

AURA NEWS

Arkansas Ultra Running Association

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From the Editor



We rounded out the Ultra Trail Series and UTS Lite with Mt Magazine. We had some light rain as runners were driving in on race morning but the skies cleared and the day turned out to be very nice. Thanks to Paul Turner (PT) for hosting another fun event complete with the traditional Bear Paw awards and finish line food!

Katie Helms hosted our final Fun Run and annual club picnic at the CatSmacker. This was her debut as race director but you wouldn't have known it as everything unfolded flawlessly. She and her wonderful volunteers treated us to beef and turkey burgers, hot dogs and watermelon.

After the run we presented the UTS Awards (photos on page ?) And Club T-shirts. If you didn't get yours send me an email. During our club meeting we voted to do away with Rule #4. Going forward, if you are committed to running all of the UTS/UTS Lite races then all of your points will count and you will earn a special "Series Streaker" award. George and Lisa stepped down from their roles as President and Secretary to make way for others to have an opportunity to serve. Your newly elected officers are:

- Stacey Shaver - President
- Lacey Kelly - Vice President
- Katie Helms - Treasurer
- Vicki (Mary) McDonald - Secretary

We hope to make some positive changes and maybe give the website a facelift. At the very least we will do our best to honor the rich history and legacy of our club and offer fun opportunities for you to come together and have fun on the trails.

~Happy Trails~
Stacey & the rest of the AURA Board

**Upcoming AURA Events
And
Volunteer Opportunities**



Full Moon

50 Mile - 50k - 25k

July 16 2022

Camp Ouachita

[Click Here to Register](#)

[Click Here to Volunteer](#)



Scorchin Squirrel

Trail Run

August 13th

[Click Here for Website](#)

AURA Shirts For Sale

"More than a running club. We're a community"

Women's Relaxed Fit or a Men's Regular Fit

\$16 for s-xl

\$17 for 2xl

\$18 for 3xl

Email Stacey if you have not received your shirt OR to be added to the list.

Order deadline has past but there will be limited quantities available at Full Moon BRING CASH





Sunday, August 28th
14 Miles
7am

Online Registration

No Entry Fee

Please bring cash if you wish to donate.

Tom will have race shirts & finish line food for you!



October 1st & 2nd

Volunteer Signup

Online Registration

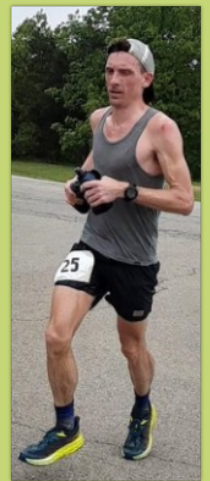
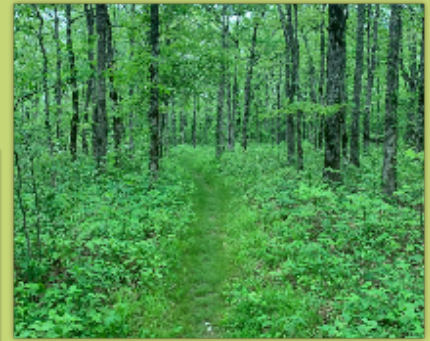
Runner Information Packet

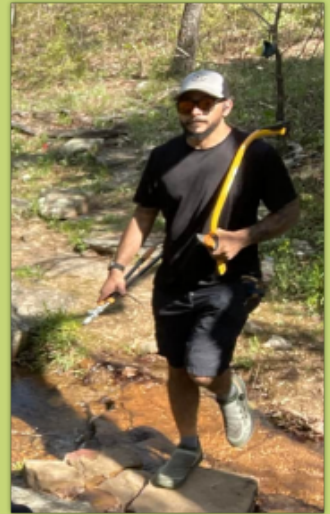
Price increase on July 1st



GOOD LUCK to club members Matthew Aaron Myers and Wesley Hunt! They will be running the Western States 100 on Saturday!

Mt Magazine

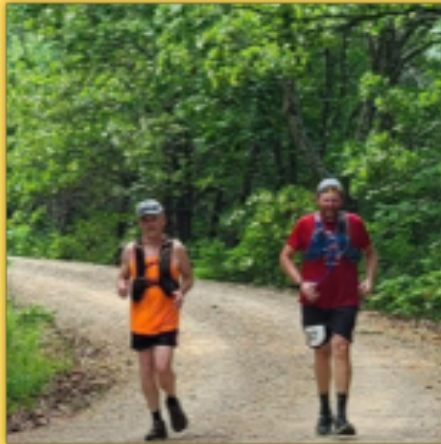


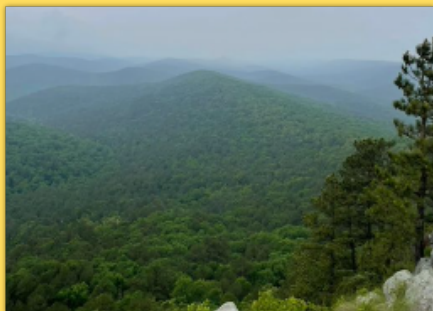
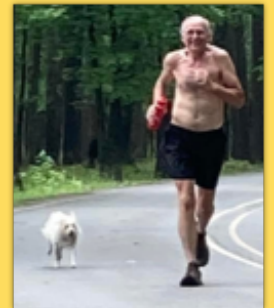
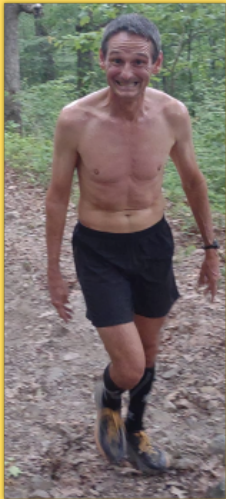
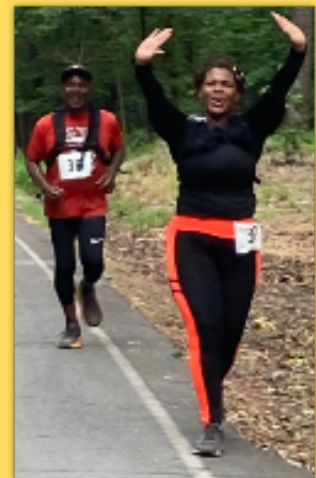
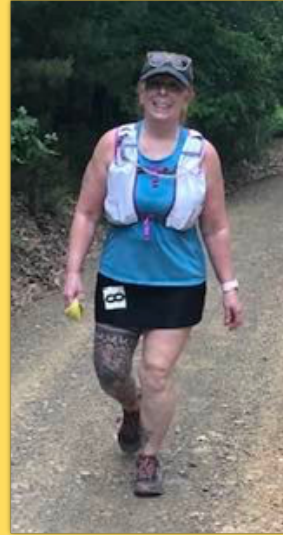


Trails are not groomed by magic. Although the hard work of volunteers allows us to experience the magic on race day. Thanks to Paul Turner, Steve Griffen, and Ian Pereira for your hard work in clearing the trails for race day!



Cat Smacker





ULTRA TRAIL SERIES AWARD WINNERS



Overall Female
Laura Hoffman



Overall Male
Blake Miley



Female Master
Missy Harken



Male Master
Brian McCullar



Female Grand Master
Kimmy Riley



Male Grand Master
Brett Nguyen



Female Senior Winner
Vickie McDonald



Male Senior Winner
Johnny Eagles

ULTRA TRAIL SERIES AWARD WINNERS



Matthew Jackson
Streaker Award for Running
EVERYUTS Race!!!



These "I Ran Them All" awards were presented to Matthew Jackson and Dale Powell For Their Dedication and Perseverance!



Dale Powell
UTS LITE - Overall Male
&
Streaker Award for Running
EVERYUTS LITE Race!!!



UTS LITE
Overall Female



UTS LITE
Female Master
Dottie Rea



UTS LITE
Male Master
Brian SitesUTS



UTS LITE
Female Grand Master
Lori Talley

AURA Board



President & Newspaper Editor
Stacey Shaver



Vice President
Lacey Kelley



Treasurer
Katie Helms



Secretary
Vickie McDonald



Supply Master
Stan Ferguson



Trail Maintenance Leader
Robert "PoDog" Vogler

Thank You For Your Many Years of Selfless Volunteer Work On The
AURA Board



GEORGE PETERKA

served on the AURA Board for several years in various positions and still wears many hats in service to our club, including directing our HSNP 18 miler.



Lisa Gunnoe

served for many years as our club secretary and is still the race director for one of our iconic events, the White Rock 50k

Ultra Trail Series & UTS Lite 2022-2023

Date	Event	Location	Regular UTS	UTS-Lite
07/16/22	Full mOOn 25K/50K/50M	Perryville map	UTS race #1 50K or 50M	
08/13/22	Scorchin' Squirrel	Little Rock	UTS race #2 20M	UTS-Lite race #1 15M
08/28/22	Mt. Nebo Trail Run	Dardanelle map	UTS race #3	UTS-Lite race #2
10/01/22	Arkansas Traveller 100	Perryville map	UTS race #4	
10/15/22	??? Hot Springs N.P. Trail Run	Hot Springs N. P. map	UTS race #5	UTS-Lite race #3
11/25-26/22	Sunset 6/12/24 Hr Endurance Run	Benton map	UTS race #6 any distance 26M & over	UTS-Lite race #4 any distance
12/10/22	??? Lake Ouachita Vista Trail Marathon	Mt. Ida map	UTS race #7 26M	UTS-Lite race #5 14M
01/07/23	Athens Big Fork Trail Marathon	Big Fork map Warning	UTS race #8 26M	UTS-Lite race #6 17M
01/21/23	David's Trail Endurance Run	Mountain Home	UTS race #9 50K	UTS-Lite race #7 25K
02/04/23	White Rock 50K/25K	Cass	UTS race #10 50K	UTS-Lite race #8 25K
02/24/23	LOVIT 100K	Hot Springs map	UTS race #11 See note if running 100M	
03/17-19/23	3-Days of Syllamo	Mtn.View	UTS race #12 50M	UTS-Lite race #9 20K
4/15/2022 - 4/15/2023	Runner's Choice Marathon Results Due by April 15th		UTS race #13 Marathon	UTS-Lite race #10 Half-marathon
04/15/23	Ouachita Trail 50K/50M	Little Rock map	UTS race #14 50M/50K	UTS-Lite race #11 50K
04/??/23	Styx n' Stones Trail Run	Devil's Den S. P.	UTS race #15 50K	UTS-Lite race #12 25K
05/06/23	Mt. Magazine Trail Run	Mt. Magazine S.P. map	UTS race #16 18M	UTS-Lite race #13 12M
5/6/2022 - 5/6/2023	Trail Work (worth 50 points)	Any Trail	UTS 8 hours	UTS-Lite 4 hours
05/20/23	The Catsmacker UTS awards ceremony afterwards	Lake Sylvia map		

UTS/UTS LITE NOTES

- *The series seeks to provide an inclusive environment. We hope to advance diversity and inclusion regardless of race, ethnicity, age, gender, religion, sexual orientation, gender identity, gender expression, disability, economic status and other diverse backgrounds. Our trail community is a safe space for all!
- *Full Moon 50k and 50 mile both count equally for series points. High mileage will be counted as normal (50 miles = 50 points and 50k = 31 points). If you drop mid race you do not receive any points (I have already been asked by several people so addressing it publicly).
- *The Runners Choice race can be on road or trail. Send a link of your finish time to George.
- *If you volunteer for a race in your series rather than run you miss out on series points but will still receive points toward the high mileage award. There is an exception - UTS Lite participants can earn high mileage points for volunteering at the AT100, even though it is not in your series. Reach out to Chris Baldwin if you would like to volunteer for Traveller.
- *8hrs/4hrs of trail work is a new addition to our series. This is an easy opportunity to earn 50 points. You do not have to do all 8 hours at once and you have until May to complete your hours. Most RD's will welcome your help. I will try to post opportunities on the AURA FB page and in the newsletter. Reach out to Podog if you want to help with the upcoming August/September Traveller course clean up. CATA and FoOT are also good organizations to connect with for your trail work. Be sure to send me (Stacey) the details of where/when/how long you worked. Include a photo(s) if possible.
- *Club members voted to do away with Rule #4. You no longer have to toss a race. If you are committed to running every race then every race will count.
- *If you run every race in your series you will receive the NEW "Series Streaker" award!
- *Registration for David's Trail Endurance Run will open on July 1st.
- *Registration for ABF will open to UTS/Lite participants on July 17th. You will have two weeks to register before I open it to the public, so don't miss out!
- *Registration for OT50 will open on November 1st.
- *Next Year's UTS/UTS Lite will kick off with the Arkansas Backyard Ultra Championship race. Full Moon 50k and 25k will be the second. Register when they open so that you don't miss out on next year's Ultra Trail Series.
- *Remember that littering will get you disqualified and banned from our events.
- *I would like to encourage you to try to be "green." Even if a race isn't officially cupless you can still carry your own and lower the amount of race waste. Same with finish line food - carry your own plate, bowl, utensils, and cup. We can all do our part to makes trail racing more sustainable. Be the change you hope to see in the world!
- *Send me an email if you have any questions, comments or concerns.

Arkansas Traveller Volunteer Opportunities

We still need help on Friday with packet pickup, Saturday morning packet pick up, Saturday morning overseer of the coffee (this is two person job), Saturday swag sales, Saturday night soup chef, Sunday morning/afternoon swag sales, Saturday morning/afternoon clean up, and another rover/sag wagon.

Our physician is going to be on vacation so we need either a physician or a nurse practitioner to take her place and work with ProMed to give them an ok to administer an IV if needed. We will provide you with a cabin for the weekend.

<https://runsignup.com/Race/Volunteer/AR/Perryville/ArkansasTraveller100>

RETREADS

Hello All, the first Wednesday of every month is RETREADS Day. What is a RETREAD? Could be a retired runner. Maybe not. Could be a runner who wants to eat out in the company of other runners.

We are currently meeting at Homer's Restaurant, 9700 West Rodney Paraham Road. We have the private room reserved for 11:30 a.m. If you plan on coming, it is important that you contact me the day before as our location is subject to change. At some time soon Homer's is scheduled to move to the old Franke location also on Rodney Parham. Or, we could decide to spend the summer at 2 Rivers Park. Right now as I write this, Homers is the location. So email me at CHRLYPYTN@GMAIL.COM if you've not been to RETREADS before and not on my notification list.

Thanks, Charley and Lou Peyton

AURA MEMBERS

IT IS TIME TO RENEW!!!

[Click Here to See IF You Need to Renew](#)

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

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

[Click Here to Register for the UTS or UTS Lite](#)

