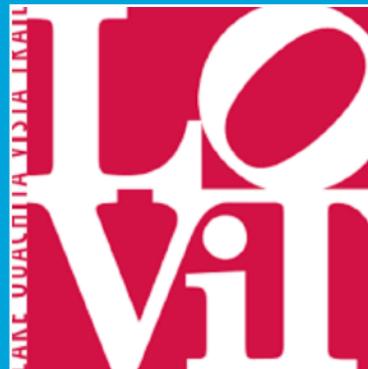
### Aid Stations

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

### Awards

Overall Male/Female awards, three deep, in the 100 Mile & 100k. Buckles will be awarded to all finishers of the 100 Mile. Medals will be awarded to all finishers of the 100k

# LOViT 100



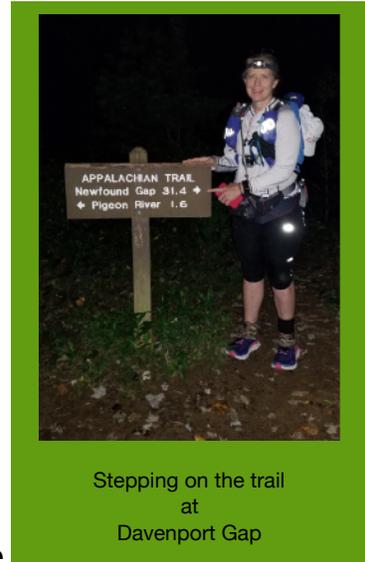
Race Director  
 Dustin & Rachel Speer

Race Committee  
 Jason Armitage, Phil Car,  
 Josh Drake, Mathew  
 Jackson, Elizabeth  
 Kimble, Corbit Sanders,  
 Kim & Bill Shurley,  
 Stacey Shaver

**A Solo, Self Created, Appalachian Trail Adventure within the borders of The Great Smoky Mountains~By Lisa Gunnoe**

In early June Chris asked me if I would like to go back to the Smoky Mountains for our 30th Anniversary.

Any question about going to the Smoky Mountains is always answered with a YES!



Stepping on the trail at Davenport Gap



The plan was to run from North to South, 75 miles over 2 days. From Davenport Gap in the north to Newfound Gap in the "middle" is approximately 32 miles. This is to be done in one day. The second day is from Newfound Gap to Fontana Dam, approximately 42 miles which includes Clingmans Dome and Rocky Top.

I spent the summer climbing, treadmill hiking and doing hill repeats to get ready. My goal was to climb 10,000' a week in training. I still needed to maintain my mileage to prepare for the Arkansas Traveller 100 in October. The purpose of this adventure beyond the adventure itself was to get me ready for The Traveller (Oct 6-7, 2018)

August 25th got here quicker than wanted and it was time to take the daylong trek across TN to get to Gatlinburg, TN and make the last preparations for the beginning of this adventure.

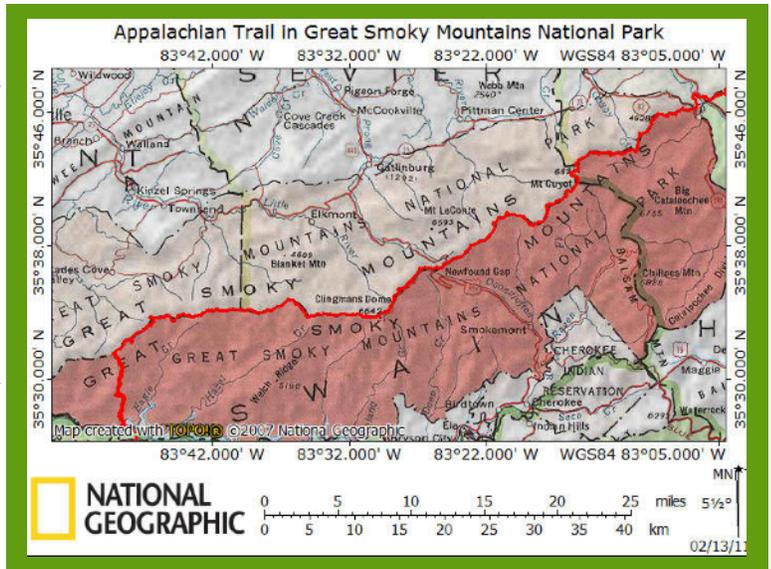
10:00 PM bedtime, 1:30 AM wake up to be ready to step on the trail at 3:00AM, That all went according to plan. I stepped onto the trail at 3:00 AM. Not bad.

The excitement was very intense as was the anxiety about all the "what ifs".

Day 1: AUGUST 26, 2018 @ 3:00 AM

It would be easy to be afraid of the dark. I have spent four years running alone, at night, in the dark, in the mountains. I'm okay with the dark. Starting at 3 AM, one knows when it is going to get light and the wait for daylight wouldn't be that long. So I put down miles waiting for daylight.

This part of the adventure, the northern part of the Appalachian Trail in the Smoky Mount is like a fairyland. If fairies and unicorns would have appeared on the trail it wouldn't have surprised me, this place is so magical.





AT by Headlamp

My goal was to finish this section quicker than I did the last time, three years before. That adventure was run from south to north, this would be from north to south. I did not make this goal which didn't detract from the badassness nor the adventure.

A week before this event I had a 70 mile weekend. I still felt the fatigue from that run when starting this one.

I had asked friend and mentor, Chrissy Ferguson, about the timing of this adventure two weeks before my next 50 miler and six

weeks before my fourth attempt at AT100 (one successful finish). She said it would be okay as long as I didn't race it and took care of myself. I decided to take pictures and engage any hikers I saw as a way to add enjoyment and keep myself at an easy pace.



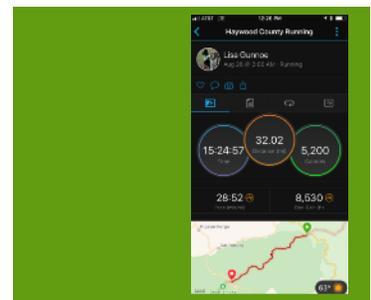
Part of the magical moments on the AT in the Smokeys

I met Nathan from Israel, John and crew from England, Critter from all over and a nice couple from New York. The time and miles spent visiting added enjoyment to the adventure.

I have been on this part of the trail before, in late July. This time around it was too late in the summer to witness the explosion of color that accompanies the flora in bloom. Most of the flowers and bushes that were in bloom were white, with a few yellow flowers.

The northern half of the park has more moisture throughout the summer, it is much more wet, mossy and green.

I LOVE this section of the trail! Every time I started to feel tired, the fatigue of the week before, I would turn the corner and there was more trail beckoning me to come play. I would get a silly, goofy grin on my face and answer the call of the mountains to come enjoy its blessed glory!

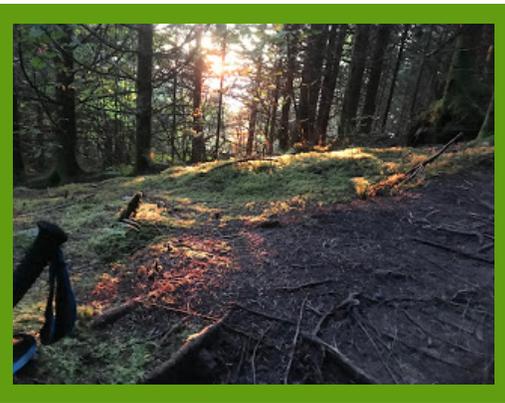


Day 2 AUGUST 27, 2018 @ 3:12 AM

I should have stayed in bed!

I spent the early morning hour before heading for the trail secretly wishing Chris would just ask me to stay in bed. It was August 27th, our 30th wedding anniversary after all. Chris was to drop me off at the trail head and spend the day fishing. Little did I know he wanted to ask me to stay in bed but he also didn't want to be the one to keep me from achieving my goal. So completely wiped out and tired, exhausted really, at 3:12 AM I stepped out of the car and on to the trail at Newfound Gap.

Stepping into the darkness with the world restricted to what is visible in your headlamp, truly alone, is both a bit scary and thrilling!



I want to see a bear in the wild! My daughter and husband see a bear every time they have gone to the Smoky Mountains. I want to see one too. At early dark:30 there might be a chance to hear a bear. I did not listen to podcast or music. I wanted to hear what was around me..... no bear heard, no bear sighted.



The orange warm early glow started back lighting branches and moss. I think I have mentioned that with the rising of the sun there is a rising of the spirits, a lightening, a gladness that comes with the morning light. This time of day fills me with gratitude for everything!

Alma 30:44 - Book of Mormon..... and all things denote there is a God; yea, even the earth and all things that are upon the face of it, yea, and it's motion, yea, and also all the planets which move in their regular form do witness that there is a Supreme Creator.

My only chance to bail on this 42 mile section would be in 9 miles at Clingmans Dome, the highest elevation on the Appalachian Trail at 6,640'.

It was after sunrise when I got to Clingmans Dome.



Even the downhills seemed uphill on this second day. I didn't feel like I had accomplished much after visiting Clingmans Dome, the fatigue of the last two weeks were really starting to be felt.

The next big challenge was the miles between Clingmans Dome and Rocky Top. I knew getting over Rocky Top would be a gargantuan milestone in this challenge. Rocky Top is 5,527' with Thunderhead Mountain a bit higher than that. I remember while hiking, looking up and seeing a mountain "way up there" and knowing I was going to go up and over it. My thinking was okay about that challenge, I just thought, "let's get going, if there is a challenge to tackle get going".

After coming down off Rocky Top I started to recognize my surroundings. We had hiked this area, me and my family, a few years ago. It is a lovely, magical space. It wasn't long before I came near the shelter in which I stayed with my family, Spence Field. The shelter was closed because of bear activity.

Spence Field Shelter to Russell Field Shelter was a trail runner's dream terrain with the perfect mix of technical trail, soft single track and nice



forested areas. Shortly after Russell Field Shelter things went very wrong. I was jogging down the trail, using trekking poles when I tripped over the smallest root, on a flat section of trail, falling in slow motion or so it seemed. I remember thinking, "I shouldn't be falling because I'm using

trekking poles". As soon as I hit the ground I knew I had broken my left wrist. A few years ago I broke some bones higher up in the right hand, falling in exactly the same way minus the trekking poles so I know what that dreadful feeling was. A million thoughts raced through my mind all in slow motion but racing if that makes any sense at all. "Oh shit!" yes, I did swear. I sat there a moment, stunned, looking around, assessing the situation. I had about 13 miles left to this adventure (thinking I had 15 miles left)... that would take me 7 hours if things went well. How can things go well with what just happened??? I didn't panic, I didn't lose my crap, I took care of business. Still sitting there dazed I looked around, gathered all my supplies to me, took my pack off, looked at what I had to help myself. I took my bandanna and my sweat towel off, found a nearby heavy stick and made a splint.



I had some pain killer on me, ibuprofen, turmeric, BC Powder, I took some of each, but not too much. I ate a food bar or something, I don't remember what I ate at that point. Then I put everything back in my pack, got up and started moving forward. I held the trekking pole in that hand to support the hand only, because it hurt to have it down at my side. I couldn't really grip it and definitely couldn't use it to balance or pull.

I kept my mind about me, breathing deeply and thinking of all the Amazon strong women in my life and in my lineage. My ancestors were Mormon settlers. They were chased out of Missouri in the middle of the winter. They lived at Winter Quarters and then pushed handcarts to Salt Lake City. They bore children on the way and sent husbands off on missions leaving them to get their families to Salt Lake and get settled alone. I had 13-15 miles to go, I could do this.

There was no early off the trail. Chris would be waiting at Fontana Dam. I could hope for a cell phone signal to let him know what happened and hope he could find a closer place for me to get off the trail, but coordinating all of that would be risky at best. The best thing to do would be to bravely hike on to the finish line, Fontana Dam.

When I did get a signal I thought about not letting Chris know what happened. He could do nothing for me and there was no need for him to be worried for the 7+ hours it would take for me to get off the trail. I then thought he could go to a drug store and get me a real brace, so I called him, told him what happened and asked him to get me a brace, ice and pain killer and I would meet him at Fontana Dam.

Providence was with me for sure! I'll tell you why, I was coming upon Mollies Ridge Shelter just as it was getting dark. There was a bit over 10 and a half miles left. There were two men sitting in the shelter organizing their supplies for the next day. When one of them saw me, my hand and my condition he asked me how he could help. I told him what happened and what I had left to do before I could rest. He said he was an emergency room doctor and if I would allow it he would very much like to help me. I gratefully accepted his help. He made a soft cast with my bandanna and towel and some duct tape that he had. He reviewed the pain meds I had taken and what I had eaten since the fall. He asked if he could give me some more over the counter meds to make sure I wouldn't run out and he gave me a schedule on when to take what. He wanted me to stay in the shelter that night and continue in daylight. I told him my situation with Chris waiting at the end and I wouldn't rest anyway with the pain so I should just continue on.

Dr Ahmed, my trail angel, and his companion filled my water with their filtered water, took my garbage, helped me move my supplies from the back of my pack to the front of my pack so I wouldn't have to wrestle with my pack one handed when I needed something throughout the remainder of this journey. We said our goodbye's and I expressed my deep gratitude and continued on down the trail.

I had to fight the feelings of the forever. This will take forever, I will never get off the trail, all those kinds of thoughts and feelings. I kept telling myself this too would pass, I had a finish line and my Super Man would be waiting for me there.

The world was back to what I could see in my headlamp, just a thin slice of the world shining brightly in front of me. The dew on the bottom sides of leaves and mushrooms glows florescent in the headlamp. It has a magical quality to it.

Even after seeing Fontana Dam the trail still goes on and on and on and on. I'm sure the circumstances added days to the seemed length of this journey.

I can't tell you of any amazing stories of hallucinations, maybe a few passive images right at the corner of my eye. I would glance sideways to see what had caught my attention and there was nothing to see but the underside of a leaf, or the odd shadow of a tree. I was scared to look while walking because I was terrified to trip and fall down. Stopping to examine my surroundings would slow me down so the examination of hallucinations would just have to wait for another adventure.



**Dr Ahmed's Handywork**



I didn't see any snakes, any bears, I saw small critters and a wild boar. I think I heard a large animal crashing through the woods, I can imagine it was a bear.

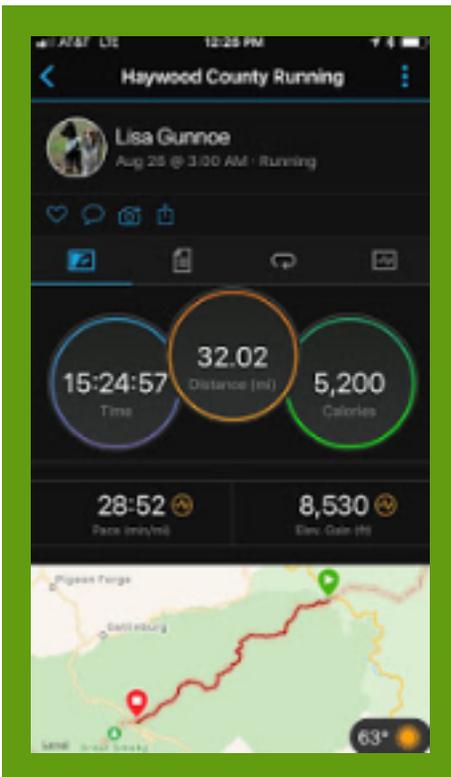
At last, at last I saw the parking area and the car! I saw my finish line! with Super Man waiting!

This second day took me 23 hours 53 minutes and 22 seconds.

Chris had the needed supplies, several gallon jugs of water and a change of clothes. I took a car shower, dried off, changed, and then iced my hand and put the new brace on it. I think I cried, but I don't remember. I know I didn't lose my crap.

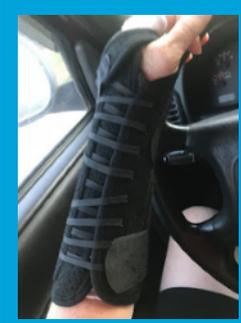
The total adventure was over 2 days with three hours sleep in between (also time too and from hotel, shower, arrange gear for the next day)  
 Total miles: 74.54 Miles  
 Time on the Trail: 39 Hours 18 minutes and 19 seconds  
 Total elevation gain: 17,530 '

Key Points	Fontana Dam	Davenport Gap	Elevation	Water	Notes
Fontana Dam	0.0	71.6	1800		Short side trail to the <a href="#">Shuckstack Fire Tower</a> .
Shuckstack Tower	4.0	67.6	3800		
Birch Spring Gap	5.3	66.3	3680	Y	
Doe Knob	7.6	64.0	4520		Trail junction give you access to <a href="#">Gregory Bald</a> .
Ekaneetlee Gap	8.9	62.7	3842	Y	
Mollies Ridge Shelter	10.6	61.0	4570	Y	
Russell Field Shelter	13.1	58.5	4360	Y	
Spence Field Shelter	16.0	55.6	4915	Y	Travel 0.2 miles on Eagle Creek Trail to reach shelter. Awesome displays of mountain laurel at <a href="#">Spence Field</a> in late spring.
Rocky Top	17.2	54.4	5440		Spectacular views atop <a href="#">Rocky Top</a> .
Thunderhead Mountain	17.8	53.8	5527		
Beechnut Gap	18.1	53.5	4920	Y	
Derrick Knob Shelter	22.3	49.3	4880	Y	
Sam's Gap	22.5	49.1	4995	Y	
Buckeye Gap	25.1	46.5	4817	Y	
Siler's Bald Shelter	27.8	43.8	5460	Y	
Double Spring Gap Shelter	29.5	42.1	5505	Y	
Clingmans Dome	32.0	39.6	6643	Y	Highest point on AT, in the Smokies, and state of Tennessee. Emergency access, shuttles & restrooms.
Mt. Collins Shelter	35.8	35.8	5870	Y	Travel 0.5 miles north on Sugarland Mountain Trail to reach shelter. Access to Clingmans Dome Road.
Newfound Gap, US 441	41.3	30.3	5046	Y	Only place where AT crosses a road in the Smokies. Restrooms, re-supply point, or catch a shuttle.
Icewater Spring Shelter	43.3	28.3	5920	Y	Because it's so close to Newfound Gap this is one of the most crowded shelters in the park.
Charlies Bunion	44.1	27.5	5905		Outstanding panoramic views from large rock out-cropping at <a href="#">Charlies Bunion</a> .
Pecks Corner Shelter	50.7	20.9	5280	Y	Must travel 0.5 miles south on the Hughes Ridge Trail to reach shelter.
Mt. Sequoyah	53.4	18.2	6069		
Mt. Chapman	54.9	16.7	6417		
Tri-Corner Knob Shelter	55.9	15.7	5920	Y	
Guyot Spring	57.7	13.9	6150	Y	
Mt. Guyot Side Trail	57.8	13.8	6395		
Cosby Knob Shelter	63.6	8.0	4700	Y	
Mt. Cammerer Side Trail	66.4	5.2	5000		Excellent 0.6 mile side trip to a "western" style octagonal rock <a href="#">fire tower</a> .
natural spring	66.9	4.7	4300	Y	
natural spring	68.5	3.1	3700	Y	
Davenport Gap Shelter	70.7	0.9	2600	Y	
Davenport Gap	71.6	0	1975		TN 32, NC 284; eastern boundary of Smokies



This T-Shirt is my "race shirt" as it has the course on it (though wrong) and yes you see a size sticker. LOL I didn't take it off because I wasn't going to wear it if I didn't finish the

After leaving Fontana Dam area it took several hours to drive back to our hotel down a very windy road. We got to the hotel about 6 AM. We slept till 10AM. I didn't see any reason to find an emergency clinic in Gatlinburg. While we drove home I made an appointment with our family doctor for the next day.



This is a non-displaced fracture. Okay, a brace, time, I would be good to go. I was given the go ahead to run Do-Wacka-Do 50 Miler on the 8th of September and the Arkansas Traveller 100 on the 6th of October.



While at Do-Wacka-Do 50 Miler I ruptured one of the tendons for my left thumb. This is a rare injury but when it does happen it is usually a few weeks to a few months after this kind of break. The tendon had rubbed over the rough area of the break for a few weeks until it wore through and broke. Due to pain, stomach pain, diarrhea, dehydration, time sitting at an aid station (1 hour and 30 minutes) and Frankenstein mud my 50 miler became the slowest 50 K of my life.

I did not finish the Arkansas Traveller. I missed the cut-off at the Powerline Aid Station (Mile 48)

I was doing very well, but then as I got tired I refused to run downhill because I was scared of falling. I was too tired to force the uphill, thus too slow.

On October 10, 2018 I had surgery on my hand to repair the tendon. They re-routed a tendon from my index finger which had two, to my thumb. I spent 6 weeks in a soft cast and then another 6-7 weeks in physical therapy. I think I will be released from physical therapy at my next doctor visit Monday January 7, 2019.

It has been a long and winding journey since deciding upon creating my own Smoky Mountain/AT adventure. Many tears cried, goals not achieved and heartbreaks glued back together through the love of my husband and my dear friends.

I'm pleased that when things went crazy on the trail I was able to take exquisite care of myself, keep calm and think. I had the proper supplies on me (with the exception of bubble wrap). It is a joy to report that for the most part I can use my left hand. It isn't at 100% but I think as the years go by, and as I stay active and actively use it, it will get stronger and more range of motion will be restored.

It is also a thrill to know that for the most part, for this year anyway, I have figured out the blister thing. Superfeet Insoles. These things saved my life!



I do not regret this adventure. I am stronger in mind, body and spirit because of it.

Remember those books, way back in the day, you picked your own adventure as you read along. Well, that is kind of how this was. I'm so glad I picked this adventure. Yes I want to do it again. I want to share this magical place with friends.

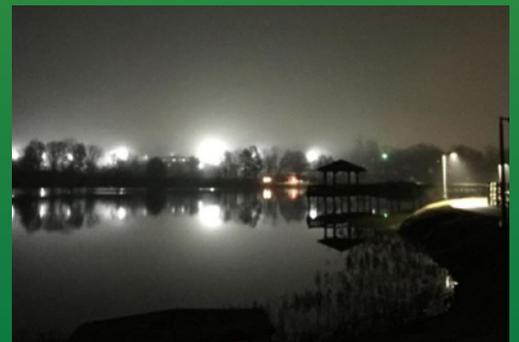
# Sweet Spot 50k



Participants Received  
A FREE  
AURA Buff  
Thanks To  
Chris and Shirley Agen



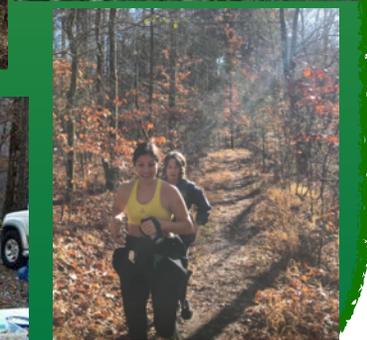
## Sunset 6/12/24



# LOViT Trail Marathon



# ABF Trail Marathon



## A Word From The Newsletter Creator



*I would like to express my sincere gratitude to everyone who came out to enjoy the Big Fork Trail this year! I have a lot of love for this trail and I feel like it is often overlooked as a training tool. I hope as the Race Director of the ABF Trail Marathon I can not only get people out at the first of the year to test their mettle but to bring awareness of the area and all that it can offer.*

*We certainly brought some attention to surrounding businesses. I have received a number of emails from business owners, expressing their gratitude. Thank You so much for patronizing the area Businesses, AirBnBs, and Campsites.*

*Also, Carrie and I would like to give a huge thank you to both Fleet Feet Easy Runner, Team Jackass, The Big Fork Community Center, Go Running, and to ALL who Volunteered your time. You are true Trail Angels!!*

*Now that we are in a new year, you are probably working on your race calendar for 2019. I hope you will pencil in volunteer hours for at least one AURA race. These events cannot take place without help, so please do your part as a member of our amazing trail community. Beyond simply filling your motivation meter up you'll also meet some incredible people while you're busy helping runners meet their goals. What you get from volunteering in the moment is amazing, but the friendships + ideas you take home with you truly make it all worth it. So contact one of our friendly race directors today!*

*I hope to see you all at the White Rock Classic (it doubles as my birthday run)*

*Happy Trails*

*Stacey Shaver-Matson*

**Contact Me at**  
**[mverunnergirl@gmail.com](mailto:mverunnergirl@gmail.com)**

AURA Race Results can be found on the website: <http://www.runarkansas.com/>



A team of filmmakers, runners, and pollinator advocates will be telling the story of the flight of the monarch butterfly seen through the eyes of ultra-runners who will run the same distance of 4,300km from southern Ontario to Mexico in the fall of 2019. The Monarch Ultra is the first attempt to run across North America (Canada, United States & Mexico) in order to raise awareness of monarch butterflies who make the migratory journey every year, and whose populations are in decline. Our multi-day running adventure will invite runners to traverse wild landscapes while building camaraderie, overcoming adversity, and sharing a singular adventure with monarch butterflies. Most importantly, the Monarch Ultra is an opportunity to connect us as human beings across North America with common goals of Earth.

If you are interested in being a part of this journey please contact me at [mverrunnergirl@gmail.com](mailto:mverrunnergirl@gmail.com). If all goes according to plan they should be through Arkansas in October. I will update those interested as I receive updates.

stewardship & biodiversity conservation.  
Website: <http://www.themonarchultra.com>  
Facebook: @MonarchUltra  
Twitter: @Monarch\_Ultra  
Instagram: @the\_monarch\_ultra



## RETREADS

### (Retired Runners Eating Out)

We meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. The food lineup begins sharply at 11:30 a.m. Come early to the lobby and celebrate your latest adventure. Everyone welcome, retired or not. If you are late look for the table with the old runners in their t-shirts from the past, medallions, trophies, etc.

Questions? Call Lou or Charlie Ellis Peyton  
680-0309