

# AURA NEWS

## Arkansas Ultra Running Association

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## From the Editor

### *ARE YOU READY?*

Let the battles begin! The first race in the AURA Ultra Trail Series is set to kick off Saturday, July 17th.

Maybe you will be battling other competitors, maybe you are battling to become a stronger runner, and maybe you are simply trying to stay motivated. Whatever your reasons are, we are glad to see so many people competing in the series this year.



If you are new to the UTS or new to AURA then WELCOME! If you haven't signed up yet, it isn't too late. [Click Here To Register](#) As a UTS participant you will not only be competing for the overall award within your age bracket but you get the opportunity to try to earn a High Mileage awards. All you have to do is meet the required mileage.

After each race you will be able to view the leaderboards on the AURA website and I will also post them here in the newsletter periodically. I look forward to watching the season unfold and hope the world remains normal enough for us to see it all the way through this year. Good luck to you all!

-Peace, Love, and Trails-

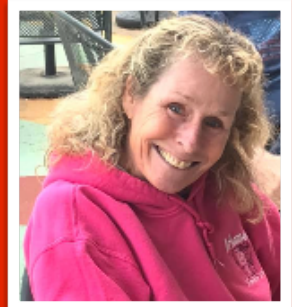
Stacey



## LightHouse 50

~By Chrissy Ferguson~

A few years back on Facebook I saw a post from an ultrarunning friend who had just finished the inaugural year of the Lighthouse 100 (2017) near Traverse City, Michigan. This race is a point-to-point 100/50-mile, on bike trails and road. This sparked my interest since I really like road running. The race starts at the Mission Point Lighthouse, Peninsula MI Est. in 1870 and finishes at the Petoskey Pierhead Lighthouse Est. 1912, Petoskey MI. The web-site states; "Run is mainly on quiet seaside bike paths and streets with little traffic, only 3 to 5 of the 100 miles is on US31. There will be 10 fully stocked aid stations every 10 miles and unstaffed water aid station every 5 miles between aid stations". In 2019 I signed up for the 100 mile, with just a few weeks to go before the race I fell at Mount Magazine Trail run and partially tore a tendon between my right ankle and knee and was not able to attend. The race graciously deferred me to 2020. As we all know 2020 was COVID Black Hole Hell, which of course deferred me to 2021....



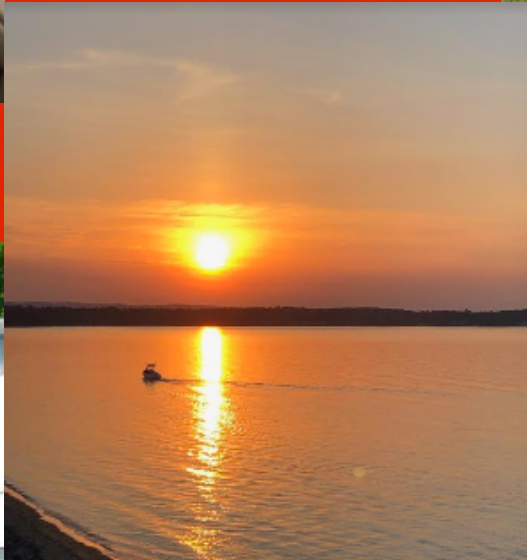
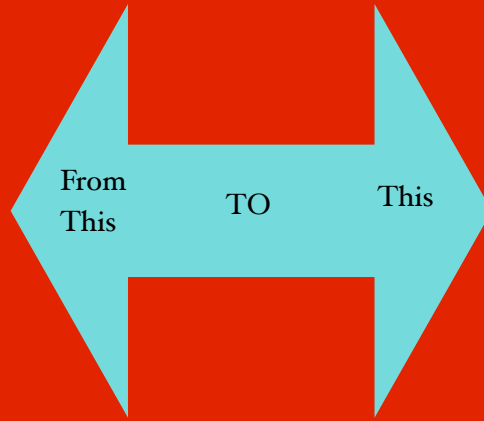
### My Training Started December 2020:

I started upping my long runs the first week of December, first was 10 miles. Each week I upped my mileage by 1 mile and by mid-February I was running 20 plus miles. On February 25th about 5 miles into my long run I caught an uneven part of paved bike trail, tripped, fell and broke my left shoulder/clavicle bone and the ribs on my left side. After 8 weeks in a sling and a figure eight brace, I was finally given the okay to start running again. With permission from my orthopedic surgeon, I dropped to the 50-mile race instead of the 100-mile.

### My Race 50 (+2) Mile Race:

The 50 mile starts at 12 noon at mile 48. This year the weather was unseasonably warm, the average is usually in the 70's and lows at night in the 50's - Not so lucky - Temps in Arkansas were cooler here! The high on race day was in the upper 80's and the low was in the high 60's that night. The course changed; we ran over 10 miles on US31 and only the last 12 miles were on a bike path. I had a bad spell about 15 miles into the run, so I sat for 25 minutes to regroup, hydrate and get some calories. I walked the next 10 miles trying to drink 20 oz of water every 2 miles while Stan crewed me. I finally got it together and ran/walked the rest of the race. The sun going down, shade and cooler temps finally helped and I finished in 12:35:46, 11th female overall and 1st Senior. I'll take it considering everything! If you want to run this race, do it with a crew. I don't recommend doing the race without one! I'm glad I finally got this off my bucket list and I probably won't do it again...

Happy Trails and don't be a Dumb Ass!



## The Fate of Camp Ouachita

You may not be aware that the future of Camp Ouachita has been sort of up in the air for a while. A couple of years ago the National Forest turned the care of Camp Ouachita to a ministry of New Life Fellowship, Outdoor Life, with Brad Finkbeiner in charge. The organization attempted to attract grants donations and other collaborations to reinvest back into the camp. There were also many efforts made by AURA and AURA Members to raise funds to save the camp. Those funds were contributed to Brad's organization but ultimately they said the cost of running the place was just too much, they were unable to keep the camp economically sustainable and had to walk away. Once again the camp's future was uncertain.

This former Girl Scout Camp in the Ouachita National Forest is on the register of National Historic Places and three AURA events have typically been hosted here. The Catsmacker, Full Moon, and The Traveller 100 all make use of the facility. Trail runners have enjoyed many pre and post run gatherings in the front yard of the camp for years and it was going to be a great disappointment to think we wouldn't have that privilege anymore. It was even more disheartening to think about this treasure falling apart without regular care and maintenance. Worry no more because I am happy to report that it will now be in the hands of the State Parks!

Arkansas Governor Asa Hutchinson publicly announced on June 21st the creation of the Arkansas Office of Outdoor Recreation. With it, they will be taking on the stewardship and operation of Camp Ouachita in Perry County. He announced a memorandum of understanding with the U.S. Forest Service to expand the use of the Lake Sylvia Recreation Area and the adjacent Camp Ouachita, a former Girl Scout camp with a restored lodge and cabins. Specific announcement is at about 10 minutes into the following link - [Link to the Governor's Speech](#) You might want to watch it all as there are other really great announcements, including the addition of the Blue Mountain Natural Area, west of Rattlesnake Ridge, to the outdoor recreation opportunities making all three peaks of the pinnacle mountain range part of our natural heritage.

Joe Jacobs will be speaking at the ARK Running Club's meeting on July 12th at American Pie Pizza on Maumelle Blvd at 6:30m. Mark your calendars if you are interested in learning more about the future of Camp Ouachita and the states new role. Joe will be speaking about the State Parks takeover of the Lake Sylvia Day Area, Girl Scout Camp Building and the Southwest bike trail that will be built between Little Rock and Hot Springs.

**There are ONLY 30ish SEATS AVAILABLE so you must RSVP!!! Send me an email very quickly if you wish to attend.**

## Latest Update on the Back 40 Trail Race from our friend James Reeves

The Back 40 Trail Race will be moved to the second weekend in November (13th-14th). Two reasons for this - The last three years we have dodged some sketchy weather and the change will make it more friendly to hang out together post run. The other change has to do with the race format.

The event will now be a 2 Day Event:

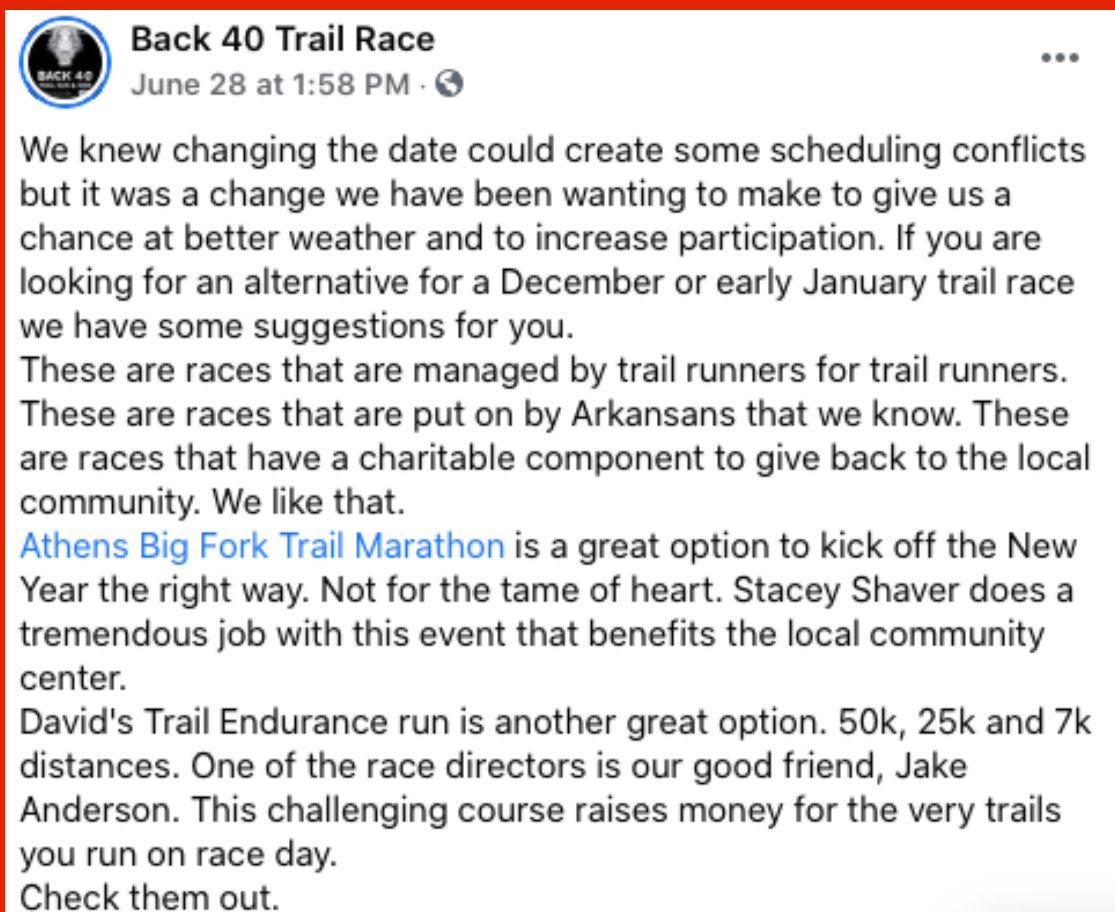
**Saturday Options:** 5k - friendly non competitive event, 13 miler, 24 miler (a full loop of the Back 40 Trail) 40 (a full Back 40 Loop of 24 miles + 13 mile course + 5k course, returning to the start finish area between each loop)


**Sunday Options:** 5k in reverse, 12 mile, 50k utilizing the new Little Sugar Trails

We expect to open registration on Race Wizard by July 4th. To provide a safe event for participants and volunteers we will follow any required Covid-19 directives as well as any additional measures we feel are necessary. So there may be some changes from the usual race day. Thanks for your continued support. Until the next update, stay well and see you on the trails.

[Link to the event website](#)

From their Facebook Page



 **Back 40 Trail Race** June 28 at 1:58 PM · 🌐

We knew changing the date could create some scheduling conflicts but it was a change we have been wanting to make to give us a chance at better weather and to increase participation. If you are looking for an alternative for a December or early January trail race we have some suggestions for you.

These are races that are managed by trail runners for trail runners. These are races that are put on by Arkansans that we know. These are races that have a charitable component to give back to the local community. We like that.

[Athens Big Fork Trail Marathon](#) is a great option to kick off the New Year the right way. Not for the tame of heart. Stacey Shaver does a tremendous job with this event that benefits the local community center.

David's Trail Endurance run is another great option. 50k, 25k and 7k distances. One of the race directors is our good friend, Jake Anderson. This challenging course raises money for the very trails you run on race day.

Check them out.

# Upcoming Races

## Full Moon

**Good News - Full Moon received approval to be held at Camp Ouachita. Also this year, the race will be run in honor of Logan Wilcoxson. Among his many achievements in life, he was an owner of the Little Rock Climbing Center, and a two time veteran of this event.. Donations will be accepted for the American Foundation of Suicide Prevention. Our condolences to his girlfriend and our RD, Sharon Bennett.**



[Click Here to Volunteer](#)

[Click Here to Register](#)

We are happy to have this event in the UTS for the first time. It's a great race and you are all in for a real treat!!



This event will be part of both UTS & UTS Lite

RD, Tom Aspel said that race information is coming soon and that the race will likely be held on Sunday, Aug 29th.

This event will be for both the UTS & the UTS Lite



## 2021-2022 Ultra Trail Series & NEW Ultra Trial Series Lite

**Good Luck to All of Our Participants**

**[Click Here to Register for UTS](#)**

RACE DATE	EVENT	UTS	UTS LITE
<b>JULY</b>			
7/17	Full Moon	50k	
<b>AUGUST</b>			
8/14	Scorchin' Squirrel	20M	15M
? 8/29 ?	Mt Nebo	14M	14M
<b>OCTOBER</b>			
10/2-3	Traveller	100	
10/16	HS 18M	18M	18M
<b>NOVEMBER</b>			
11/27	Sunset 6-12-24	Any Distance Minimum 26M	Any Distance
<b>DECEMBER</b>			
12/4	LOViT Marathon	26M	14M
<b>JANUARY</b>			
1/8	ABF	26M	17M
1/15	OT Switchbacks	50k	25k
<b>FEBRUARY</b>			
2/5	White Rock	50k	25k
2/26	LOViT 100	100k or M	
<b>MARCH</b>			
3/?	Styx n Stones	30k	15k
3/18-20	3 Days	50M	20k
<b>APRIL</b>			
4/9	OT 50	50M/50k	50k
4/15/21-22	Choose Your Own	Marathon	Half
<b>MAY</b>			
5/14	Mt Magazine	18M	12M
5/21	Catsmacker	20	12
<b>TOTAL</b>		<b>17</b>	<b>14</b>

\*If you volunteer for an UTS Series event or do trail work through Podog's new Trail Maintenance Group you will receive points toward the High Mileage Awards.

\*If you register for an event but can not make it PLEASE unregister or email the Race Director in a timely manner. This is becoming a VERY big problem.

## TIME TO RENEW YOUR AURA MEMBERSHIP

Most memberships expired on June 30th

Much appreciation to those who have already renewed your membership. We all have busy lives so it's easy to forget, but no big deal if you haven't renewed yet simply click the link below. Also, feel free to share the love. If you have friends who are new to trail running please invite them to join the Arkansas Ultra Running Association

Cost is still only \$12/Year because we aren't looking to make money but rather trying to bring people into the trail community, introduce them to new trails and to help them have a good experience. This has been the mentality of the club for decades.

[Click Here To Register or Renew Your Membership](#)

[Click Here To See If You Need To Renew](#)

[Click Here To See Events In The Ultra Trail Series](#)



**REMINDER**

Podog said that the Trail Maintenance Group will not start training until mid to late August with work beginning in September. He is quite passionate about this new group and is looking forward to this project. For those of you that are interested in joining this group know that an email will be sent out to all our AURA Members as soon as details are finalized.

A bonus for helping with this group is the opportunity to earn points toward the Ultra Trail Series High Mileage Awards

