

AURA NEWS

Message From The Club President - George Peterka

Several races have taken place since our last newsletter and I would like to thank the following race directors and the folks who made these events possible.

Sweet Spot 50k - PoDog Vogler & Tom Aspel
Sunset 6/12/24 Hour Endurance Challenge - Pete Ireland & Saline County Striders
Lovit Trail Marathon - Phil Carr
Athens Big Fork Trail Marathon - Stacey Shaver
White Rock 50k - Lisa Gunnoe & PoDog Vogler



I just want to remind people to un-register from a race if they know they will not come. Many of our races are free but registration is still required. Some races have limits and when they fill up you are preventing another person from running if you do not un-register. Also, we use the registration data to buy the appropriate amount of food. To keep these races free, reduce expenses, and limit waste please un-register within an appropriate time frame. (One week notice is not an appropriate time frame).

I can't think of much else to say. I am keeping my fingers crossed that it won't rain for every race like it did last year.

I am looking forward to seeing everyone at our upcoming events. Till then, run safe & smart.

Best Regards,
George Peterka

Upcoming Races

Styx n' Stones



30 Kilometer Trail Run
(15K Option Also Available)

Devil's Den State Park
February 22, 2020
8:00 AM

[Click Here For Race Website](#)

[Click Here For Driving Directions](#)

[Race Director - Mark Denherder](#)



Ozark Highlands 50k
March 7th 2020

A landscape photograph showing a winding river through a valley with rolling hills and sparse trees in the background.

[Click Here For Race Website](#)



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Wild Azalea Trail Race 2020

By Missy Ezel

On January 4, 2020 I ran the Wild Azalea which was the first Race in the new trail series, The Heart of Louisiana. There are 3 races in the series. You don't have to do all the races but it is on a point system and prizes are awarded at the end for several categories. There are several different distances at each race but you must run a distance that is considered an Ultra distance, anything over 26.2 for it to count.



Now onto the race report. The race is held in Woodworth, LA just outside Alexandria on the Wild Azelea Trail. This is the longest consecutive trail in Louisiana and I was looking forward to exploring an area I had never been in before. Andi Stracner and I headed down on Friday because we wanted to be at the trail briefing that night at Run Wild in Alexandria. I was a little skeptical about this race because there is not a lot of information and no updates on the website or Ultra sign-up. The information I could find made it appear that it was going to be a self supported race. Ultimately, it truly was. At the briefing they told us the course was changed due to a tornado that came through the area back on 12/16/19. We would run

1.6 miles from the church in Woodworth to the trail head. Then we would go from mile marker 24 to mile marker 9, turnaround and come back, repeat 1 more time, then back to the church to finish. I asked about a cutoff for the 100k since it was not posted anywhere and the RD told us 16 hours. I questioned this and asked if there was any leniency and he agreed to 17-18 hours but stated they have lives and don't want to be out there all night. This statement was said to me several times throughout the race and it really rubbed me the wrong way. If you don't want to be inconvenienced, don't put on an Ultra! Race morning we headed to the start and luckily they were nice and took our cooler to the trail head for us because we would need it for re-fueling. Andi and I both carried all our food on us because the aid tables only had water, their form of sport drink, coke, cookies, pretzels and bananas. 6 am we take off and head up the road to the trail head.

Once there, it is all single track, very runnable and a really beautiful trail, lots of pine trees and the needles softened the ground. There were roots in places and mud and small creek crossings but nothing that was difficult to maneuver. Overall, the trail was amazing! We make it to the turnaround which was about a 1/4 mile past the mile 9 marker and the water is empty. There are only 8 of us running the 100k so I was not sure how this happened. We head back and I text the race director to let him know about the water. We were required to carry our phones because there are no people at the aid stations and in case of an emergency we have to have the RD's numbers. We make it to a parking lot and there was someone waiting on a Mtn. Biker with water and offered to fill us up. Thank goodness. We get to the next aid station and it's out also. This happened at 3 aid stations. Ridiculous!! Andi and I stayed together for quite a while but I end up going ahead because I am hoping to make it to the trailhead in time to start my next out



and back. I get there and its 8 hours in. I convince them that I can make up time and get the race done. They bring up the 16 hr cutoff and I said we were told we could have 17. He agreed and let me go. I grabbed my headlamp, a jacket and food and bolted. He asked me to text the RD at certain points so they knew where I was. I agreed. I ran into Andi and let her know they weren't going to let her continue and to find out where the aid stations were so she could crew me. I knew I would need food and water. She was on it. I was making up time and getting 4-5 miles an hour. I started calculating where I needed to be and at what time so I could keep going. I needed to be at turnaround by 6:30 pm, made it at 6:24. I text the RD and then shut my phone off and headed back. Made it to the parking lot coming back and one of the RD's was there with Andi and asked if I got Brad's text. I did not. He told me they were pulling me. I could not believe it! He said I didn't have enough time to finish, and then the lovely statement about them having lives came into play again. I was beyond mad! I think this is the only race where I have ever disagreed with a decision that effected my race. I was at 48 miles and still had a little more then 4 hours for the 17 hr cutoff. There was no reason to stop me except they didn't want to be there. I told them I was going to continue and get my 50 miles and Andi would pick me up. They said ok. I text the RD when I got to Andi, I had 51.67 miles. I went to the finish to get my medal. Needless to say I was extremely disappointed in this race. I got my medal, stewed about it for a few days and decided that everyone should know what they are getting into. I am not a newbie and I know my limits and how my body feels so if I thought I couldn't finish I would have pulled myself, but I knew I had it and regret not continuing on my own, having Andi follow me, just to prove a point. Unfortunately that's not how it works and I followed the rules, UGH! I will not be doing this one again and do not recommend it either.





Well Deserved/Earned Awards



RRCA Lifetime Achievement Award Presented by David Samuel to Pete Ireland



Pete has been a big part of the running community since 1979. He has many accolades in both road and trail running. To name just a few, he has been a race director for many events, captained aid stations, cleared trails and much more. AT100 runners have likely seen him at the Lake Winona aid station year after year. UTS runners have also likely seen him in his RD role at the paved 6/12/24 hour event at Sunset Lake. He has completed 140 AURA Ultra Trail Series events, 11 one hundred mile races, 6 fifty mile races, and many more!! This little paragraph does not do this man justice so when you see him in person let him know how much you appreciate his contributions to Arkansas Running!

2019 RRCA Ultra Runners of the Year

Overall Ladies Winner: Laura Kearns

2019 Races Completed and Points Earned:

Arkansas Traveller 100 (2nd) 300

Ouachita Trail 50 Mile Run 50

Sunset 12 Hour Track Run 85.02

Midnight Madness 50 Mile Run 117.5 **Total 552.52**

Masters Ladies Winner: Michelle Posey

2019 Races Completed and Points Earned:

Arkansas Traveller 100 Mile Run 120

White Rock 50K 20

Full Moon 50K 30

Swamp Stomper 50K 20

Ozark Highland 50K 20

Lovit 100 Mile Run 210

Sunset 24 Hour Track Run 73.64

Ultra Trail Series Winner 50. **Total 543.64**

Overall Men Winner: Daniel Arnold

2019 Races Completed and Points Earned:

Walking Tall 50K 80

Midnight Madness 50 Mile Run 140

Sweet Spot 50K 50

Ouachita Trail 50 Mile Run 117.5

Swamp Stomper 50K 65

Ultra Trail Series Winner 50

Lovit 100 Mile Run 240

Leadville Trail 100 170 **TOTAL 912.5**

Masters Men Winner: Stan Ferguson

2019 Races Completed and Points Earned:

Arkansas Traveller 100 Mile Run 120

Ozark Highlands 50K 27.5

Full Moon 50K 25

Ouachita Trail 50 Mile Run 68.75

Ultra Trail Series Master's Winner 30

Lovit 100 Mile Run 132.5

Ozark Trail 100 Mile Run 138.75 **TOTAL 542.50**



Larua Kerns



Michelle Posey

Daniel Arnold



Stan Ferguson



Yo, That's a Wrap! My Full mOOn 25K & 50K Finale is July 18

If you don't know by now, I'm hanging up my race director shoes after 12 years of Full mOOn fun. Fortunately, we have the Three Amigos (or Stooges, depending on your interpretation of their shenanigans) Chris, Ronnie & Sharon will be assisting me this year and taking over in 2021. The glow must go on! If you want to get in on my last hurrah, don't miss this run!



Sharon, Chris, & Ronnie

Early registration ends June 7 at midnight!

Sign up early and often. Be a real friend and make sure your running buddies get in before the price goes up...way up!. If you get injured or can't make the run, you can defer to 2021 up until July 5. **ALL**

REGISTRATION CLOSES JULY 5. Sorry, no exceptions.



Susy Chandler
Full Moon RD

Scholarship Fund: Proceeds from the race still support the Lou Peyton Track & Field Scholarship fund this year to honor the ultra-running legend for trailblazing women's distance running as the first, along with three other ladies, to complete the Grand Slam of Ultra Running in 1989, among a host of other accolades. Besides offering an outlet for ultra running in Arkansas, AURA serves to promote the sport of distance running. We're hoping to raise \$5,000 to go toward the scholarship this year! We don't charge you through the roof in registration fees to keep the race accessible to as many runners as possible. If you can, contribute to the scholarship by adding a donation to your registration, or visiting the race's [donation page](#).

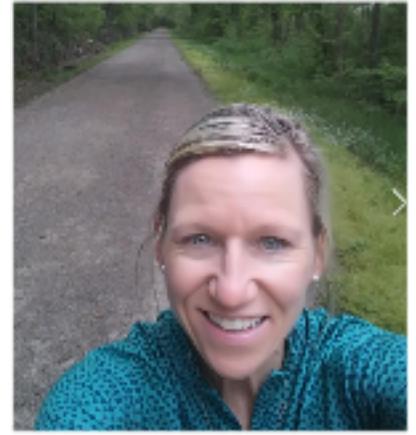
New this year: There's nothing new under the sun, but under the full moon, you never know what you're going to get! We've got a new aid station captain, new directors, a new finisher's award and more. Be there or miss out!

We need volunteers: Whether you're injured and can't run, or just have some "family" you don't want to have to pay \$5 for the breakfast, sign up to help out! We need help with check in, parking, course marking, merchandise and more. See all the ways you can help on the [volunteer page](#).

We'll see you at the largest running party of the year! Get the full scoop at Fullmoon50k.com.

Hello AURA Members,

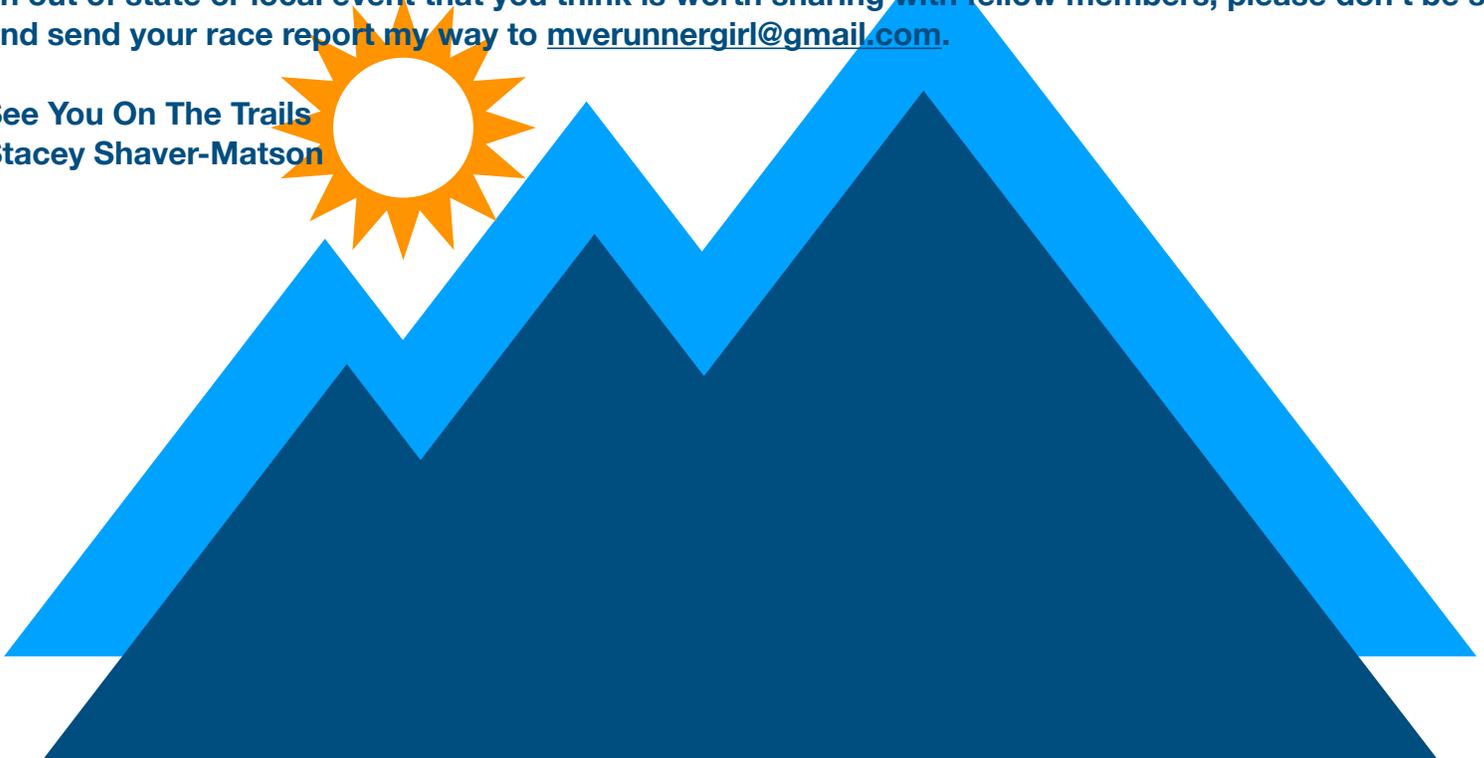
It has been a few months since the last edition of the AURA News. I would like to thank you all for your patience and understanding during the many months I spent caring for my Momma. I would also like to thank those who sent flowers to the service or donated to the Michael J Fox Parkinson's Disease Foundation. Many of you came to the service and your presence meant the world to me. The many cards and messages from you were uplifting in times I needed it most. I feel so blessed to be a part of this amazing running community. Thank You All



So, as you may have noticed, there are many changes taking place within the AURA community. As RD's and Volunteers who have worked tirelessly for many years are stepping down, it is time for the next generation to step up to the plate. If you have never volunteered for one of our events then I hope you will give serious consideration to taking the plunge and helping out. Yes, that might mean you give up the opportunity to run the race you chose to volunteer at but it is a sacrifice worth making if you love the Arkansas Trail Community. Volunteers are the backbone of any great running event and the Trail Angels that we couldn't do without. Please, reach out to one of our Race Director's today and do great things! Keep in mind that you DO receive mileage points in the AURA Series for your volunteer efforts. As these changes are being made, the AURA Board is happy to hear your what you think. Feel free to send a message to George, our club president.

Big Thanks to Missy for sharing her race story!! She is doing the LA series and will be sharing her experience at each of these events. Let's hope her next one goes a little smoother. If you participate in an out of state or local event that you think is worth sharing with fellow members, please don't be shy and send your race report my way to mverrunnergirl@gmail.com.

See You On The Trails
Stacey Shaver-Matson



RETREADS (Retired Runners Eating Out)

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

Questions?: Call Lou or Charles Peyton at 680-0309

