

THE ARKANSAS ULTRA RUNNER

January 2014

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.runarkansas.com

Message from the President – Stan Ferguson

Greetings Ultra Race fans,

Seems like it's been a busy January so far. We've seen a little bit of cold weather, and have put two UTS runs under our belts—the Athens-Big Fork Trail Marathon and the Swampstomper. Checking out the series standings with four events left, a couple of things jump out at me. First, is anyone going to be able to catch DenHerder? --He has quite the lead at this point in the overall Men's division. The second thing is that all the other categories look to be very much in play. It will be interesting to see how all this works out. The next piece of the puzzle will be played very shortly at the 20th running of the White Rock Classic 50K on February 1st.

Regarding White Rock: we reported last month that it is returning to the original “Hills From Hell” route and traditional start/finish location just off Highway 23, about a mile north of the Mulberry River. Since then it has also been nailed down that the initial gathering and sign-up will be at the Turner Bend store—right at the Mulberry River bridge. Be sure to get there a bit early, as the sign-up process will be much easier at the store, but it will be packed up to allow time to convoy up to the start before the 9:00am start.

And yes—that is correct (or in case you missed it the first time) this will be the TWENTIETH White Rock Classic. Or XX for you Romans. It actually would be the 21st, except that in 2011 the closure of White Rock Mountain road caught everyone by surprise with insufficient time to work out an alternate route. My first was in 1996, and I believe I've done 13 of them. It's definitely one of my favorites, so you know that I must have had very good reasons for missing the ones on those rare occasions. A brief history of the lineage of this run—it was a brainchild of Jose himself. (If you don't know Jose, look him up on Dickson Street.) He thought the hills were good training for... well, just about anything. Ricky Williams breathed life into it as Jose stepped down, and kept the

embers warm for Jamie and Jay Huneycutt to take it over. Now it's a joint effort by Lisa Gunnoe and PoDog. And of course, these are just the folks who have led the run; countless others have helped with aid stations, etc. Unless he's missed one that I just can't remember, Big Shot has commanded the first/last aid station at each of the first 19 runnings. It's fantastic how we have folks who are willing to give of themselves to enable others the enjoyment of a great run. I've known some people who call this a "trail" run, but of course it's all on road. But it's cool. If you've never done it, I hope to see you there.

As I write this, I expect the AURA has also fielded teams at the kick-off race for the Arkansas RRCA Grand Prix Series. The Hour Track Run results seem to always take just a bit longer to be compiled and I have not seen them yet, but I do know El Capitan (Michael Harmon) has done some ground work for the men's team and Chrissy has been rallying the Dirty Girls (2013 Champions) for this year.

Back to the Athens-Big Fork Marathon... What a fabulous day for the run! I think most folks would classify the temperature range as ideal, skies were slightly overcast, and the creeks were probably the lowest I've ever seen them—outside of summer. If you started to heat up on a climb, this was quickly remedied at the top—where a brisk cool breeze was present as you crested most of the ridges. I believe the start count was 96, with 47 marathon finishers. No surprise that the top two spots in the men's competition were taken by our Poteau, OK friends. This was somewhat reminiscent of the LOViT Marathon, where they took all the podium spots. Tom Brennan has pretty much owned ABF over the past decade, but his young padawan ruled the show this day. Has the student become the Master?

On an organization note, Steve Appleton—who has set up the ABF run for a number of years, has said that he needs to let someone else take the reins. I'm sure I speak for many in thanking Steve for all he's done to keep the run going. Hatched and nurtured for the first many years by AURA Brother David Samuel, I believe this was the sixteenth year for the first Saturday in January to be brilliantly celebrated in the fine community of Big Fork. Flash: this is another one where Big Shot has been at the Blaylock Creek aid station every year. There were actually a number "first Saturday" runs in prior years—organized by David and the Big Shot, but this one really took hold. Hopefully someone will step up to make sure this was not the last organized ABF Marathon.

Okay, enough of my rambling. Everybody bundle up and get some running in!

Athens-Big Fork Trail Run

January 4, 2014 – Big Fork, AR

Marathon - 2013-2014 UTS Race #8

	Name	City	Time
1	Joshua Snyder	Poteau, OK	4:29
2	Tom Brennan	Poteau, OK	4:40:55
3	David Mitchell	Hot Springs Village	5:01
4	Mark Gullett	Springfield, MO	5:16:23
5	Alison Jumper	Fayetteville	5:28
6	Trace Heavener	Tulsa, OK	5:40
7	Stan Ferguson	Maumelle	5:41:57
8	Mark DenHerder	West Fork	5:44
9	Tyler Wilkerson	White Hall	5:46
10	Bee Miller	Dover	5:46
11	Jacob Curley	Broken Arrow, OK	5:47
12	John Nobles	Cleveland, OK	6:03
13	Jeremy Pate	Fayetteville	5:58
14	Will Landreth	Fayetteville	6:06:53
15	Derek Glos	Aurora, MO	6:14:09
16	Shannon McFarland	Rogers	6:15:46
17	Aaron Ochoa	Broken Arrow, OK	6:28
18	Aaron Dickens	Van Buren	6:33:31
19	J.T. Patillo	Alma	6:33:31
20	Stuart Johnson	Shawnee, KS	6:32
21	Diane Diebold	Springfield, MO	6:35
22	Chris Cantwell	Rogers	6:36
23	Jeremy Day	Magnolia	6:55
24	Brant Bishop	Springdale	6:58
25	George Peterka	Hot Springs	7:06
26	Sarah Fisher	Tulsa, OK	7:07
27	Dave Davis	Tulsa, OK	7:07
28	Chris Cochran	Nixa, MO	7:10:41
29	Josh Bornhorst	Little Rock	7:09
30	Josh Madison	Hot Springs	7:20
31	Malcolm Smith	Texarkana, TX	7:28
32	Kurt Hauser	Hot Springs	7:29
33	Kevin Flaspohler	Ponca City, OK	7:38
34	Coleen Voeks	Kansas City, KS	7:43
35	Niolo Parkhurst	Lee's Summit, MO	7:43
36	Gen Spivey	Lenexa, KS	7:43
37	Deb Johnson	Shawnee, KS	7:43
38	Cliff Ferren	North Little Rock	7:42
39	Jim Sweatt	North Little Rock	7:49
40	Tisha Deen	Little Rock	7:50
41	Patrick Barker	Little Rock	7:51
42	Tina Ho	North Little Rock	8:29
43	Jonathan Young	Benton	8:29
44	Emon Mahoney	Little Rock	8:51
45	Cyber Gieringer	Pine Bluff	9:06
46	Kevin Griffin	Greenbrier	9:10
47	Joshua Drake	Hot Springs	9:20:26

Blaylock Creek Fun Run (17 miles)

	Name	City	Time	
1	Erich Washausen	Russellville	3:03:25	
2	Joshua Hillebrand	Bentonville	3:06:45	
3	Jordon Christy	Coweta, OK	3:20	
4	Cory Johnson	Little Rock	3:21	
5	Rob Seibert	Little Rock	3:22	
6	AJ Johnson	Hot Springs	3:31	
7	James Reeves	Bentonville	3:37:06	
8	Don Grencil	Little Rock	3:47:13	
9	Jared Wakeham	Talihina, OK	3:47:22	
10	Kendal Repass	Poteau, OK	3:53:37	
11	Kasey Ny	Miami, OK	3:53:38	
12	Jason Armitage	Hot Springs	3:58	
13	Jim Hart	Tulsa, OK	4:07:44	
14	Trenton Fox	Tulsa, OK	4:07:44	
15	George Haney	Poteau, OK	4:42:30	
16	Bill Elmore	Little Rock	4:49:33	
17	Zach Howard	Tulsa, OK	4:50	
18	Kristin Snyder	Poteau, OK	4:55	
19	Hali Repass	Poteau, OK	4:55	
20	Janet Cantwell	Rogers, AR	5:00	
21	Robert Williamson	Jonesboro	5:12	
22	Michael Polk	Jonesboro	5:12	
23	Reed Maguire	Tulsa, OK	5:22	
24	Cam Prock	Rogers	5:23	
25	Thomas Diebold	Springfield, MO	5:28	
26	Heather Diebold	Fayetteville	5:30	
27	Patre Williams	Little Rock	5:26:18	
28	Kimmy Riley	Mabelvale	5:39:46	
29	Sammy Wilkerson	Monticello	5:43	
30	Hannah Wilkerson	Monticello	5:43	
31	Phillip Hall	Stigler, OK	5:45	
32	Jeff Dovar	Stigler, OK	6:00	
33	Shannon Cochran	Nixa, MO	6:30	
34	Beth Schulte	Nixa, MO	6:30	
35	Chelsea Barker	Fayetteville	7:03	
36	Michele Hagelin	Fayetteville	7:05	
37	David Samuel	Mount Ida	7:38:05	
Other Participants				Miles
	John Patrick Kelly	North Little Rock		13.1
	Stephanie Mudock	Texarkana, TX		13.1
	Christina Payne	Texarkana, TX		13.1
	Davis Payne	Texarkana, TX		13.1
	Shea Smith	Texarkana, TX		13.1
	Cassandra Ticer	Little Rock	4:05:05	12
	Katy Grubbs	Little Rock	4:00	12
	Melissa Henshaw	Little Rock	4:00	12
	John Conn	Little Rock	3:07:00	11

Jenny Bailey	Claremore, OK	3:29	11
Angie Stewart	Fayetteville	2:29	9
Stihl Snyder	Poteau, OK	2:08	8

Editors note. I contacted David Samuel and asked if he would give us a look at how the Athens-Big Fork Marathon began. He was gracious to send the following report. I know the newer folks in AURA will find this very interesting and those of that have been around for while, might learn something we did not already know.

Toughest Marathon East of the Rocky Mountains!
By David Samuel

The Ouachita National Forest (and running) has been a big part of my life. My first assignment as a forester with the U. S. Forest Service was at Mount Ida in 1966. The next year I transferred to the Ozark National Forest for tours at Clarksville and Russellville before heading to assignments in Alabama, Mississippi and South Carolina. We returned to Arkansas in 1979 when I reported to the Caddo Ranger District, Ouachita National Forest in Glenwood. At that time there were only short hiking trails within the recreation areas at Albert Pike, Bard Springs and Crystal. During the late 1980's, I had an opportunity to apply for a grant with the Student Conservation Association (SCA) for trail construction using high schools from across the country in an eight-week summer program.

We received the grant and started to work on the first segment of the Little Missouri Trail from Albert Pike Recreation Area to Little Missouri Falls. Tim Ernst, Arkansas' Wilderness Photographer, <http://www.timernst.com/timernstbio.html> served as my SCA Crew Leader for the first two years. The third year we extended the Little Mo Trail from the falls upstream along the Little Mo River and connected to the abandoned Athens-Big Fork Trail where it crossed the river. The following years we extended the Little Mo Trail from Albert Pike Recreation Area downstream on the river to where the Viles Branch motorway crossed the river. The Little Mo trail passes near Greasy Branch downstream from the Albert Pike Recreation Area where General Albert Pike had a cabin in 1862. <http://www.pcahs.org/pcaolr/bio01/bio-0048.htm>

Finally in 1986, we began reconstruction of the old abandoned Athens-Big Fork Trail. It was completed in 1993 and thus the 26.8-mile Eagle Rock Loop was opened for use. Additional manpower had become available through the Youth Conservation Corps (YCC) program using local high school students, volunteers from the Bayou Chapter, Ozark Society, along with continued SCA grants. Forest Technicians Dewey Watson, Gary Monk, and Tab Horn, spent many days locating the abandoned trail and flagging the best routes.

The Athens-Big Fork Trail http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fsm9_039464.pdf was constructed by the U. S. Postal Service approximately 120 years ago along game and Indian trails though the Ouachita Mountains. Mail carriers on horseback crossed eight mountains to

and from the communities of Athens and Big Fork. This historic trail was also used by others on horseback since this was the best route across the east-west ridgelines through the saddles when possible. Many locals say this route was used by the Jesse James-Younger gang, Belle Starr and other outlaws. General Albert Pike is also thought to travel along Blaylock Creek from his cabin to the Athens-Big Fork trail when traveling to points west such as Fort Smith. Charley Peyton and I continue to look for his buried treasure along Blaylock Creek...three beech trees in a triangle (eight arrows and a cross) on each tree.

http://books.google.com/books?id=VZByj1_Xs8cC&pg=PA89&lpg=PA89&dq=general+albert+pike+greasy+cove+cabin&source=bl&ots=944j6jWq14&sig=MEiomdV-HwxHY3EL05YIYSPumCM&hl=en&sa=X&ei=CWDMUpywO4TM2AXRmYGwBw&ved=0CDoQ6AEwAg#v=onepage&q=general%20albert%20pike%20greasy%20cove%20cabin&f=false

I began running on the Athens-Big Fork Trail right after the restoration began in 1986 with my son, Chris. We ran from the south end to Road 106 (Blaylock Creek) and back on his birthday (February 28) for three years. We always dreaded Brushheap Mountain (both sides). During my career with the USFS, I hiked that trail many times by myself. Whether it was supervising the trail crews, looking for illegal ATV use, posting or marking the trail, it was always a good day regardless of the weather...just as it always has been on the first Saturday of the last 16 years. I know this trail like the back of my hand. Several of the AURA members may remember my National Trails Day runs, the Tall Peak Marathon, and the Eagle Rock Loop. After many years of trying different routes for my annual contribution to the ultra-trail series, I was driving to Mena for a meeting and passed the Big Fork Community Center...bang, what a neat meeting place near the spot where FS Road 38 intersects with SH8. On my way back, I used my speedometer to clock the distance from the community center to the A-BF trailhead. It was 2.6 miles. Great! $10.1 \text{ miles (trail length)} + 2.6 = 12.7 \text{ miles}$...only need to add 0.4mile on the gravel road at the south end of the A-BF trail. The A-BF Trail Marathon was born!

The first A-BF Trail Marathon was run on January 2, 1999. It was very cold and windy. There were only four runners and three volunteers. I started John, Michael, Kim, and Lou down highway 8 and told them I would see them at the other end. Charley Peyton made his initial trip to set up the Blaylock Creek aid station and Carrie DuPriest volunteered to go to the Little Mo River crossing. When I got to the turnaround, I parked my truck, put a water can on the tailgate and started hiking north. I flagged parts of the route on my way to tie in with Charley at the Blaylock Creek aid station. I can't remember where I met everyone but they seemed to be doing just fine and glad to see another human. I still remember Lou saying something like "David, what have you gotten us into?" One of the others just said "Wow!" Here the four charter members of the A-BF Trail Marathon Club:

- **John Jones 27 Conway, AR 5:35:58**
- **Michael DuPriest 42 Little Rock, AR 7:43:00**
- **Kimberly Pavelko 37 Conway, AR 7:45:00**
- **Lou Peyton 54 Little Rock, AR 8:17:50**

Do you think they enjoyed the challenge in 1999??? Would you believe they were all back in 2000 along with 14 new runners? Carrie DuPriest joined Kimberly and Lou. Kim has run many and was back this year. Stan Ferguson and Pete Ireland ran their first one and returned for many more. Stan has run 14 of the last 15 and Pete ran 11 A-BF's in a row. The 17-Mile Blaylock "Fun Run" was added and I ran my first one. I still remember running along with John Knapp...he loved his annual trip from Benton to Big Fork to Blaylock Creek to Big Fork and back to Benton.

2000 A-BF Trail Marathon - OVERALL MALE

- 1 John Gaston 43 Fort Polk, LA 4:53:07
- 2 Stan Ferguson 36 Conway, AR 5:01:39
- 3 John Jones 28 Conway, AR 5:40:12
- 4 Raton Parmain 47 Tulsa, OK 5:50:26
- 5 Steve Lee 44 Claremore, OK 5:55:29
- 6 Rickey Utley 32 Conway, AR 5:58:52
- 7 Michael DuPriest 43 Little Rock, AR 6:48:35
- 8 Jim Sweatt 44 N Little Rock, AR 6:59:00
- 8 Ron Gimblet 52 N Little Rock, AR 6:59:00
- 8 Randy Davidson 44 Little Rock, AR 6:59:00
- 11 Pete Ireland 59 Benton, AR 7:38:30
- 12 Don Higgins 53 DeQueen, AR 8:47:00
- 12 Steve Chaney 57 DeQueen, AR 8:47:00

2000 A-BF Trail Marathon - OVERALL FEMALE

- 1 Kimberly Pavelko 38 Conway, AR 6:25:00
- 2 Carrie DuPriest 42 Little Rock, AR 7:38:00
- 3 Lou Peyton 55 Little Rock, AR 8:00:56

2000 Blaylock Creek 17-Mile "Fun Run" - OVERALL MALE

- 1 David Samuel 56 Pearcy, AR 5:47
- 2 John Knapp 66 Benton, AR 5:59
- 3 Henry Osterloh Little Rock, AR 6:14

The third year was the one to remember. Anyone that went to Big Fork on January 6, 2001 will never forget the run on the ice and snow under, over, and around fallen trees from the Christmas, 2000 ice storm. Many of us had been trapped in our homes for about five days without power and unable to run. The highways cleared by January 4 but the forest and mountains were still covered with ice and snow. I drove over to Big Fork on January 5, parked at the north trailhead and took four rolls of flagging with me. The trail was full of trees. I flagged the best route through the mess over Missouri Mountain, hit Road 25, and headed west flagging to Road 38 and then north back to the trailhead. I estimated it would be about 15 miles in case anyone showed up. I was shocked that 18

showed up. I started the group and drove to the trailhead and placed water coolers on my tailgate. After everyone passed through, I fell in behind and made sure everyone made it around the trail/road loop. Here are the runners who braved the toughest conditions in the 16-year history of the A-BF Trail runs:

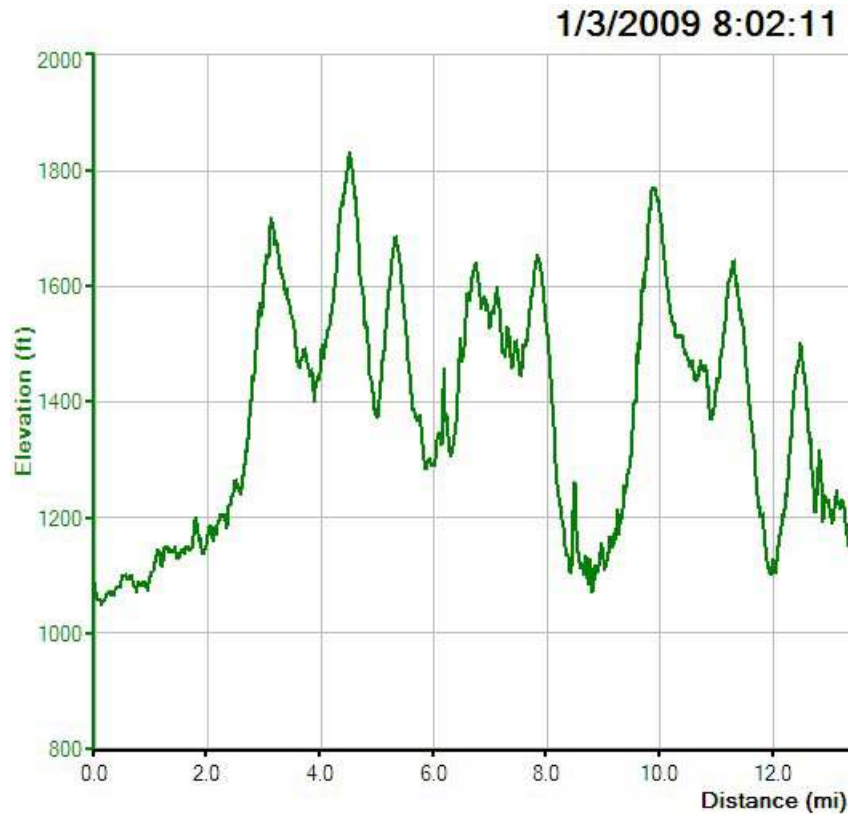
1 Stan Ferguson	37 Conway	2:09:34
2 John Gaston	44 Springdale	2:11:26
3 Tom Brennan	29 Monroe, OK	2:18:55
4 Tom Aspel	45 Russellville	2:22:33
5 Bill Coffelt	41 Fort Smith	2:32:49
6 Jim Sweatt	45 N Little Rock	3:11:41
7 Michael DuPriest	Little Rock	3:11:42
8 Gary Welchman	48 Little Rock	3:20:17
9 Pete Ireland	60 Benton	3:39:39
10 Greg Bourns	61 Waldron	3:59:15
11 David Smith	52 Cabot	4:16:28
12 John Knapp	67 Benton	4:42:44
1 Chrissy Ferguson	40 Conway	3:00:56
2T Patty Groth	45 Cabot	3:59:54
2T Carrie DuPriest	Little Rock	3:59:54
4 Sandy Tull	31 Waldron	4:10:09
5 Vicki Ingram	54 Cabot	4:19:54
6 Lou Peyton	56 Little Rock	4:31:59
NA David Samuel	57 Percy	10 Miles

I coordinated the A-BF trail runs from 1999-2008. Steve Appleton agreed to take over directorship of the event after the January, 2008 run. He has done an outstanding job in not only maintaining this tradition on the first Saturday of the year but also by making many improvements. Thanks to Charley Peyton, Lou Peyton, and Stan Ferguson (AURA), Team Texarkana (Brady Paddock), TATUR (Brian Hoover), Big Fork Community Center (Raymond Hayward), Ouachita Mountain Amateur Radio Association and the Polk County Search and Rescue Team for your great support through the years.

Happy Trails,
David J. Samuel

For more information and previous results, visit the Athens-Big Fork Trail Marathon website: <http://www.athensbigforkmarathon.com/>

Course profile from Athens-Big Fork



Looking at the results this afternoon...the A-BF has truly become a regional event.
of finishers - 96

States:

AR - 55

OK - 24

MO - 8

TX - 5

KS - 4

43% of finishers out-of-state

Thanks for helping Steve out this year and congrats on another completion of the A-BF. We both did same times as last year...suspect we are fairly familiar with the trail and the pace necessary to achieve a finish without injury. The A-BF would not be such an outstanding "regional" event were it not for the AURA leadership...Stan Ferguson,

Charley & Lou Peyton. And of course Steve just keeps improving the event in addition to his annual brushing of Missouri Mountain. Adding the tag no. of the vehicles was a really great addition when you get down to a runner or two still out and a couple of vehicles in the parking area. Thanks to the A-BF race team for another year of mountain memories! Have a great 2014!!! David

Ferguson Log

Athens-Big Fork Trail Marathon		
1	1999	-
2	2000	5:01
3	2001	2:09*#
4	2002	4:56#
5	2003	4:50#
6	2004	4:57
7	2005	4:53
8	2006	5:11
9	2007	4:57
10	2008	5:33
11	2009	5:36
12	2010	5:13
13	2011	5:08
14	2012	-
15	2013	5:41
16	2014	5:41

*15-Mile Ice Storm Course
#1st Place

Samuel Log

Blaylock Creek 17-Mile Trail Run		
1	1999	RD
2	2000	5:47
3	2001	RD
4	2002	6:41
5	2003	6:17

6	2004	6:52
7	2005	6:27
8	2006	6:42
9	2007	7:29
10	2008	7:14
11	2009	6:57
12	2010	6:25
13	2011	6:49
14	2012	7:20
15	2013	7:38
16	2014	7:38

“The marathon itself is one of the best kept secrets in trail running. It's the toughest trail marathon in the state and gets my "Best of Arkansas" award. Patrick Barker

2014 HURT 100 Miler
George Peterka

The Hawaiian Ultra Running Team 100 mile race was held on 1/18/14 in the mountains behind Honolulu. The course is technical trails with 24,500 feet of climbing. The format is five 20 mile loops. It is a very scenic course in tropical rain forest with views of Honolulu down below. The rain forest is slippery and there are a lot of roots and rocks. The temperature was between 65 and 80 with humidity around 80%.

This was my third attempt at the HURT and it's true "third time's the charm." Everything went absolutely perfectly and I finished in 34:54, an hour before the 36hr cut-off, exactly as planned. For completeness, I will include my first 2 attempts.

To be completely honest, I must say that when I first entered the 2012 HURT it was because I wanted an excuse to go to Hawaii. I had never been there. I had finished ten 100 milers, including Western States, and I thought I would try this one. I had been running Rocky Raccoon as my "birthday present run" but I hate the cold so I thought this would be better.

On my first attempt the difficulty of the course shattered my nerves. I wanted to quit after the first loop because I was convinced that I couldn't finish this. With a little help from my friend Darlene I hung in there until mile 67.3 and took the 100K buckle. I did not enjoy the race because I had a negative mental attitude. I was convinced it's a waste of

effort because I could never finish this. After the race I saw that there were still a few people who were behind me at mile 67.3 who still finished the full 100. I regretted quitting and thought that maybe if I had hung in there things could have improved with daylight and I could have finished. So now I had unfinished business in Hawaii! So I went back next year.

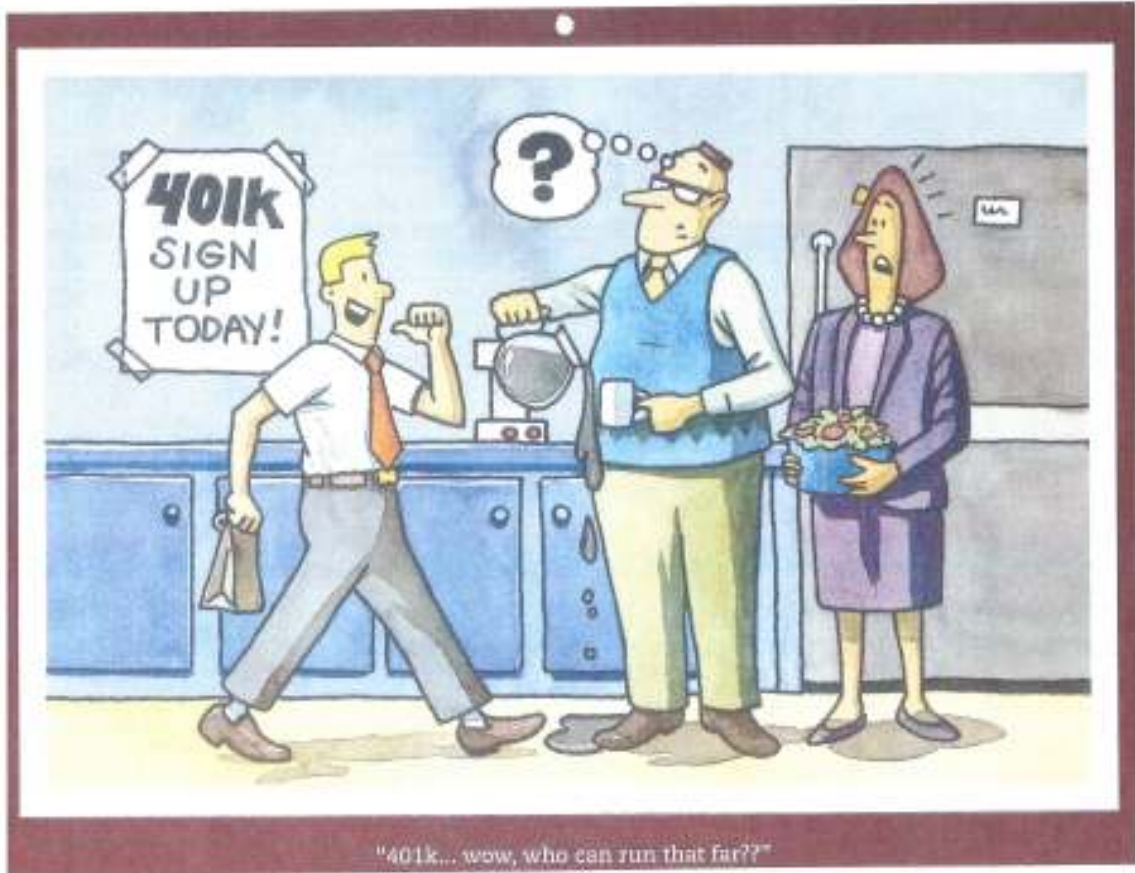
The second attempt was better. I knew exactly what lay ahead and I had a positive attitude. I was having hamstring tendonitis issues so I pretty much just walked. Running strained the tendons too much. I didn't grease up frequently enough and got a bad case of monkey-butt and that slowed me down to a crawl and I missed the cut-off at mile 80. So I had to come back next year.

This year everything went perfectly. I still had the hamstring tendonitis so it was still mostly walking but I did some light running on the easier downhill's. I greased up every 14 miles instead of every 20. No chafing. Darlene got me a pacer for the 4th loop. That's always the worst loop. He got me through that loop with 9 hrs left for the fifth loop. I did the 5th loop in 8 leaving a 1hr safety margin. I owe a lot of thanks to Darlene. She crewed for me the entire race and she worked the night shift at an aid station. She got cold and got sick. Poor thing! I also wish to thank my pacer Kirk Courkamp. Darlene's getting better at crewing. I told her at the start of the race to round up a pacer for the 4th loop and at mile 60 there he was!

The course conditions this year were excellent. In HURT terms that means it was dry and not nearly as slippery as it can be. It never rained which is rare for a tropical rain forest, parts of which get 250 inches of precipitation annually. It was however humid and there was no breeze. There was a heavy dew in the evening which made the night loops more slippery. The finish rate was unusually high, almost 1 in 2 vs. the typical 1 in 3. The winning time was 21:34 and there were 53 finishers from about 115 starters. I finished in 43rd place.

I'm sorry this report isn't all that interesting but that's because everything went according to plan without any problems. The good stories are when things go horribly wrong! I could tell you an interesting story about another runner. Even though the course is very well marked, a girl did get lost. When she hadn't showed up at the next aid station after 6 hours they started to look (it can take over 3 hours for a slow runner). You'll never guess where she was found. On Facebook! When they looked on her Facebook page they saw that 4 hours ago she posted she took a wrong turn. They were able to Facebook message her and guide her back on course. Well anyway, the HURT is a great race and hope you all get to try it sometime. ALOHA!

Thanks AURA Brother Dennis Baas for sending in the carton below.



Due to time constraints the write up for the Swampstomper will appear in the next issue.

SwampStomper

January 19, 2014 – Millington, TN

50K (32.6 miles) - 2013-2014 UTS Race #9

Place	Name	Sex	Age	City	Time
1	Kyle Grady	M	39	Memphis, TN	4:37:19
2	Joshua Eggar	M	37	Cordova, TN	4:37:50
3	Kristopher Whitten	M	38	Olive Branch, MS	5:02:07
4	Charles Flanigan Jr	M	39	Bartlett, TN	5:08:19
5	Mark Gullett	M	41	Springfield, MO	5:14:00
6	Jen Burton	F	38	Urbana, IL	5:19:55
7	Brian Novak	M	33	Baton Rouge, LA	5:27:45
8	Baker Mccool	M	33	Covington, TN	5:36:33
9	Janet Stroud	F	42	Danville, IL	5:39:06
10	Mark Denherder	M	49	West Fork, AR	5:49:15
11	Les Jones	M	55	Memphis, TN	5:53:58
12	Joseph Mcguinness	M	29	Marion, AR	6:06:39
13	Aaron Dickens	M	32	Van Buren, AR	6:10:57
14	Carol O'hear	F	38	Memphis, TN	6:13:10
15	Brittany Barbee	F	28	Memphis, TN	6:15:31
16	Steve Clark	M	31	Covington, TN	6:16:53
17	Mark Gregory	M	27	Covington, TN	6:16:54
18	Juan Sotelo	M	38	Memphis, TN	6:27:04
19	Yvonne Learmonth	F	30	Champaign, IL	6:29:13
20	Jason Auer	M	31	Jonesboro, AR	6:32:53
21	Willie Roberson	M	41	Memphis, TN	6:38:01
22	Sarah Harris	F	48	Bartlett, TN	6:47:43
23	Glen Okui	M	47	Germantown, TN	6:48:01
24	Don Frichtl	M	57	Paxton, IL	6:50:00
25	Barry Sandefer	M	50	Paris, TN	6:51:55
26	Andrea Stack	F	33	Mahomet, IL	6:55:44
27	Amy Lahey	F	47	Somerville, TN	6:57:02
28	Beth Garrison	F	43	Memphis, TN	6:59:58
29	Greg Ford	M	34	Covington, TN	7:03:21
30	Kristy Escue	F	36	Bartlett, TN	7:13:50
31	Rebecca Zaworotko	F	35	Germantown, TN	7:15:00
32	Kim Kelp	F	33	Cape Girardeau, MO	7:18:16
33	Patrick Barker	M	49	Little Rock, AR	7:20:29
34	Brett Whitehouse	M	45	Glen Carbon, IL	7:23:30
35	Dean Worley	M	48	Little Rock, AR	7:34:58
36	Ian Meggarrey	M	49	Arnold, MO	7:46:03
37	Jeff Samons	M	37	Cordova, TN	7:56:14
38	Courtney Elizalde	F	27	Cape Girardeau, MO	8:00:36
39	Christian Espinosa	M	43	Fairview Heights, IL	8:04:28
40	Mike Astrosky	M	50	Champaign, IL	8:38:52
41	Melissa Martin	F	49	Conway, AR	8:53:03
42	Angela Stewart	F	33	Fayetteville, AR	9:01:43
43	Andi Stracner	F	40	Mayflower, AR	9:01:43

50 starters

25K (16.3 miles)

Place	Name	Sex	Age	City	Time
1	Olaf Schulz	M	36	Lakeland, TN	1:59:48
2	Charlie Duke	M	33	Memphis, TN	2:16:04
3	Jeff Fejfar	M	37	Olive Branch, MS	2:16:22
4	Scott Peatross	M	44	Memphis, TN	2:21:41
5	Rob Seibert	M	43	Little Rock, AR	2:22:30
6	Adrian Hall	M	39	Memphis, TN	2:26:35
7	Kelsey Markham-Pope	F	25	Collierville, TN	2:30:34
8	Andy Holt	M	30	Memphis, TN	2:30:56
9	Mary-Ellen Kelly	F	46	Memphis, TN	2:32:08
10	Nancyanne Hickman	F	29	Memphis, TN	2:32:37
11	Shawn Mckinney	M	29	Hernando, MS	2:33:58
12	Casey Malone	F	36	Memphis, TN	2:34:08
13	Teresa Devlin	F	48	Collierville, TN	2:34:48
14	Neel Gammill	M	51	Memphis, TN	2:35:57
15	Jason Redenius	M	36	Germantown, TN	2:37:22
16	Mike Braman	M	27	Memphis, TN	2:38:31
17	Kevin Leathers	M	49	Germantown, TN	2:39:44
18	Aaron Cassat	M	33	Memphis, TN	2:40:03
19	Roger Fakes	M	46	Memphis, TN	2:41:25
20	Creg Workman	M	42	Memphis, TN	2:48:22
21	Christine Rutlen	F	25	Little Rock, AR	2:48:46
22	Simon Hill	M	31	Memphis, TN	2:51:13
23	Dennis Nicholson	M	39	Olive Branch, MS	2:51:20
24	Rebecca Kasten	F	45	Champaign, IL	2:51:27
25	Brian Kuhn	M	40	Manor, TX	2:51:28
26	Kelly Henson	F	44	Arlington, TN	2:52:29
27	Brandon Allen	M	31	Little Rock, AR	2:52:31
28	Fabien Llambi	M	35	Memphis, TN	2:53:24
29	Seth Chiles	M	35	Champaign, IL	2:53:41
30	Stephan Rowland	F	40	Memphis, TN	2:54:55
31	Matt Morice	M	47	Memphis, TN	3:00:25
32	Erin Grills	F	38	Memphis, TN	3:00:36
33	Dale Browning	M	55	Bartlett, TN	3:00:37
34	Conor Hayden	M	34	Memphis, TN	3:00:59
35	Roger Markham	M	58	Collierville, TN	3:01:45
36	Gary Kowalski	M	51	Southaven, MS	3:04:39
37	Laura Jaggar	F	40	Germantown, TN	3:05:27
38	David Rhea	M	50	Memphis, TN	3:06:56
39	Mark Ogletree	M	56	Collierville, TN	3:10:03
40	Tony Suttle	M	61	Champaign, IL	3:12:06
41	Cristina Guibao	F	38	Memphis, TN	3:14:57
42	George Brewton	M	51	Millington, TN	3:15:27
43	Karin Gill	F	48	Lafayette, LA	3:15:37
44	Tim Gill	M	53	Lafayette, LA	3:15:38
45	Larry Brower	M	62	Memphis, TN	3:15:39
46	Nancy Highland	F	42	Germantown, TN	3:15:40
47	Chris Mathis	M	50	Germantown, TN	3:15:59
48	Holly Hensarling	F	36	Germantown, TN	3:21:31
49	Rob Kinney	M	40	Lakeland, TN	3:21:36
50	Michelle Bingham	F	49	Memphis, TN	3:21:37

51	Brian Shwer	M	46	Memphis, TN	3:22:20
52	Suzanne Whitehead	F	48	Memphis, TN	3:23:15
53	Tricia Dewey	F	48	Memphis, TN	3:23:16
54	Joshua Gray	M	29	Cordova, TN	3:23:17
55	Jeff Jenks	M	42	Memphis, TN	3:23:53
56	Hans Parker	M	37	Cordova, TN	3:24:55
57	Francesca Tronchin	F	40	Memphis, TN	3:25:02
58	Charles Jabbour	M	54	Memphis, TN	3:25:04
59	Heather Lawrence	F	32	Memphis, TN	3:25:07
60	Brian Swanson	M	38	Cordova, TN	3:25:49
61	Clint Reed	M	38	Brownsville, TN	3:29:34
62	Billy Malady	M	49	Memphis, TN	3:29:56
63	Erin Shahan	F	28	Memphis, TN	3:30:35
64	Christy Correa	F	36	Memphis, TN	3:33:12
65	Kevin Bourquin	M	33	Memphis, TN	3:33:22
66	Andrew Balogh	M	47	Memphis, TN	3:34:06
67	Teresa Faulk	F	48	Memphis, TN	3:34:46
68	Craig Conley	M	43	Memphis, TN	3:35:14
69	Sherry Brooks	F	47	Memphis, TN	3:35:41
70	Keith Ritchey	M	40	Memphis, TN	3:35:48
71	Star Ritchey	F	40	Memphis, TN	3:35:49
72	Eric Smith	M	35	Mount Prospect, IL	3:36:55
73	Joel Gullede	M	34	Memphis, TN	3:37:01
74	Shelly Stephens	F	27	Memphis, TN	3:37:02
75	Lisa Overall	F	42	Memphis, TN	3:39:09
76	Julie Fike	F	52	Memphis, TN	3:39:11
77	Billy Moore	M	42	Memphis, TN	3:39:13
78	Sherry Rogers	F	53	Memphis, TN	3:42:11
79	Lisa Warmuth	F	44	Rossville, TN	3:43:12
80	Cullen Beard	M	53	Lakeland, TN	3:43:14
81	Tim Wilkinson	M	51	Cordova, TN	3:44:42
82	Andy Oglesby	M	46	Millington, TN	3:44:44
83	Scott Robertson	M	25	Alachua, FL	3:44:45
84	Allen Couch	M	45	Hernando, MS	3:44:54
85	Patrick Siglin	M	42	Memphis, TN	3:47:50
86	Maureen Mcgargill	F	41	Memphis, TN	3:49:46
87	Steve Giles	M	60	Paragould, AR	3:51:05
88	Gary McBride	M	49	Paragould, AR	3:51:06
89	Benjamin Daugherty	M	26	Cordova, TN	3:56:07
90	Janice Caudill	F	46	Germantown, TN	4:02:03
91	Letitia Moffitt	F	45	Champaign, IL	4:02:23
92	Melanie Dakin Chicoine	F	50	Memphis, TN	4:06:49
93	Julie Faulkner	F	42	Marion, AR	4:06:50
94	Amy Pritchard	F	35	Little Rock, AR	4:11:53
95	Emily Lindner	F	36	Memphis, TN	4:14:43
96	Brad Hopper	M	36	Oakland, TN	4:16:27
97	David Mclaughlin	M	46	Germantown, TN	4:18:09
98	Heather Gammel	F	32	Memphis, TN	4:21:23
99	Jim Halsey	M	53	Fishers, IN	4:24:44
100	Terri Lamberth	F	53	Collierville, TN	4:28:50
101	Holly Judd	F	41	Memphis, TN	4:28:59
102	Ken Graham	M	49	Bartlett, TN	4:36:55
103	Jason Pruettt	M	37	Drummonds, TN	4:46:14

104	Jamie Pruett	F	37	Drummonds, TN	4:46:15
105	Susan Shaw	F	47	Collierville, TN	4:48:50
106	Bethany Gallagher	F	31	Memphis, TN	4:48:51
107	Vicky Halsey	F	52	Fishers, IN	5:05:23

107 Starters

2013-2014 Ultra Trail Series Standings Through Nine Events

Open Division - Women

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Jenny Wilkes	43		44	76	58	53.				274.6
2	Deb Baker	32			90	47	46.				215.1
3	Cymer Gieringer		28	51		30	58.		41		208.4
4	Angie Stewart		34	51	63	18				42	208
5	Andi Stracner		16	27	52	12	59.			31	197.3
6	Tina Ho			33	10				52		191
7	Stacey Shaver-	54		55		36					145
8	Elaine Gimblet		22			8	54.				84.47
9	Carol O'Hear	26								53	79
10	Chrissy Ferguson		45			24					69
11	Christine Rutlen		56								56
12	Elizabeth Kimble				43						43
13	Lisa Gunnoe			21			19.				40.18

Open Division - Men

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Mark DenHerder	57	30	41	84	28	25.	57	50	53	425.7
2	Brock Hime		70	58	11						242
3	Aaron Dickens	22	10	36		16	44.	35	27	42	232.8
4	Thomas Chapin	46		52		62	46.				206.1
5	Caleb Ault	68	59			51					178
6	Stan Ferguson		24		31			46	61		162
7	Tyler Wilkerson		42	47	25				39		153
8	Shannon McFarland	18	20	53			20.		33		144.4
9	Jonathan Young	6		31		6	58.	29	5		135.1
10	Paul Turner		48		43	34					125
11	Patrick Barker	9	9	18	15	9	25.		8	31	124.8
12	James Holland	40			71						111
13	PoDog Vogler		36		60	12					108
14	Malcolm Smith	28			51				21		100
15	N. Wesley Hunt				98						98
16	Cliff Ferren	15	17		7	22		17	11		89
17	Kurt Hauser		11	24				23	15		73
18	Bill Coffelt	34			37						71
19	Joshua Drake	4	5				41.	11	2		63.52
20	Jason Armitage	12		30	20						62
21	Ronnie Daniel	8					53.				61.83
22	Kevin Dorsey	7		42							49
23	George McDonald		8			3	36.				47.91

Grand Master Division - Women

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Deb Baker	51			10	53	53.				258.1
2	Elaine Gimblet		41			31	62.				134.6
3	Chrissy Ferguson		52			42					94

Grand Master Division - Men

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Cliff Ferren	34	48		51	43		51	41		268
2	Malcolm Smith	45			10				52		202
3	Paul Turner		59		89	54					202
4	Johnny Eagles			51	62		27.				140.2
5	Bill Coffelt	56			75						131
6	George McDonald		31			32	42.				105.4
7	Ron Gimblet	22	13			26	32.				93.19
8	Rich Brown		37								37
9	Arland Blanton						33.				33.43
10	Dennis Baas	28									28
11	Joe Milligan		25								25
12	Greg Bourns	16	6								22
13	Bob Marston		19								19
14	Bill Brass		9								9

Senior Division - Women

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Elaine Gimblet		51			51	70.				172.8

Senior Division - Men

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Johnny Eagles			51	10		30.				182.8
2	George McDonald		56			52	47.				155.9
3	Ron Gimblet	42	28			41	36.				147.3
4	Dennis Baas	53									53
5	Greg Bourns	31	16								47
6	Joe Milligan		45								45
7	Bob Marston		34								34
8	Bill Brass		22								22

Super Senior Division - Men

	Name	F	Ne	B	A	B	SS	L	A	S	Total
1	Greg Bourns	51	41								92
2	Bill Brass		52								52

UTS Miles (275 miles required for High Mileage Club)

	Name	F	Ne	B	A	B	SS	L	A	S	Total
	Mark DenHerder	31	14	40	10	31	31	26	26	32	331
	Andi Stracner	31	14	31	10	31	66			32	305
	Patrick Barker	31	14	31	10	31	24		26	32	289
	Angie Stewart	31	14	40	10	31				32	248
	Jonathan Young	31		50		31	71	26	26		235

Jenny Wilkes	31		31	10	31	38				231
Stan Ferguson	31	14		10	31		26	26		228
Cliff Ferren	31	14		10	31		26	26		228
Aaron Dickens	31	14	31		31	35	26	26	32	226
Elaine Gimblet	31	14		10	31	47				223
James Holland	31		50	10					32	213
Ron Gimblet	31	14		10	31	26				202
Tyler Wilkerson	31	14	31	10				26		202
Deb Baker	31			10	31	40				202
Cymber Gieringer		14	50		31	65		26		186
Lisa Gunnoe	31		31	10		21				183
Jason Armitage	31		31	10						162
Tina Ho			31	10				26		157
Malcolm Smith	31			10				26		157
Johnny Eagles			31	10		18				149
Joshua Drake	31	14				51	26	26		148
Chrissy Ferguson		14		10	31					145
Paul Turner		14		10	31					145
PoDog Vogler		14		10	31					145
Brock Hime		14	31	10						145
Stacey Shaver-	31		31	50	31					143
Shannon McFarland	31	14	50			19		26		140
Thomas Chapin	31		40		31	36				138
Bill Coffelt	31			10						131
Elizabeth Kimble	31			10						131
Bill Brass		14		10						114
Joe Milligan		14		10						114
N. Wesley Hunt				10						100
Alston Jennings				10						100
Rosemary Rogers				10						100
Kurt Hauser		14	31				26	26		97
Ronnie Daniel	31					51				82
Kevin Dorsey	31		50							81
Caleb Ault	31	14			31					76
Sam Wilkerson	31	14	31							76
George McDonald		14			31	28				73
Carol O'Hear	31								32	63
Michael Harmon				50						50
Leigh Tanner			50							50
Greg Bourns	31	14								45
Dennis Baas	31									31
Chris Ho					31					31
Greg Weidenhoffer			31							31
Arland Blanton						27				27
Bob Marston		14								14
Christine Rutlen		14								14
Rich Brown		14								14



20th White Rock Classic 50K

Saturday, February 1, 2014

9:00 am

No Fees, No frills, No WIMPS!

Back to the traditional start/finish location for 2014!

Race begins at 9:00 am on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass).

This is Race #10 of the 2013 - 2014 AURA Ultra Trail Series

Sign-up will be at the Turner Bend store--at the Mulberry River bridge.

There is no entry fee and no advance sign-up. A small donation to help cover costs would be appreciated.

Please plan to arrive at Turner Bend by NO LATER THAN 8:30am to sign-up and hear run instructions. Remember--we have to relocate to the start before 9:00.

Brought to you by Lisa Gunnoe, PoDog Vogler, and the Arkansas Ultra Running Association (AURA)

Refreshments will be near the finish line starting at 1:00 pm

Please keep your own time and sign in at the top (past the aid station at the lookout) and at the finish to be included in the results. This is a run/walk but you are welcome to ride your bike if you wish.

The 50K course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained forest road. Aid is set up approximately every 5 – 6 miles.

PLEASE NOTE: If you plan to just run to the top of White Rock mountain (25K), you will need to plan ahead to arrange your own ride back. No shuttling will be available.

Approximate cumulative elevation changes:

Out/up: 3500' total climb, 1900' total descent

Back/Down: 1900' total climb and 3500' total descent (see profile below)

Course Records:

Male (Brannon Cemetery start/finish): Cole Crosby, 3:53:55 (2012)

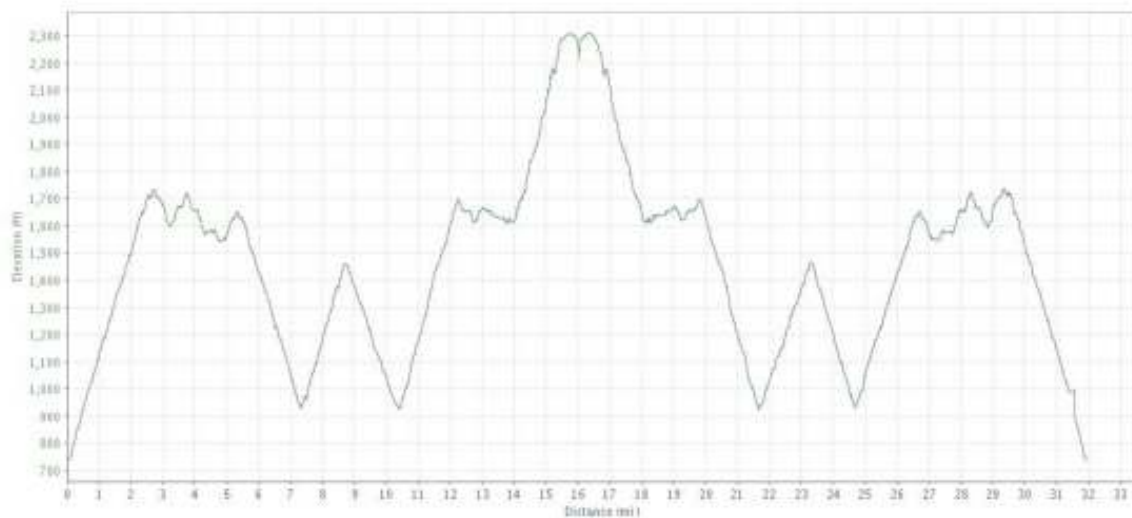
Male: Stan Ferguson, 3:58:27 (2000)

Female: Chrissy Ferguson, 4:44:25 (1999)

Female (Brannon Cemetery start/finish): Katie Helms, 5:14 (2012)

Course closes by 5 pm. Early starts are accepted if you anticipate not completing the 50K under 8 hours. Note: There will be a few awards given--early starters are not eligible for awards.

Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation. Here is the course profile – compliments of Jeff Genova – Thanks Jeff!



This 50K is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently. It is guaranteed to help work off those Christmas holiday pounds before the Valentine Candy arrives. J Cyclists are always welcome to join us, although a road bike wouldn't be recommend as there are plenty of rocks on the dirt road. Hope to see you there! Questions: e-mail Lisa at shebalynnx@gmail.com



The Arkansas Ultra Runner's Association (AURA) and
The Northwest Arkansas Speed Association proudly presents:
Styx n' Stones



30 Kilometer Trail Run
(15K Option Also Available)
Devil's Den State Park
March 22, 2014
8:00 AM



Exercise Your Demons
Race Information

Time/Location: 8:00AM. Day Use Pavilion.

Distance: Approximately 30K (18.6 miles). The short option is 15K (9.3 Miles).

Aid: There will be minimal aid. This may include water, sports drink and light food. However, you are encouraged to carry your own provisions. Water bottle highly recommended.

FEE: No fees. No frills. No wimps. No whining. Donations to help cover costs are appreciated. There will be a donation can at the sign-in table.

Ultra Trail Series: This race is part of the 2013-14 UTS. [More information on the UTS](#)

Timing: Please keep your own time and sign in at the finish. Results will be posted on www.runArkansas.com

Difficulty: This is a long race on difficult, technical trail.

Runner Info:

Gaiters recommended: expect any combination of sticks, stones, boulders, mud, scree, grit, trail debris, rocks, sand, slippery rocks, roots, loose rocks...

Much of the trail is very technical. Don't plan to run a personal best here. Enjoy the great outdoors and *exercise your demons*.

Major climb the first two plus miles. Gnarly climb at ~13 miles.

Gaiters recommended: expect any combination of sticks, stones, boulders, mud, scree, grit, trail debris, rocks, sand, slippery rocks, roots, loose rocks...

Much of the trail is very technical. Don't plan to run a personal best here. Enjoy the great outdoors and *exercise your demons*.

Major climb the first two plus miles. Gnarly climb at ~13 miles.

Six hour time limit. Runners passing the 9-mile checkpoint after 10:50 AM will be required to stop at 15k. Assume the 30k will take nearly as long as a road marathon.

Getting there:

From the north, I-540 to the West Fork exit, right on Highway 170.

From the south, I-540 to the Winslow exit, Left on Highway 74.

Contact:

Race Information: [Mark DenHerder](mailto:mark@dhfarm.net) at mark@dhfarm.net

Devil's Den State Park trails

<http://www.arkansasstateparks.com/things-to-do/trails/search.aspx?parkid=4>



24th Annual

Ouachita Trail 50 Mile and 50K

April 26, 2014, 6:00 AM

Maumelle Park, Little Rock, Arkansas

Presented by the Arkansas Ultra Running Association

Proceeds benefiting Pinnacle Mountain State Park



**ENDURANCE FUELS
& SUPPLEMENTS**

Course: A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

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.

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carrying at least one fluid bottle is HIGHLY advise. 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 until April 7th, \$75 thereafter. Please make check payable to Arkansas Traveller 100. NO REFUNDS. NO RACE DAY ENTRY.

Entrants Limit: 225; Mail entry to: Chrissy Ferguson, 116 Turtle Creek Cove, Maumelle, AR 72113

For more information visit website: www.RunArkansas.com; e-mail: OT50@RunArkansas.com; phone: 501-803-9411



Ouachita Trail 50 Mile/50K - Official Entry Form

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-mail _____ Age on 4/26/2014 _____

(Minimum age is 18)

Gender _____ Short sleeve technical shirt size: Men S/M/L/XL/XXL: _____ OR

Women XS/S/M/L/XL: _____

Entries received after April 1st are not guaranteed selected shirt size.

Please check event: 50 Mile ___ 50K ___ (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 _____



Tyler Wilkinson at Athens-Big Fork



Tom Brennan at Athens-Big Fork

Retreads

First Wednesday of the month at Franke's Cafeteria

@11:30AM

11121 N. Rodney Parham Road
(Market Place Shopping Center)

Dutch Treat

Wear something to show you are
one of the gang -- shirt, hat, scarf,
finisher medal, etc.

Just show up and look for the Old Runners: Retreads.
For more information contact Charley or Lou Peyton at
225-6609 or chrlypytn@gmail.com