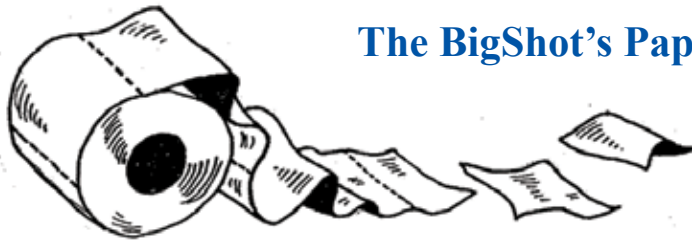


THE (e)ARKANSAS ULTRA RUNNER

February 2011 - The Informative Edition
The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.RunArkansas.com

AURA Forum/Message Board - www.ArkRRCA.COM



The BigShot's Paper Trail

Greetings AURA members. This month the Paper Trail contains some very important information that should not be overlooked. The topics will speak for themselves and are listed below. They include the cancellation of the White Rock Classic 50k that was scheduled for February 5th; information about its replacement, the Traveller Mini Loop, now scheduled for February 26th; an update on the AURA Women's Grande Prix Racing Team from the First Lady, Chrissy Ferguson and a First Call on the scheduled AURA Meeting and Potluck that will take place on Sunday March 20th, 2011.

White Rock 50K Cancelled for this year

Please spread the word

The 18th Annual White Rock Classic 50K (actually almost 32 miles) that was scheduled for Saturday, February 5th is Cancelled. The Forest Service has closed the White Rock Mountain Road past Charley Peyton's aid station at around 6 miles. They do not want vehicles or pedestrian traffic out there at this time as they are doing road and bridge construction.

AURA and the Forest Service work together to make sure that all races & fun runs are safe for the athletes so please do not go against this regulation as it could jeopardize future White Rock and other AURA races. We will let you know when the road reopens and decide if we can have the race later this year. We looked at the feasibility of another course but it was not logistically sound.

For questions please contact Jamie Huneycutt at: 479-444-8955 or jhuneycutt88@att.net

Thank you for your support and stay safe!

AURA Grand Prix Team Update

Congrats to the Women of AURA, who claimed second place at the One Hour Track Run on Sunday, January 23rd. This was the first race of the 2011 Arkansas RRCA Grand Prix Series. While there was not a complete team for the AURA men, we are now GP Eligible—with four men now listed on the AURA GP roster. February GP races are the River Trail 15K on the 5th, the Valentine's Day 5K in Russellville on the 12th, and the Run the Line Half Marathon in Texarkana on the 20th.

After the 15K at Burns Park on the 5th, the Grand Prix awards ceremony for 2010 will be held along with a chili cook-off. AURA finished 3rd among Women's Team, and there were numerous AURA ladies claiming high awards, so if you're available you should think about showing up and helping them celebrate. Details on the event may be found at www.ArkRRCA.com.

The Traveller Mini-Loop

25 Miles

2010-2011 UTS Race #9

8:00 a.m. - Saturday, February 26, 2011

Lake Winona Park

This is a special edition race to replace the White Rock Classic 50K in the 2010-2011 Ultra Trail Series.

The course is completely on forest roads (of varying quality) traversing a hilly loop around scenic Lake Winona. Eighteen of the 25 miles are on the Arkansas Traveller 100 course--giving newcomers inspiration, future Travellers a preview of their destiny, and veteran Travellers a chance to reminisce of past conquests.

Details:

No entry fee, no frills, no advance sign-up. No complaining!

Aid:

There will be a staffed aid station at the 13.1 mile mark, and two water drops at 7.7 and 19 miles.

Directions:

Meet at Lake Winona park. Driving directions from Williams Junction (intersection of highways 10 and 9, 30 miles west of Little Rock on Hwy 10): Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road. Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (right) and FSR 778 (straight). (If you go by the spillway, you've gone too far.) Go right, up the hill, and turn left into the park.

Rules for Lake Winona Park:

- #1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.
- #2 Keep Off the spillway, levy, and any areas cordoned off.
- #3 No bike riding is allowed in the park except in the parking lot and drive.
- #4 Respect the privacy and sanctities of the Park Superintendent's residence

Questions? Contact Stan: Stan@RunArkansas.com or 501-329-6688

AURA Potluck/Meeting/ Election of Officers

Sunday, March 20th, 2011 – 4:00 p.m.

Broadmoor Subdivision Clubhouse at 19 ½ Belmont Drive, Little Rock

With regards to the Potluck there are several approaches that we can do. If your last name begins with A thru O, consider desserts or hors d'oeuvres; P thru Z, a casserole dish. But, if you wish, bring whatever you do best. The AURA will provide napkins, plates, flatware and drinks. If you would prefer something stronger to sip on, please be my guest. Following the meal, Stan will convene our meeting with the election of officers and other topics of discussion pertaining to our club. It is always great to get AURA members and guest together. I hope to see you there.

Directions: South on University Avenue to 21st street. Turn right at the light onto Broadmoor Drive. Go a short distance (1/4 mile +/-) and turn left onto Belmont Drive. 19 ½ will be on the left and the Clubhouse is down a sidewalk near the lake.

The AURA welcomes seven new members this month; John Russell, Bryan Jones, Stephanie Stewart and Kim Washburn of Little Rock; Paul Becker of Monticello; Dulcinea Groff of Conway; and Holly Mosteller of Memphis, Tennessee.

RETREAD WEDNESDAY

RETREADS (retired runners eating out) meet at Franke's Cafeteria on Rodney Parham Blvd the first Wednesday of every month. All of you working brothers and sisters are welcome to join us. Just tell your boss that you are sick and need to go to the Doctor. Then slip on over to Franke's for the 11:30 a.m. line-up. If you come in late, look for the big table with all of the balloons. Its pension celebration time again.

Dutifully and Respectfully submitted in the Service of Truth,

BS

ULTRA CORNER

Across The Years 48 Hour Track Run

Buckeye, Arizona

December 30, 2010 thru January 1st.

3rd	Randy Ellis	163.4 Miles
4th	Jamie Huneycutt	155 Miles (2nd Woman)

Across the Years 48-hour Race Report

by Jamie Huneycutt

On the 1st of May I was fortunate enough to be selected to run in the Across the Years 48-hour race in Phoenix over New Year's Eve. As Autumn progressed there were more than several times I questioned whether I should go as three close family members were having significant health issues. One week before I was to fly to Phoenix (9 days before the race) I finally decided that everything was stable enough for me to go.

At that point I didn't have very much time to get mentally ready but I knew that the race would be a wonderful break from reality and a great way to end 2010 and begin 2011. I had so much fun the last time I had raced ATY and wanted to see the friends I'd made last time and make new ones.

The first day of the race for the 72-hour runners, first group of 48-hour and 24-hour runners brought horrific storms with lightening, thunder, flooding rain and high wind. It woke me up several times during the night and I felt bad for the runners. When I arrived to the course on race day it was a mess. At least 10 runners told me (including those who had run Hardrock, Leadville and Badwater) that the night before they had progressed in the worst weather they had ever encountered in a race! The volunteers had made small canals to help drain the water from the 500 meter track and by the end of my first day the track had dried due to the windy conditions.

This year the overall race conditions for all 3 days were the coldest on record of the 27 years. I never had less than 3 layers on top and 2 on bottom. It was cold and windy but at least it didn't rain during my race. The 2nd night of my race I had on 6 layers on top (including a lined windbreaker and a down jacket), 3 on bottom, 2 hats and ski gloves and I was still cold. I felt bad for the volunteers and crew. This time I did not have a crew but my motto was "Crewless, not Clueless". Compared to many ultras, this race does not really warrant a crew since there is an aid station each loop (500 meters), you change directions every 2 hours and you can have a tent for your personal belongings.

In spite of the weather, I still managed to log 155 miles which was good enough for 2nd woman and 4th overall. Some of my friends sent me messages – which were greatly appreciated

and THANK YOU VERY MUCH! Each runner had a mailbox in which they could pick up their messages and they were a wonderful source of inspiration. The volunteers, runners and crew were amazing and positive at all times. My friend and volunteer Don Meyer helped me take down my tent and get organized after the race. Driving back to the hotel, packing for the trip home and stumbling through the airport with all of my stuff was interesting and I'll laugh about my lack of coordination for a long time!

ATY is a great race for the "Trail Challenged" like me who also enjoy Zen running and the camaraderie of others. Changing directions every 2 hours is great as you can see all of the other runners and give encouragement. It was fun to make new friends and run into the New Year. Although the weather was less than kind, those are the runs you never forget, right?



Jamie shows off her race accommodations prior to the start



Jamie progressing at the Across The Years 48 Hour Track Run

Athens-Big Fork Trail Marathon

January 8, 2011

Big Fork, Arkansas

Marathon - 26.2 miles (2010-2011 UTS Race #7)

Men

Place	Name	Age	Time
1	Tom Brennan	38	4:22:55**
2	Jeff Shaw	41	4:34
3	Joshua Snyder	17	4:49
4	Cales Manis	20	4:51
5	Don Solberg	41	5:02
6	Darby Benson	40	5:04
7	Stan Ferguson	47	5:08
8	Paul Schoenlaub	51	5:14
9	Tim Norwood	32	5:16
10	John Bitler	39	5:17
11	Zach Hill	23	5:24
12	Paul Turner	47	5:33:31
13	Caleb Harlin	25	5:33:50
14	Stuart Johnson	51	5:35
15	Matt Walker	37	5:38
16	PoDog Vogler	44	5:40
17	Andy Sanders	34	5:51
18	Neil Smith	39	6:02
18	Will Landreth	25	6:02
20	Matt Kirkpatrick	36	6:07
21	Michael Scoggins	29	6:08
22	Mark Denherder	46	6:08:15
23	Jason McGinnis	29	6:10
24	Christian Loesolel	28	6:10:30
25	Rich Brown	49	6:13
26	Murray Chappelle	51	6:17
27	George Peterka	34	6:22
28	Gregory Keife	42	6:22:06
29	Stormy Phillips	29	6:24
30	Tom Lane	39	6:29
31	John Kelly	44	6:37
32	Jentree Olsen	22	6:40
33	Zach Howard	30	6:41
34	Bolt Speedman	37	6:41:32
35	Jacob Curley	21	6:51
36	Josh Bornhorst	36	7:05
37	Jason Auer	28	7:18
38	Rodney DeClue	46	7:37
39	Cliff Ferren	55	7:40
40	Jimmy Sweatt	55	8:24

** New Course Record - AGAIN

Women

Place	Name	Age	Time
1	Alison Jumper	35	5:35
2	Natalie McBee	37	6:07
3	Katie Helms	33	6:22
4	Kimmy Riley	49	6:40
5	Tammy Winn	42	7:00
5	Jenny Weatter	40	7:00
7	Janeen Lovelace	31	7:24
8	Deb Johnson	51	7:21
9	Holly Mosteller	50	7:38
10	Chrissy Ferguson	50	8:24
10	Dianne Seager	54	8:24

17 Mile Fun Run

Men

1	Bryan Warren	40	3:24
2	Alex Del Carmen	52	3:46
3	Jay Carney	34	3:52
3	Jeremy Pate	33	3:52
5	Edgar Rosales	17	4:04
5	Nico Hall	16	4:04
7	Alex Eaton	28	4:28
8	Jerrad Badders	17	4:29
9	William Smith	43	4:46
9	Bub Walter	43	4:46
11	Spencer Guinn	39	5:13
11	Jeremy Konvalinka	35	5:13
13	Tim Mosteller	55	5:40
14	Greg Bourns	71	5:43
15	Ken Childress	51	5:56
15	Tom Robinson	55	5:56
17	Pete Ireland	70	5:58
18	David Samuel	67	6:49

Women

1	Julie Burroughs	40	3:53
2	Stephanie Stewart	30	4:54
3	Hillary Looney	36	4:54
4	Kristin Snyder	27	5:18
5	Lisa Gunnoe	44	6:24

Athens-Big Fork cont'd

Other Participants

Blake Shaw	14	2:55	15.75 Miles
Jonah Tull	15	2:49	12 Miles
Sandy Tull	41	2:50	12 Miles
Joan Sobeski	45	3:30	12 Miles
Betty Sobeski	62	3:00	8.2 Miles
Chris Montgomery	33	3:46	18 Miles
Tim Hall	49	3:47	18 Miles
Nick Lewis	24	4:04	28 Miles
Matt Aguero	30	4:04	28 Miles
Kayce Hall	32	4:34	18 Miles
Andrew Jayne	34	4:37	19 Miles
Reid Landes	34	4:57	24.75 Miles
Daryl Callaway	16	4:45	16 Miles
Sarah Fisher	35	5:53	22 Miles
Dave Davis	49	5:53	22 Miles
Johnny Eagles	58	2:45	17+ Miles
Joe Milligan	60	6:01	18.45 Miles
Stephen O'Neal	32	7:25	34.68 Miles
James Varner	33	7:25	33.68 Miles



AURA's Mark DenHerder, West Fork, Arkansas, at the Blaylock Creek Aid Station



AURA's Lou Peyton and trail dog, Winnie, making the turn to the ABF26.2



Athens-Big Fork Trail Marathon – Class of 2011

2010-2011 ULTRA TRAIL SERIES

Race Schedule

#1	7-24-10	Full mOOOn 50K	Lake Sylvia, AR
#2	8-21-10	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park, AR
#3	9-11-10	Bartlet Park Ultras(50K,40M,50M)	Bartlett, TN
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-13-10	Bona Dea 50K	Russellville, Arkansas
#6	12-11-10	Lake Vista Trail Run	Mt Ida, Arkansas
#7	1-8-11	Athens-Big Fork Trail Marathon	Big Fork, Arkansas
	2-5-11	White Rock 50K	Race Cancelled
#8	2-19-11	Sylamore Trail 50K	Allison, Arkansas
#9	2-26-11	Traveller Mini-Loop	Lake Winona, AR
#10	3-11/13-11	3 Days of Syllamo	Fifty-six, Arkansas
#11	3-19-11	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

On May 14th, 2011, the Ultra Trail Series Award Ceremony and Fun Run will be held at Mount Magazine State Park.

Up Next!

UTS #8 - The Sylamore 50K

February 19th, 2011. 7:00 a.m. start
Allison, Arkansas

Complete information plus application from the website: www.Sylamore50K.com



The Traveller Mini-Loop

25 Miles
2010-2011 UTS Race #9
8:00 a.m.- Saturday, February 26, 2011
Lake Winona Park

UTS #10 - 3 Days of Syllamo

March 11th, 12th and 13th, 2011
Fifty-six, Arkansas (Blanchard Springs Campground)

Complete information plus application from the website: www.syllamo.org

Be kind to your Race Directors by registering early

Swampstomper

January 16, 2011

Millington, TN

50K Results (32.6 miles)

Place	Name	Sex	Age	State	Time
1.	Feb Boswell		34		4:45:36
2.	James Holland		34		5:25:25
3.	John Guyer		41	MO	5:27:53
4.	Brett Whitehouse		43	IL	5:46:29
5.	Les Jones		52		5:57:44
6.	Charles Flanigan		36		6:03:00
7.	Emily Conley	F	38		6:50:04
8.	Brian Kuhn		37	IL	6:57:17
9.	Ian Meggarrey		46	MO	7:04:45
10.	Robert Chandler		48		7:06:16
	Jodi Magnotti	F	41		7:06:16
12.	Emilie Miller	F	21	IN	7:18:33
	Caleb Schmitt		22	IN	7:18:33
	Jacob Schmitt		26		7:18:33
15.	Jennifer Gately	F	37		7:21:46
16.	Amy Martin	F	37		7:35:57
17.	Robert Rayder		42		7:39:24
18.	David McLean		38		7:44:59
19.	Tim Gill		50	LA	7:46:30
20.	Christian Espinosa		40	IL	7:47:08
21.	Cullen Beard		50		7:49:12
22.	Karin Gibbs	F	45	LA	8:03:14
23.	Mary McDonald	F	58	AR	8:31:45
24.	Leslie Crowson		38		8:40:37
25.	Diane Taylor	F	54		8:49:20

25K Results (16.3 miles)

Place	Name	Time	Place	Name	Time
1.	Andrew Oberst	2:13:06	15.	Glen Okui	2:35:18
2.	Brad Holliday	2:14:10	16.	Taryn Spake	2:35:53
3.	Beau Mooneyham	2:23:58	17.	Kenneth Read	2:37:09
4.	Valerie French	2:25:06	18.	Mary-Ellen Kelly	2:37:15
5.	Ian Wallinger	2:27:10		Casey Malone	2:37:15
6.	John Bradley	2:27:33	20.	Fabien Llambi	2:39:24
7.	Trapper Pressler	2:28:51	21.	Connor Bevel	2:39:29
	Christopher Rayder	2:28:51	22.	Lindsey Vaughn	2:40:29
9.	Zach Wilkinson	2:30:10	23.	Shayne Smith	2:41:00
10.	William Armstrong	2:32:04	24.	Robert Hoehn	2:42:22
11.	Bryan Bevel	2:32:37	25.	Bruce Keisling	2:47:53
12.	John McCann	2:34:05		Darrison Wharton	2:47:53
13.	Ted Ferris	2:34:10	27.	Trenton Christian	2:50:35
14.	Daniel Randolph	2:35:09	28.	Chris Mathis	2:50:52

Swampstomper Cont'd

Place	Name	Time	Place	Name	Time
29.	David Cluck	2:51:52	55.	David Werner	3:31:31
30.	Laura Barnett	2:52:23	56.	Lee Forbes-Belue	3:32:06
	Alison Sullivan	2:52:23	57.	Suzanne Whitehead	3:32:07
	Daniel Sullivan	2:52:23	58.	Bilo Bautista	3:34:02
33.	Diane Diebold	2:55:31		Tom McCann	3:34:02
34.	Brett Kmiec	2:55:48		Eva Rehkopf	3:34:02
35.	Justin Waugh	2:57:54		Sandra Wahlquist	3:34:02
36.	Jeff Shepherd	2:59:11	62.	Craig Conley	3:37:42
37.	Lindsay Spangler	3:03:40	63.	Bobby Martin	3:37:52
	Tony Suttle	3:03:40	64.	Dan Swearingin	3:40:50
39.	Lisa Zaccarelli	3:05:02	65.	Andy Oglesby	3:43:17
40.	Angela Conley	3:05:16	66.	Mark Haddock	3:44:40
	James Hook	3:05:16	67.	Rebeca Dey	3:45:01
42.	Amber Ragland	3:06:22	68.	Bill Dey	3:45:05
43.	Chris Wilkinson	3:12:20	69.	Hilde Haynes	3:45:08
44.	Judy Tolliver	3:19:45	70.	Clint Powell	3:45:10
45.	Santosh Shiva	3:20:22	71.	Sherry Rogers	4:14:04
46.	Andrea Hutton	3:21:16	72.	Marian Castroverde	4:14:08
47.	Jen Burton	3:26:47	73.	Melanie Dakin	4:19:56
48.	Christopher Dillon	3:28:07		Julie Faulkner	4:19:56
49.	Thomas Diebold	3:28:25	75.	George Brewton	4:31:08
	Tim Mulrooney	3:28:25		Nancy Brewton	4:31:08
	Lisa Warmuth	3:28:25	77.	Peter Gee	4:38:11
52.	Zach Barker	3:29:15		Santosh Iyer	4:38:11
53.	Heather Cooley	3:29:24		David McLaughlin	4:38:11
	Lisa Sloan	3:29:24	80.	Kyle Fertig	5:08:33

(e)BONUS REPORT**Stomping around in the Swamp**

by Robert Rayder

Imagine visiting the Middle Mississippi Valley about three or four centuries ago. It was a time when the mightiest of North America's rivers was an untamed giant that regularly poured into the surrounding countryside. It was a time before the forests of oak, cypress and poplar were clear-cut in order to make room for the fertile farmlands that today feed much of the world. It was a time when bald eagles and red hawks patrolled the muddy banks looking for unsuspecting catfish and wild hares. It seems like that world is lost to us forever except in our imaginations, another casualty of our modern way of life.

Yet there is a place where that world clings into existence. It is a 13,467-acre patch of land located just north of Memphis nestled along the meandering banks of the Mississippi. It is the Meeman-Shelby State Park and is one of the last places on earth where this unique ecosystem, once so wide spread, can still be appreciated.

The beauty of this place has not been lost to the running community. A paved bike path runs down the side of one of the steep ridges off the bluffs and into the Bottoms. It is famous for its aggressive switchbacks and steep grades in a part of the country many consider to be mostly flat. Someone on that well-worn trail with a very keen eye might notice something peculiar further down the bluff. They might notice some white and blue arrows nailed to the trees sprawling alongside the numerous creeks, gullies and bamboo groves. These arrows serve as trail markers for some of the most amazing paths to be found anywhere, and the SwampStomper utilizes those trails for a popular race that filled in just hours this year.

The race starts high up on a bluff but rapidly descends a steep ridge into the park Bottoms where runners get their first sense of the beauty to be found in this place. Creeks flow under bridges found all along the course. The ancient hardwoods swaddle you on all sides. Woodpeckers drum on trees and sound like machine guns as their efforts are echoed from the surrounding bluffs. There is a quiet timelessness here. Other than the trail there are few signs of man's ever-present existence. Here nature rules.

A few shallow creeks must be forged without bridges but the water is only a few inches deep and logs and rocks span the gulf. The trail itself is well marked with blazes and additional pink ribbons are hung from branches to enhance the markings already there.

At about mile 4 the first of the ascents up the bluffs makes itself known in dramatic form. As you turn off the white trail onto the red trail a steep ascent greets you that goes almost straight up for about a quarter of a mile. Although there is definitely mud here (this is the SwampStomper after all) landscaping timbers have been secured by iron pilings deep into the ground making the ascents more like going up a very long flight of stairs than anything else. The trail here is filled with lots of ups and downs and is the most technically challenging part of the race.

Your efforts are rewarded with a great aid station found within a weather shelter that literally sprawls across the trail. All the aid stations are well stocked with intrepid volunteers and supplies. The volunteers' enthusiasm never wanes and is an essential part of the appeal of this race.

From here you join onto the combined blue and white trails that guide you along the Bottoms and through dramatic bamboo groves that seem curiously out of place with patches of snow nestled among the sprouts and shoots. The trail follows the base of a large bluff for several miles and a sharp eye will reveal a few waterfalls tumbling down its sides into the bridged creeks that cross your path.

Eventually you ascend another steep bluff and are rewarded by the sight of a beautiful lake and the aid station that serves as your turn-around. Your number is recorded and you return down the blue and white trails this time bypassing the red trail and eventually return to your point of origin up the bluff on the other end of the park.

This race is challenging but fair and well supported. It is beautiful and spans a totally unique part of the world you are unlikely to find anywhere else. Best of all, however, you have challenged yourself to a race that many wouldn't dare try. You have stomped the swamp and lived to tell the tale. If you finish this race I guarantee you won't feel short changed, especially in the toughness department where it really matters!

2010-2011 ULTRA TRAIL SERIES

Open – Female

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
Kimmy Riley	47	45	51	75	27	29	44	318
Jenny Weather		56		105	55	35	33	284
Chrissy Ferguson	18	34		62	44	23	24	205
Katie Helms	30					57	55	142
Tammy Walther	12			89		17		118
Lisa Gunnoe		22	41		21			84
Karen Hayes	24		52					76
Dianne Seager				51			24	75
Jamie Huneycutt	36				33			69
Veronica Battaglia	58							58
Judy Massingill	8	28				11		47
Deb Baker						46		46
Dottie Rea		16						16

Open – Male

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
PoDog Vogler	74		54	108	47	25	29	337
Mark DenHerder	52	45	54		58	46	17	272
Darby Benson	63	73				57	63	256
Stan Ferguson	46	62				40	52	200
Rich Brown		11	43	92		34	13	193
Murry Chappelle	12	20	32	54	30	15	10	173
Jason Auer	13	39	43		36	12	3	146
Jeffrey Graham	24	51				68		143
George Peterka	11	8	26	65	18	7	7	142
Mike Samuelson				78				78
Paul Turner	16.5					25	35	76.5
Steven Preston	16.5	17		37				70.5
Alan Hunnicutt	21	14			24			59
Patrick Barker	5	3		31	12	5		56
Andrew Graham	14	23				18		55
Matt Kirkpatrick		27					23	50
Paul Schoenlaub	8						41	49
Eli Perez				45				45
Don Pucik		9	32					41
Allen Plack	40							40
James Holland	34							34
Kevin Griffith		33						33
Johnny Eagles			26		4			30
Steve Appleton	28							28
Frank Massingill		10			6			16
Steve Hern		13						13
Joshua Bornhorst					9	4		13
Bill Brass	2	2			8			12
Pete Ireland	6	6						12
Malcolm Smith		12						12
Maurice Robinson	10							10
Cliff Ferren					8	2		10
Matthew Jackson	9							9

Dale Powell	4	5						9
Dennis Baas	7							7
Michael Harmon		4					3	7
Joe Milligan		7						7
Greg Bourns	3						2	5

Masters – Female

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
Kimmy Riley	55	55	51	103	32	43	53	392
Chrissy Ferguson	27	44		87	54	32	36.5	280.5
Dianne Seager				73			36.5	109.5
Lisa Gunnoe		27	41		26			94
Jamie Huneycutt	44				43			87
Karen Hayes	33		52					85
Judy Massingill	21	33				26		80
Deb Baker						54		54
Dottie Rea		21						21

Masters – Male

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
PoDog Vogler	66		54	107	46	27	26	326
Mark DenHerder	44	46	53		57	53	20	273
Darby Benson	55	68				64	60	247
Murry Chappelle	20	34	42	53	35	18	10	212
Rich Brown		15	43	91		36	14	199
Stan Ferguson	38	57				42	49	186
George Peterka	16	8	31	64	23	11	7	160
Alan Hunnicutt	32	28			29			89
Paul Turner	26					27	32	85
Mike Samuelson				77				77
Patrick Barker	5	3		36	17	5		66
Paul Schoenlaub	10						38	48
Eli Perez				44				44
Don Pucik		9	32					41
Kevin Griffith		40						40
Johnny Eagles			26			4		30
Steve Hern		22						22
Frank Massingill		12				8		20
Cliff Ferren						14	4	18
Malcolm Smith		18						18
Bill Brass	2	2			11			15
Maurice Robinson	13							13
Pete Ireland	6	6						12
Dale Powell	4	5						9
Dennis Baas	7							7
Michael Harmon		4				3		7
Joe Milligan		7						7
Greg Bourns	3					2		5

Senior – Female

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
Dianne Seager				101			51	152
Judy Massingill	31	52				51		134
Jamie Huneycutt	53				51			104
Karen Hayes	42		51					93
Dottie Rea		41						41

Senior – Male

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
Murry Chappelle	49	59	52	86	54	56	43	399
George Peterka	38	25	41	102	32	34	32	304
Alan Hunnicutt	60	48			43			151
Paul Schoenlaub	26						54	80
Johnny Eagles			51			22		73
Cliff Ferren						45	26	71
Frank Massingill		31				28		59
Steve Hern		37						37
Bill Brass	4	6			26			36
Maurice Robinson	32							32
Pete Ireland	14	13						27
Greg Bourns	7					16		23
Dennis Baas	20							20
Dale Powell	10	9						19
Joe Milligan		19						19

Super Senior – Male

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
Bill Brass	21	31			51			103
Greg Bourns	27					51		78
Pete Ireland	33	42						75
Maurice Robinson	55							55
Joe Milligan		53						53
Dennis Baas	44							44

UTS Miles

Name	mOOn	Nebo	Bart	AT	Bona	LOV	ABF	Total
Kimmy Riley	31	14	40	100	31	26	26	268
Murry Chappelle	31	14	40	100	31	26	26	268
George Peterka	31	14	40	100	31	26	26	268
PoDog Vogler	31		31	100	31	26	26	245
Chrissy Ferguson	31	14		100	31	26	26	228
Stan Ferguson	31	14		100	31	26	26	228
Paul Turner	31			100	31	26	26	214
Patrick Barker	31	14		100	31	26		202
Jenny Weather		14		100	31	26	26	197
Rich Brown		14	31	100		26	26	197
Lisa Gunnoe		14	31	100	31			176
Bill Brass	31	14		100	31			176
Jason Auer	31	14	40		31	26	26	168
Mark DenHerder	31	14	40		31	26	26	168

Karen Hayes	31		31		100			162	
Jamie Huneycutt	31				100	31		162	
Tammy Walther	31				100		26	157	
Johnny Eagles				31	100		26	157	
Paul Schoenlaub	31				100		26	157	
Joshua Bornhorst					100		26	152	
Mike Samuelson					50	100		150	
Pete Ireland	31	14			100			145	
Steven Preston	31	14			100			145	
Frank Massingill			14		100		26	140	
Maurice Robinson	31				100			131	
Dianne Seager					100		26	126	
Dottie Rea		14			100			114	
Elaine Gimblet					100			100	
Kim Johnson					100			100	
Rosemary Rogers					100			100	
Eli Perez					100			100	
Darby Benson	31	14					26	26	97
Katie Helms	31						26	26	83
James Holland	31				50			81	
Alan Hunnicutt	31	14					31	76	
Judy Massingill	31	14					26	71	
Andrew Graham	31	14					26	71	
Jeffrey Graham	31	14					26	71	
Matt Kirkpatrick	31	14					26	71	
Michael Harmon		14			25		26	65	
Steve Appleton	31						26	57	
Greg Bourns	31						26	57	
Cliff Ferren							26	26	52
Dale Powell	31	14						45	
Kevin Griffith	31	14						45	
Don Pucik		14			31			45	
Lisa Vorwerk		14					31	45	
Veronica Battaglia	31							31	
Dennis Baas	31							31	
Matthew Jackson	31							31	
Allen Plack	31							31	
Deb Baker							26	26	
Joe Milligan		14						14	
Steve Hern		14						14	
Malcolm Smith		14						14	



21st Annual Ouachita Trail 50 Mile and 50K

April 16, 2011, 6:00 AM

Maumelle Park, Little Rock, Arkansas

Presented by the Arkansas Ultra Running Association

Proceeds benefitting Partners For Pinnacle

Featuring a picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle, the course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail.

Trail: The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of Pinnacle Mountain trails will be utilized on the "out" section only. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carry a bottle. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

Awards: Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races.

Entry fee: \$60 if post marked by April 4th. \$75 thereafter. Please make check payable to Arkansas Traveller 100. NO REFUNDS. NO RACE DAY ENTRY.

Mail entry to: Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

For more information visit website: www.RunArkansas.com; e-mail: OT50@RunArkansas.com; phone: 501-329-6688

Ouachita Trail 50 Mile/50K - Official Entry Form

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-mail _____ Age on 4/16/2011 _____ (Minimum age is 18)

Gender _____ Shirt size (Short sleeve technical shirt, XS/S/M/L/XL/XXL): _____

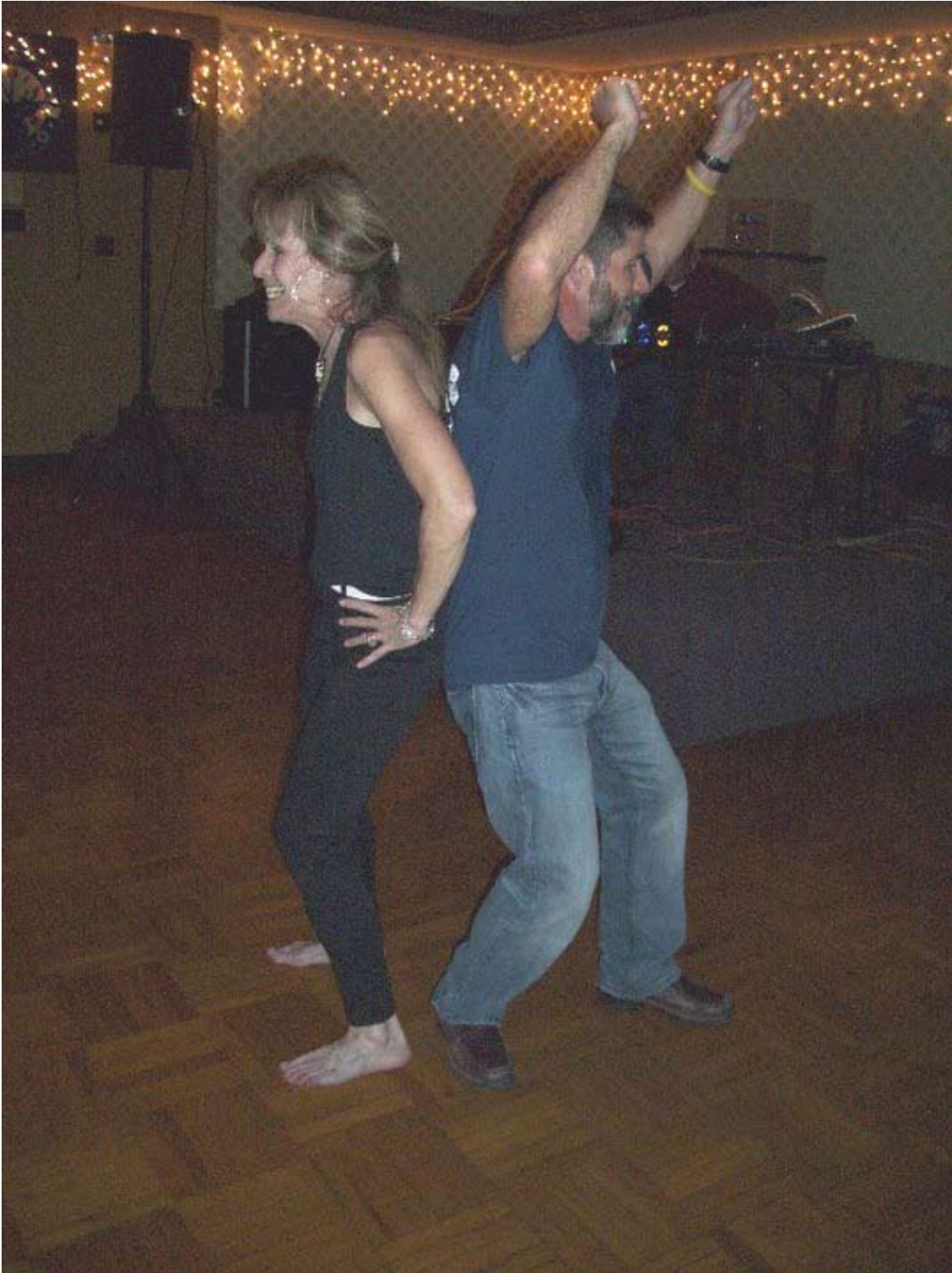
Please check event: 50 Mile 50K (Note: You may change from 50 Mile to 50K during the race)

Race Waiver

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race director and workers, Arkansas Ultra Running Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable.

Signature _____ Date _____

(e)BONUS PHOTO



Chrissy (Golden Girl) “bumps” with PT at her Big Birthday Bash

AURA Confidential
The Good, the Bad and the Ugly

AURA #161- Press on! Low life bottom feeders will always be around to criticize your successes.

AURA #177 –The finishing quiver following your last ultra finish has gotten the attention of your fantasy companion.

AURA #40 –Throw your Fall race finishes on the ultra dung heap and start over anew this spring.

Forgot your AURA Number? Contact the BS

AURA's Fab-4

Stan Ferguson-President, UTS Coordinator and Online Facilitator

Michael DuPriest-Vice President and Worthy Advisor

Lou Peyton – Secretary and Queen Mother

Charley Peyton – Treasurer, Newsletter and BS

23rd Edition; Number One
The AURA – *Dream On!*
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It is finished