

Mount Magazine Fun Run / UTS Awards May 14th, 2011

THE (e)ARKANSAS ULTRA RUNNER

May 2011 – The Keeping It Real 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

Left out of last month's newsletter was the announcement of the date of the 2011 Full mOOn 25 and 50k. This race traditionally starts the new season of the Ultra Trail Series. Race Director, Susy Phillips, informed me that the date of this year's race is Saturday, July 16, 2011. The start time is 8:00 p.m. More details as they are available.

The BS would like to address a sensitive club issue. The question I am posing is "how do you tell if you are an AURA member?" I will try to answer this question without offending too many people. When a person joins or renews their AURA membership, I make a notation on your application of the month and year of you joining, or renewing. Since your membership is good for 12 months, you are due for renewal a year from that date. At the beginning of each month, I go through the stack of applications and select out those that are a year old. If you are a hard copy recipient, I will highlight your label and include an application. I am known to "carry" hard copy members for 2 to 3 months past due. If you receive the Email version, I will send you via mail an application and a note that you are due for renewal. Most AURA brothers and sisters renew on a timely basis. If someone is three months overdue, I am wont to think that the member in question wishes to not renew. So to bottom line this thought, if you are receiving the AURA newsletter, you are most probably an active member. If on the other hand, you do not receive it, you have most likely been whacked off. It's nothing personal; it's strictly business. So now if you find yourself on the outside looking in, so to speak, all it takes is for you to turn in another application and you are good to go again. As an aside, it is important for some to be an active member as the awards given by the RRCA require one to be a member of an RRCA club.

In the Service of Truth - BS

National Trails Day Run

Date: June 4
 Day: Saturday
 Distance: 14 miles
 Where: Winding Stairs Trailhead parking lot
 Time: 8 A.M.
 Fees: None
 Refreshments: Provided

As you probably know, plans for the re-opening of the campground are still unknown. Due to the tragedy, there are varying opinions as to what should happen with future usage of the Albert Pike camping area. The Forest Service is now soliciting input from the public.

I have spoken with the Forest Service officials. The pavilion is still standing, however that parking lot (Loop D) is still roped off, so we can't use that. It's very unlikely this area will be reopened by June. But, they have no issues with having the Trails Day event, and may offer some assistance, which I will pursue. They also said the trails are in good condition as reported by folks who have been doing the Eagle Rock Loop.

So, the plan now is to have the Trails Day Event at Albert Pike, and move operations to the Winding Stairs Trailhead parking area. This is approx. two miles from Albert Pike on Road 106. I believe the parking will be sufficient. The run/hike will be a 14 mile run; this will be the same terrain covered as before, only with the removal of the two-mile trek out and back from the campground. So, the former 18 mile run will now be a 14 mile run. The more I thought about it, the more I'm happy with it: there is parking, shade, and this is the "guts" of the run, anyway, containing the water crossings, the Winding Stairs Scenic Area and two mountain crossings. Fourteen miles is nothing to sneeze at. I think it will be a fun event. Get the word out!

Ultra Corner

(Report your ultra times and experiences to chrlypytn@gmail.com)

Mississippi Trail 50K and 50 Miler

Laurel, Mississippi
 March 5th, 2011

50K	52nd	Pete Ireland	7:24:06	(88 finishers)
50 Miler	7th	Kevin Dorsey	8:41:30	(52 finishers)

AURA HOT FLASH!!!!!!!

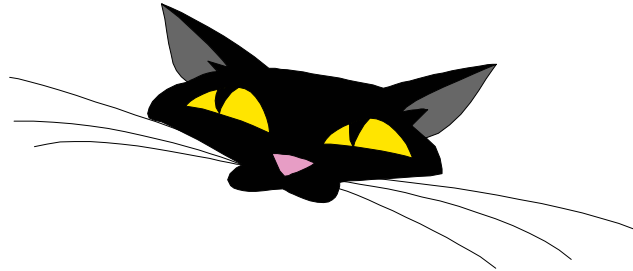
The Catsmacker Run

Sunday, June 12, 6:30 A.M.

From the Lake Winona Park

Distance: 22 mi. (+/-)

There will be SHORTER options
for Wimpy Kittens.



To get there: 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.



AURA and the GNO's Present Potluck/Talent Show

June 26, 2011 - Sunday

Maumelle Park, Pavilion #3, 5:30 pm.

Bring your favorite dish, lawn chair and your talent!

For more information contact **Chrissy Ferguson** at
stanchrissy@earthlink.net or call 501-472-9162

Randy



J-Lo



Steven



2010-2011 ULTRA TRAIL SERIES

2010-2011 UTS Schedule (It's a wrap)

#1	7-24-10	Full mOOn 50K	8:00 p.m. start. Lake Sylvia
#2	8-21-10	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park
#3	9-11-10	Bartlet Park Ultras(50K,40M,50M)	Millington, TN
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-13-10	1st 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
#8	2-19-11	Sylamore 50K	Allison, Arkansas
#9	2-26-11	Traveller Mini-Loop	Lake Winona Park
#10	3-11/13-11	3 Days of Syllamo	Mountain View, Arkansas
#11	3-19-11	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

Congratulations to the 2010-2011

Kings and Queens of the Trail

Open -- PoDog Vogler and Jenny Weatter

Masters -- Mark Denherder and Kimmy Riley

Seniors -- Murry Chappelle and Karen Hayes

Super Seniors --Pete Ireland and (There was no SS Queen)

2010-2011 Ultra Trail Series Celebration



View from atop Mt Magazine

The Mount Magazine Fun Run and UTS Awards Presentation

8:00 a.m. - Saturday, May 14, 2011

Mount Magazine, Paris, Arkansas

Come join us for the 1st Mount Magazine Fun Run (no entry fee or advance sign-up). We'll start just north of the visitor center, and hit almost every trail in the park, along with a portion of the Cove Lake

Trail. Included on the course will be a jaunt over Signal Hill--the highest point in the state, at elevation 2,753 feet. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top.

For those that would like their fun run to be a bit shorter, you will have several opportunities to take alternate routes back to the finish at the Greenfield Pavilion.

After the run we'll have some lunch (probably hot dogs), and around noon will hold an AURA club meeting and present the 2010-2011 Ultra Trail Series Awards. (The Mount Magazine run does not count as part of the series.)

Directions:

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion – across the highway from the visitor center

For lodging and camping information at Magazine go to

<http://www.mountmagazinestatepark.com/>

For questions or more information about the run contact PT at: RunninPT@gmail.com



Ouachita Trail 50

April 16, 2011

Little Rock, AR

2010-2011 UTS Final Event

50 Mile Results

Place	Name	Sex	Age	City	State	Time
1	Nick Lewis	M	25	Little Rock	AR	7:26:12!
2	Feb Boswell	M	35	Memphis	TN	7:57:59
3	Brian Hurley	M	30	Helena	AR	8:25:52
4	Paul Schoenlaub	M	51	St. Joseph	MO	8:38:28
5	PoDog Vogler	M	44	Russellville	AR	8:42:26
6	Jake Anderson	M	29	Jonesboro	AR	8:46:54

7	Stan Ferguson	M	47	Conway	AR	8:59:35
8	Sarah Woerner	F	21	Dunlap	TN	9:01:37
9	Caleb Manis	M	20	Cabot	AR	9:24:45
10	Reid Landes	M	40	Little Rock	AR	9:24:53
11	David Murphy	M	38	Wasola	MO	9:28:09
12	AD Marshall	M	37	Baton Rouge	LA	9:33:18
13	Bob Andresen	M	37	Cedar Rapids	IA	9:40:12
14	Cade Smith	M	43	Starkville	MS	9:45:05
15	Joshua Brown	M	22	Little Rock	AR	9:57:24
16	Jacob Evans	M	25	Plano	TX	10:17:06
17	Brian Cockrell	M	34	Shreveport	LA	10:19:11
18	Josh Kennedy	M	38	Big Cove	AL	10:24:57
19	Jenny Weatter	F	30	Maumelle	AR	10:28:16
20	Kristofer Thompson	M	28	Clinton	OK	10:28:17
21	Charles Flanigan Jr	M	37	Bartlett	TN	10:30:45
22	Allen Plack	M	27	Cabot	AR	10:30:48
23	Rich Brown	M	49	Searcy	AR	10:31:33
24	George Peterka	M	51	Hot Springs	AR	10:32:39
25	Troy Potter	M	47	Texarkana	TX	10:32:56
26	Paul Turner	M	48	Conway	AR	10:36:03
27	Joshua Bornhorst	M	36	Little Rock	AR	10:37:04
28	Brian Novak	M	30	Baton Rouge	LA	10:41:13
29	Dreama Campbell	F	38	Chattanooga	TN	10:43:00
30	Todd Blanchard	M	39	Shreveport	LA	10:48:50
31	Jonathan Scott	M	26	Columbus	OH	10:52:12
32	John Martinek	M	24	North Richland Hills	TX	10:59:10
33	Greg Eason	M	40	Little Rock	AR	11:06:20
34	Mark DenHerder	M	46	West Fork	AR	11:07:17
35	Michael Sylvester	M	40	Grenada	MS	11:10:52
36	Steeve Pomerleau	M	37	Itta Bena	MS	11:11:56
37	Steven Monte	M	41	Dallas	TX	11:24:16
38	Eunsup Kim	M	58	Dallas	TX	11:25:52
39	Jonathan Miller	M	22	Jonesboro	AR	11:29:36
40	Deb Baker	F	48	Little Rock	AR	11:31:08
41	Nate Smith	M	46	Alexander	AR	11:37:44
42	Candy Trantum	F	39	Sturgis	MS	11:45:07
43	Tim Brayfield	M	53	Hollister	MO	11:45:12
44	Jim Wisenbaker	M	48	Little Rock	AR	11:45:49
45	Kevin o'Grady	M	52	Columbus	OH	11:47:41
46	Brian Lewis	M	36	Bossier City	LA	11:52:48
47	Todd Porter	M	39	Memphis	TN	12:01:40
48	Cliff Ferren	M	55	North Little Rock	AR	12:05:35
49	Elizabeth Coll	F	48	Schaumburg	IL	12:19:37
50	Ashley Parker	F	26	Little Rock	AR	12:20:27
51	John Hall	M	27	Dyersburg	TN	12:20:47
	Jerry Bailey	M	44	Fayetteville	AR	12:20:47
	Von Ralls	M	35	Olive Branch	MS	12:20:47
54	Rodney DeClue	M	46	North Little Rock	AR	12:25:38
55	Kimmy Riley	F	50	Mabelvale	AR	12:35:39
56	Ray Burch	M	59	Greenville	MS	12:49:18
57	Jimmy Sweatt	M	55	North Little Rock	AR	12:54:37
58	Doug Richardson	M	36	Amarillo	TX	12:55:22
59	Melissa Martin	F	46	Conway	AR	13:24:13
60	Sammy Barnes	M	54	Mountain Home	AR	13:24:14
61	Tim Harrington	M	41	Conway	AR	13:40:05

50 Km Results

Place	Name	Sex	Age	City	State	Time
1	Tom Brennan	M	39	Poteau	OK	4:34:17
2	Charley Hogue	M	35	Willow Springs	MO	4:56:43
3	Thomas Chapin	M	33	Paron	AR	5:04:25
4	Joshua Snyder	M	29	Poteau	OK	5:14:18
5	David Joseph	M	19	Springdale	AR	5:27:50
6	Merry Wolf	F	44	Wichita Falls	TX	5:38:08
7	Josh Wasmund	M	24	Memphis	TN	5:41:20
8	Mark Mason	M	42	Chattanooga	TN	5:42:39
9	Jason Auer	M	28	Fayetteville	AR	5:42:41
10	Alicia Osborn	F	26	Little Rock	AR	5:45:31
11	Michael Horton	M	39	Dallas	TX	5:46:27
12	Jeff Thostenson	M	34	Little Rock	AR	5:56:14
13	Ben Mansur	M	39	Little Rock	AR	6:01:38
14	John Kelly	M	44	North Little Rock	AR	6:03:17
15	Chad Johnson	M	24	Little Rock	AR	6:07:50
16	Kiran Hanumaiah	M	34	Oakland	TN	6:32:05
17	Amber Ragland	F	30	Memphis	TN	6:39:00
18	Brandon Prichard	M	39	Fayetteville	AR	6:39:05
19	Tony Baily	M	37	Heber Springs	AR	6:43:23
20	Stephanie Stewart	F	30	Little Rock	AR	6:43:50
21	Christy Gurgiolo	F	25	Memphis	TN	6:51:25
22	Andrew Readinger	M	27	Fort Worth	TX	6:53:40
23	Murry Chappelle	M	51	Sheridan	AR	6:53:54
24	Carla Branch	F	59	Maumelle	AR	6:54:14
	Mark Zaremba	M	49	Huntsville	AL	6:54:14
26	Salli Scott Young	F	38	Memphis	TN	7:04:51
27	Patrick Barker	M	47	Little Rock	AR	7:07:42
28	Bernita Lovelace	F	56	Conway	AR	7:11:50
29	Bill Luton	M	55	Memphis	TN	7:12:50
30	Rick Eddleman	M	51	Hernando	MS	7:12:51
31	Robert Kosec	M	64	Euless	TX	7:12:52
32	Ying Malady	F	41	Memphis	TN	7:16:16
33	Ali Rush	F	37	Hot Springs	AR	7:25:56
34	Frank Massingill	M	53	Conway	AR	7:28:57
35	Angie Orellano-Fisher	F	60	Nipomo	CA	7:29:36
36	Eric Richardson	M	26	Cave City	AR	7:29:52
	Jonathan Johnson	M	31	Bryant	AR	7:29:52
38	Paul Kilvington	M	53	Jonesboro	AR	7:30:00
39	Lisa Vorwerk	F	43	Dover	AR	7:31:58
40	Joel Sartwell	M	51	Columbia	MO	7:35:47
41	Karen Hayes	F	57	North Little Rock	AR	7:39:36
42	Phil Brown	M	44	Little Rock	AR	7:40:39
43	Tala Hill	F	51	Jacksonville	AR	7:41:57
44	James Norris	M	61	Maumelle	AR	7:43:04
45	Melinda Krueger	F	45	Hooks	TX	7:43:23
46	Randy West	M	54	Mobile	AL	7:48:46
47	Christi Potter	F	40	Texarkana	TX	7:49:54
48	Jim Ingalls	M	66	Wichita Falls	TX	7:54:37
49	David Caillouet	M	52	Little Rock	AR	7:54:39
50	Sammy Taggart	M	64	Hot Springs	AR	8:00:53
51	Clelyn Brown	F	25	Houston	TX	8:08:39
52	Mary Cribb	F	31	Hot Springs	AR	8:09:35

53	Cody Johnston	M	23	Little Rock	AR	8:18:11
54	Kimberly Morton	F	38	Little Rock	AR	8:18:12
55	Johnny Eagles	M	59	Little Rock	AR	8:29:11
56	Arland Blanton	M	52	Cabot	AR	8:34:19
57	Pete Ireland	M	70	Benton	AR	8:40:33
58	Shelly Price	F	24	Memphis	TN	8:46:26
59	Jeffrey Linwood	M	32	Austin	TX	8:55:51
60	Billy Malady	M	46	Memphis	TN	8:57:22
61	Lisa Gunnoe	F	45	Judsonia	AR	9:08:40
62	Kyle Nel	M	29	Bentonville	AR	9:10:59
63	Michael Gelineau	M	49	Memphis	TN	9:24:40
64	Judy Massingill	F	52	Conway	AR	9:34:01
65	Jason Cribb	M	33	Hot Springs	AR	9:57:17
66	Mary McDonald	F	58	Conway	AR	10:16:06
67	Eugene Bruckert	M	75	Arlington Heights	IL	11:27:30
68	Annette Blanton	F	50	Cabot	AR	11:27:30
69	Carol Earles	F	41	Ravenden Springs	AR	11:27:30

144 starters (for combined events)



Ouachita Trail Race Director "Gone Bad"

Ultra Trail Series Final Leader Standings

(For complete rankings go to the UTS section on www.RunArkansas.com)

Open – Female

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	Jenny Weather		56		105	55	35	33	45	54	29	42	22	59	55	590
2	Kimmy Riley	47	45	51	75	27	29	44	34	43		33		31	33	492
3	Katie Helms	30					57	55	56		23		28			249
7	Tammy Walther	12			89		17			29						147
14	Veronica Battaglia	58														58

Open – Male

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	PoDog Vogler	74		54	108	47	25	29	54		36	47	16		49	539
2	Mark DenHerder	52	45	54		58	46	17	43	61	17		35	65	7	500
5	Jason Auer	13	39	43		36	12	3		50				54	56	306
11	Jeffrey Graham	24	51				68									143
13	Steven Preston	16.5	17		37									37		107.5
14	Matt Kirkpatrick		27					23			14	19	13			96
16	Allen Plack	40													32	72
18	Joshua Bornhorst						9	4	9	21				19	10	72
20	Andrew Graham	14	23				18		6							61
21	James Holland	34							25							59
28	Steve Appleton	28														28
36	Matthew Jackson	9														9

Masters – Female

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	Kimmy Riley	55	55	51	103	32	43	53	54	52		41		36	44	619
2	Chrissy Ferguson	27	44		87	54	32	36.5						47		327.5
4	Lisa Gunnoe		27	41		26			32		21			12	27	186
5	Lisa Vorwerk										27		26	58	55	166
8	Deb Baker						54								55	109

Masters – Male

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	PoDog Vogler	66		54	107	46	27	26	51		35	46	15		47	520
2	Mark DenHerder	44	46	53		57	53	20	40	59	16		34	62	12	496
3	Darby Benson	55	68				64	60	34		23	37	28			369
4	Rich Brown		15	43	91		36	14	22	48				51	30	350
6	Stan Ferguson	38	57				42	49	16	37					36	275
9	Paul Turner	26					27	32	28		19	23	22		18	195
10	Patrick Barker	5	3		36	17	5		6	25	7			16	44	164
14	Mike Samuelson				77											77
18	Eli Perez				44											44
19	Don Pucik		9	32												41
20	Kevin Griffith		40													40
25	Malcolm Smith		18													18
26	Michael Harmon		4				3							2		9

Senior – Female

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	Karen Hayes	42		51						51				32	53	229
2	Judy Massingill	31	52				51							43	31	208
3	Dianne Seager				101			51								152
4	Tala Hill								52					54	42	148
5	Jamie Huneycutt	53				51										104
6	Dottie Rea		41						41							82

Senior – Male

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	Murry Chappelle	49	59	52	86	54	56	43	44		24	25	18	18	54	582
2	George Peterka	38	25	41	102	32	34	32	33		18	34	24	47	43	503
3	Paul Schoenlaub	26						54	55		30	43	30		54	292
4	Cliff Ferren						45	26		55				58	32	216
5	Johnny Eagles			51			22		21	27	11		14	12	32	190
6	Alan Hunnicutt	60	48			43										151
7	Frank Massingill		31				28							30	43	132
9	Don Preston									44				36		80
13	Steve Hern		37													37
14	George McDonald								27							27
17	Dale Powell	10	9													19

Super Senior – Female

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	Elaine Gimblet													51		51

Super Senior – Male

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
1	Pete Ireland	33	42							52			26	41	51	245
2	Bill Brass	21	31			51				41						144
3	Joe Milligan		53											52		105
4	Maurice Robinson	55									26					81
5	Greg Bourns	27					51									78
6	Dennis Baas	44														44

UTS High Mileage Club Members

	Name	Moon	Nebo	Bart	AT	Bona	LOV	ABF	Syl	Mini	Day1	Day2	Day3	Myst	OT50	Total
	George Peterka	31	14	40	100	31	26	26	31		31	50	12	12	50	454
	Kimmy Riley	31	14	40	100	31	26	26	31	25		50		12	50	436
	Murry Chappelle	31	14	40	100	31	26	26	31		31	50	12	12	31	435
	PoDog Vogler	31		31	100	31	26	26	31		31	50	12		50	419
	Jenny Weather		14		100	31	26	26	31	25	31	50	12	12	50	408
	Paul Turner	31			100	31	26	26	31		31	50	12		50	388
	Stan Ferguson	31	14		100	31	26	26	31	25				12	50	346
	Patrick Barker	31	14		100	31	26		31	25	31			12	31	332
	Paul Schoenlaub	31			100			26	31		31	50	12		50	331
	Mark DenHerder	31	14	40		31	26	26	31	25	31		12	12	50	329
	Chrissy Ferguson	31	14		100	31	26	26		25				12	50	315
	Rich Brown		14	31	100		26	26	31	25				12	50	315
	Johnny Eagles			31	100		26		31	25	31		12	12	31	299

RETREADS

Retired runners meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. Join us in the Lobby for touching and feeling. At 11:30 a.m. sharp we dash to the food line. Wear a T-shirt from the past for conversation and reliving the glory days. If you come late, look for the table with the balloons.

The latest news...



Strolling Jim 40 - Wartrace, TN

Leah Thorvilson of Little Rock became the first Arkansan to earn the coveted Gold Shirt since Stephen Tucker in 1989. Winning the race over-all in 4:44:49, LT broke the previous women's course record by 29 minutes.

23 Edition; Number Four
The AURA- Where Running Began.
A Member of the Road Runners Club of America Since 2001

AURA Fab-4
 Stan Ferguson – President
 Michael DuPriest – Vice President
 Lisa Gunnoe – Secretary
 Charley Peyton – Treasurer

It Be Finished