

THE ARKANSAS ULTRA RUNNER

March 2014

The Newsletter For Members of the
Arkansas Ultra Running Association

AURA Website - www.runarkansas.com

Message from the President – Stan Ferguson

Hello Guys and Gals in Ultra-land,

As I write this, we're wrapping up a busy February. But before going any further into that I want to encourage everyone to come out for a fun run and membership meeting that will be held on Sunday afternoon, March 30th at the Big Maumelle pavilion at Pinnacle Mountain State Park. Check the meeting announcement later in the newsletter for complete details, but the basics are that we'll have an initial gathering time for folks to group up and go out for whatever they want to run or hike, with a meeting commencing about two hours later. The main order of business for the meeting will be the officer elections for the next year. That's right--this is your opportunity to vote the bums out! In case you're not aware, the other current board members are George Peterka (Vice-President), Lisa Gunnoe (Secretary), and Charley Peyton (Treasurer). So far there has not been a big influx of out-of-state money being spent on massive negative advertising blitzes, so hopefully the election will be a very civil affair.

This February there were three ultra-distance races in Arkansas! I don't know for certain, but feel like that has got to be a record for one month in our state. We kicked off the month with an AURA run—the White Rock Classic 50K, with the Sylamore Trail 50K being two weeks later, and the inaugural LOViT 100K the following weekend. If you think like I do, your first query might be “did anyone do them all?” Unless I just totally missed someone, the answer is no. I guess it's possible that Sylamore being a

tough ticket this year might have had something to do with that...maybe, maybe not. But anyway, I do want to commend Cymer Gieringer and Josh Bornhorst for turning the (icy) Sylamore/LOViT double, and I'll also mention Alison Jumper, Stacey Shaver, and Mark DenHerder who soldiered through both White Rock and LOViT. And if I missed anybody else doubling up on either of those—please accept my apologies and let me know so I'll recognize my screw-up.

We had a nice day for the 20th White Rock Classic. It was a little bit on the cold side, but I believe in general folks like it like that. I managed to notch a top-five finish, which put me in the hardware. It wasn't actually "hardware", but a basket of Valentines-like candy, goodies, etc. I will say that it got me in good graces on the home front, if you know what I mean. Last month I mentioned that this was to be my fourteenth White Rock Classic. At the time I felt like that was quite a few, but the top mark goes to Kimmy Riley—who has finished ALL TWENTY of them! Congratulations Kimmy!!

Probably a number of folks have been privy to the friendly competition between our AURA brothers Jimmy Sweatt and Stuart Johnson who went into this year being the only runners to have completed all of the first 21 Sylamore Trail 50K runs. Think: some mild trash-talking and Chuck Norris-like stare-downs prior to an annual episode of "last man standing." Unfortunately for Jimmy, he was down with the sickness this year--taking him out of the game, not even well enough to toe the starting line. So congratulations to Stuart—the only person to claim finishes in all 22 Sylamore 50K runs!

We've seen a lot of people come and go here in Ultra-land. It's great to see new folks come in; we wonder how folks who no longer come around are doing. But this is good stuff, when we have friends who continue to show up decade after decade (even if the times aren't quite what they used to be!).

Just one more note on the concept of "continuing"... I mentioned last month that the recent Athens-Big Fork Marathon was Steve Appleton's last one at the helm. Yes--that was a subtle hint, but consider this a call that we are looking for someone with interest in taking over the organization of that run. I know there are several people still willing to pitch in for some of the effort involved, but the need exists for a run leader/director to keep it all together. Get in touch with me if you care about the run and have interest in making sure it continues.

Okay—that's it for this time. I hope to see you at Pinnacle State Park on March 30th.

As promised in the last newsletter we have a short write up from the Swampstomper back in January. Thanks James

Swamp Stomper James Holland

The 9th running of Swamp Stomper 50K/25K took place Sunday, January 19, 2014 at Meeman-Shelby Forest State Park in Millington, Tennessee.

This was my first year as Race Director after having run the 50K from 2007-2012. I was introduced to the trails at Shelby Forest through this race and I am happy that every year more people come to Shelby Forest because of this race.

The weather cooperated and the trail was in excellent condition for the 150 finishers.

This was UTS race #9 and Mark DenHerder traveled from West Fork, AR to continue his participation in every race in the 2013-2014 UTS. That's commitment! In addition, he finished in the top 10.

The 1st Hilde Haynes Memorial Award (designed and handcrafted by Meghan Lewis, respected runner and wife of course record holder for both the 25K/50K) was presented to Sarah Harris who completed the 50K. Hilde was a member of the Warthogs running (and biking) group which helped start this race in 2006. She lived in the Forest, loved the Forest; she was and is the Forest. Hilde finished the Arkansas Traveller 100 (AT100) mile race in 2005 at the age of 62. To date, she is still the oldest female finisher. Sarah, who told Hilde "I want to be like you when I grow up," is also awarded entry to the 2014 AT100.

Local runners finished 1st, 2nd, and 3rd in the 50K. Kyle Grady held on for a 31 second win over Joshua Eggar followed by 2013 Winner Kristopher Whitten. Congrats to Buffalo women (Illinois) who finished 1st and 2nd, Jen Burton and Janis Stroud and local Carol O'Hear who finished 3rd.

In the 25K, local runners took 1st, 2nd, and 3rd in both the men's and women's races as Olaf Schulz (no t) broke the 2 hour mark followed by Charlie Duke and Jeff Fejfar. Youth prevailed as Kelsey Markham-Pope, the youngest participant, won; Mary-ellen Kelly and Nancyanne Hickman were next separated by only 29 seconds. Congrats and thanks to everyone who participated.

White Rock Classic Loop 2014

Bill Coffelt

I had to be an “early starter” this year due to an afternoon engagement. Po Dog was heading out to mark the course when I left at 7:00 AM. It was a damp 51* and I was quite warm before I ever got to Bee Rock. I walked a few of the steeper hills going up Black Mountain to conserve my legs for later. I reached Gray’s Spring just as the Hamm Radio crew was setting up. It’s always great to know they are here volunteering to help keep track of everyone. It was 55* and my Nike top was way too warm. I enjoyed the downhill into Spirits Creek and was greeted by fog and a 10* drop in temperature. As I climbed back up the hill, the temperature rose again. I was glad I was carrying my large hydration pack. By starting early, I had to be self-supported since I was ahead of the aid stations. I was drinking constantly and hitting the gel every 30 minutes. Next up was the Salt Fork roller coaster. Its descent and ascent are not as steep as Spirits Creek but, they are longer. At the 10 mile mark, I was right on my 3 hour ascent pace, and my legs felt pretty fresh. By the top of the hill at Bliss Ridge, the fog had covered everything. It was starting to cool off and it felt great. The flat section around the base of White Rock was a reprieve on the quads but, I was never really sure where I was because of the fog. Visibility was down to about 200 feet. I knew when I reached Woods Gap because then everything is straight up! I walked the steep sections and ran the rest to the top. I dropped off my pack and ran down to the pavilion and signed in at exactly 3:00:00! I walked back up the hill as I drank a protein shake. Jamie had refilled my pack with water and I helped them with the pop up shelter before heading out.

Now the fun part starts. With the road closures over the last four years, there was some talk about using a portion of the Ozark Highlands Trail. Well, any good idea needs a bench test and I’m game! I ran past the cabins to the spur trailhead. I did the zig zag to get under the bluff and headed east. The trail is pretty steep going off the east nose of the mountain and the moisture made things quite slick. There were still a lot of limbs and trash from the ice storms to clutter things up. Needless to say I wasn’t making very good time. I got to Salt Fork Creek and was able to cross rock hopping. The climb up to Potato Knob was slow and tedious. Every time I’d hit a moderate section to run, there were downed trees to detour around. At the top of the mountain, I was about 24 minutes behind schedule. I wasn’t drinking as much with the drop in temperature but I sure was hungry. One gel flask was gone and I was into the next one. The east side of Potato Knob is a smooth fast descent. There were only a couple of detours on this section. I made it down to Spirits Creek and headed back north to the crossing. The large bluff shelter was still holding some spectacular ice sheets. Many more had broken loose and slid down covering the trail. More detours! At the creek crossing I once again found a spot to rock hop and keep my HOKAs dry. I pushed the uphill pretty hard knowing it was my last climb of the day. I reached the Ragtown Road crossing and the drizzle began to fall. I kept eating and

drinking and sidestepping armadillos! There is a 3 mile section of the OHT that follows a century old railroad bed that used to run along the back side of Black Mountain to Cass. I made up a lot of time on this section. I stopped for a couple of minutes to visit with the gentleman who maintains this portion of OHT. He has been a busy man. The trail drops down the valley to Fanes Creek and the crossing is across a slab rock. No dry crossings here. I finished my second protein shake and headed back to Cass on the gravel road. There is a short ¾ mile section of highway 23 to get back to White Rock Mountain Rd. and the Start/Finish. I wrapped up the loop experiment in 7:05:45. It was 38* and I was ready for some dry clothes. The White Rock Loop measures 32.2 miles, about .4 more than the road course but a very, very scenic addition. Who doesn't like running on trails, right?

White Rock Classic

February 1, 2014 – Cass, AR

2013-2014 UTS Race #10

50K Men

1	Brian Hurley	3:53:06!	
2	Scott Reeves	4:32	
3	Joshua Hillebrand	4:37	
4	Stan Ferguson	4:40	
5	Mark DenHerder	5:05	
6	John Hughes	5:05	
7	Aaron Ochoa	5:17	
8	Tom McGriffin	5:20	
9	Shannon McFarland	5:28	
10	John Stanfield	5:36	
11	Aaron Dickens	5:38	
12	Eddie James	5:43	
13	Cliff Ferren	5:52	
14	David Newman	6:05	
15	Chris Cantwell	6:09	
16	Brett Nguyen	6:10	
17	Rich Brown	6:13	
18	George Haney	6:13	
19	Lucus DeBuhr	??	
20	Scott Thibodeaux	6:33	
21	Kurt Hauser	6:33	
22	Patrick Barker	6:38	
23	Jay Hill	6:39	
24	Gabe Nutt	6:44	
25	Shannon Hampton	6:44	
26	Bill Elmore	6:44	
27	Jerry Hurt	6:54	
28	Jeff Underwood	6:58	
29	Mark Roth	7:12	
30	Matt Gould	7:30	
31	Jimmy Sweatt	6:53	Early Starter

32 Kurt Lind 7:15 Early Starter
! - New course record

50K Women

1	Alison Jumper	4:53
2	Sharon James	5:43
3	Leah Mayfield	5:47
4	Jamie Rogers	5:49
5	Stacey Shaver	5:50
6	Debbie Lashley	6:01
7	Deb Baker	6:38
8	Megan Vonsteaghe	7:15
9	Kimmy Riley	7:20

25K - Men

James Reeves	2:09
Matt Sobolewski	3:35

25K - Women

Katie Helms	2:30
Chrissy Ferguson	3:42
Debbie Sobolewski	3:35
Ali Racheots	

Other Distances & Cycling

Bill Coffelt - Road and OHT Combo	7:05
Hunter Hobbs 50K cyclist	3:52
Nick Hobbs 50K cyclist	3:52
Kim Johnson - 18 miles	4:13
Rhonda Ferguson - 18 miles	4:13
Stoker Neal - 50K Cyclist	4:33
Janet Cantwell - 20 miles	4:36
Chaney Black - Run out 25K/cycle back	6:46
Cam Prock - Run out 25K cycle back	6:46
Steve Gewinner 50K cyclist	6:11

**Time for Spring
George McDonald**

Mother Nature has reminded us she's in charge and it's still winter. Many of us had to dig out cold weather running gear we haven't worn in years. Memphis and Dallas Marathons were canceled and the north had its share of snow. The Sylamore 50K was no exception. I've always felt this was one of the prettiest trail runs in Arkansas. The race for many years was mainly an Arkansas event where you could arrive the morning of the race and sign up. Not anymore, as many surrounding states have found it, as this year the race's

online registering site was full in 28 minutes!

The race day forecast was unsettled and I finally just put everything I had in the suitcase and drove to Mountain View on Friday. Linetta loves this race; after the runners leave the hotel for the race, she has the hotel to herself the rest of the day. As we approached Mountain View, we began to see snow in the shadows and more as we entered town. I knew we would be running in it the next day. After picking up the race packet, everyone was asking about the depth of the creek, but no one offered info. We saw a poster that read “*only four-wheel drive vehicles were allowed to Gunner Pool and Barkshed aid stations*”, which said a lot!

The next morning I wanted a good parking spot so I left at 0520 for the 5-mile drive to the starting line. It was crystal clear and 20 degrees!! The highway had several icy spots. I parked and listened to a local radio station, watched the full moon set, watched traffic as late arrivals fought for parking and stayed warm until the 0700 start for the 50K. At 0645 I left the comfort of the warm van and prepared for a long day of running. Greg Eason gave us race instructions which included how icy the trail was, where the snow was, how dangerous the road down to the trailhead was, and to think about not jumping into the creek just to stand in the cold water waiting on runners to clear the icy trail on the other side.

The race was electronically timed with strips we attached to our hips. The 50K started right at 0700 and we slowly made our way up the paved hill to begin our adventure. Angie was running close and I saw several other friends. We had a 30-minute head start on the 25K folks, so we needed to get down the road! As we made the turn off the pavement, it was immediately evident today was going to be a very long day. The road was covered in a thick layer of ice and crusty snow. People were falling all over the place. “*Treacherous*” would be the best description. After a scary downhill, we had a rough trek across uneven frozen ground to the creek crossing. Most people, especially the new runners to this race, get overly concerned about crossing the creek. The whole course is wet; in fact I tell folks, “*You will be looking forward to the creek on the way back since you are almost done*”.

As I reached the creek, several folks were climbing up the other side and several others standing on the bank waiting to go. I kept wondering how long they were going to wait, so into the creek I went and crossed over. Since it was 20 degrees the water was warmer than air temp, but not by much! At least it was just below knee-deep this year. The first mile after the crossing was icy and a lot of people were falling around me. I kept a slow short stride to keep my center of balance and used this technique most of the day. Ice was hanging down in the grottos and the trail was rough. People had hiked the trail earlier in the snow and their tracks were frozen which made for a very uneven path. The first 5-miles were tough.

As I approached the aid station at Blanchard Springs the path became more snow-covered with patches of mud. The temperature was supposed to warm up to the upper

50's but never made it to 40 until late in the afternoon. The next section had a lot of slick snow and uneven frozen foot prints. I saw a lot of places where runners had slipped off the trail. The snow made for some awesome views and I guess I would have really enjoyed it if I wasn't concerned about falling off the mountainside! A few places on the trail you might fall almost 200+ feet straight down to the creek below, so staying on the path was the main object of the day.

Arriving at Gunner Pool, the road was like glass and a runner fell hard just in front of me, so I kept a slow approach to the aid table. Lou and Charlie Payton were happy to see me and I was extremely happy to see the grilled ham and cheese sandwiches! Only 20 miles to go!! After crossing a very icy bridge it was back to the trail. The next section had some sun and lots of mud. I knew my pace was slower than normal, but for conditions I was pleased to still be upright and moving. The views of the creek were awesome with places where the creek was frozen over and snow-covered.

As I reached the turn at Barkshed, I was concerned about making the 9- hour cut-off because of the conditions. At least I felt I was on the downhill side (ha!). I met runners still on the way out and was concerned about Angie as she told me she fell 7 times and was pretty bruised up. Getting back to Gunner Pool, Lou had some awesome chicken broth soup. Talk about "*melting the snowman*". (I felt like the Campbell Soup commercial). By now the trail was in a very slick condition, but the snow was still pretty and I enjoyed most of this section-even the long uphill forest road that was snow-packed.

I needed to get to Blanchard Springs with at least 2 hours to spare so I would not feel rushed, but I was not making good time. As I came down the hill above the aid station at Blanchard Springs my time was already at 7 hours. A quick stop and some hot soup from Greg's mom and I was off on my last leg. It had warmed up and the trail had become a quagmire. The last few miles were a thick, gooey mess. At least I didn't lose a shoe! As I reached the downhill to the creek crossing I nearly took a fast slide off the trail and a 40 foot tumble to the creek. I caught a tree branch and held on as I caught my footing. That was the closest call of the day. As I made it down to the creek I was putting my hands down on the trail to keep upright. A quick jump and across I went.

I had 16 minutes to run 1.2 miles. Across the rough field I went to the last climb up the treacherous road. It was still slick and full of people's sliding footprints. I finally found the pavement and the long downhill to the finish. I had 10 minutes. I chugged along and had the finish in sight. Crossing the highway to the finish I was excited to see I made it under 9 hours! I've seen enough snow and ice to declare "*Come on Spring*"! My feet were numb and water-logged, but it felt good to finish! Nothing like a nice, long, hot Epsom salts soak to revive me! See ya on the dry pavement!!

FOR THE LOVE OF ~~Running~~...LIVING!
By: Adiel Looney

Long, first, fun, awesome, slickery, slippery, hard, intense, epic, inspiring, energizing and rewarding are just some of the words used to sum up the 2014 Sylamore 25K/50K by participants, volunteers and spectators. However, the one word that came up the most...**LIVING!**

When asked to write this article, I was extremely flattered. After all, it's for the AURA newsletter and even though I've participated in many long distance endurance events over the years, without the bike, swim and "marathon distance," I've only officially been able to classify myself as an ultra runner since the afternoon of February 15th, 2014 when I completed my first 50K at Sylamore. I've run these trails many times recreationally and also as a 25K participant. It's definitely a favorite for me! I have to give my husband Jake credit this year though. He was responsible for signing me up for the 50K instead of the 25K. SURPRISE!

I knew this article would be much more relevant if I highlighted the experiences had by others rather than writing only about my own.

I love pre-race, race and post race conversations!

For this particular event, the most common race preparation thoughts and conversations I heard revolved around the elements.

"Is it going to rain? Sleet? Snow?"

"What is the temperature going to be?"

"How high will the creek crossing be this year?"

"What am I going to wear? Pants? Baby oil on my legs?"

"What will I eat? I hope I can poop."

"Fuel belt, camelback, hand-held?"

"I really didn't train for this...did you?"

"My longest run was (insert "not long enough distance")."

"I hope I can poop."

"I started training as a first time runner in November 2013. It was the toughest winter in years to train for an event. The conditions were EPIC race day! Why do participants feel the need to change shoes after the creek crossing? Just saying."

-Jim Frank
Little Rock

The first few miles of the event this year were unlike anything I have ever experienced. For example, there was a single file line to cross the creek. It made for a slow start to the race but it was such a great opportunity to visit with other participants. Some folks were extremely careful. Others hopped across with ease. A few busted their rears and everyone in the single file line pretended not to laugh. After that, it was touch and go for a while.

"I wish I knew all the people that were behind me that got to see me fall on my hiney because I'm sure they would have a funny story or two."

-Misty Brown
Little Rock

"One of the toughest races I've done and I have raced a lot. Fear of slipping on the ice and busting it or falling off the side of a cliff...sure had a way of focusing the mind."

-Barbara Mariani
Little Rock

"It is my go to race every year because you NEVER know what you are in for from a weather standpoint but you're ALWAYS guaranteed a beautiful run on such a diverse course. It's not just a place to see in Arkansas, but it's really one of the most beautiful places in the world (at least from the small bit of the world I've seen)."

-Cory Johnson
Little Rock

"Each year had different circumstances at the race: cold, hot, wet, and this year frozen! But regardless of the pain and suffering, each year has just been pure FUN!"

-Frank Lawrence
Little Rock

Even with the icy elements, the conversation continues. No matter what your role is, I am sure you can relate. Some of the most common dialogue overheard during Sylamore 25K and 50K went something like this:

"I am hungry."

"That aid station rocked!"

"This snow, slush, ice and mud are really going to slow me down."

"I really don't care about my time."

"Are you hydrating?"

"I REALLY have to go...but I will just hold it."

"What is our pace?"

"I forgot to charge my "Garmin."

"I really want to beat (insert person that you silently want to pass)".

"I am so bummed I didn't poop this morning. I wonder when I will poop again."

"This is an amazing experience. We are so lucky to be able to do this."

The Sylamore 25K/50K is all about LIVING. It is such an amazing event and journey for many so I alone could not write about only my experience and do it justice. I have been inspired and enlightened by the people involved in events such as Sylamore and I feel so fortunate to know their stories and to be able to write about them.

"I ran eight miles once as an overweight teenager so I didn't think twice about it when my buddy Jake Edge suggested we do Sylamore 25k. At the time, I was 38 years old 5'9" and almost 300 lbs. I figured I would be the fattest guy out there but I could probably finish. Over the next few months we went from walking everywhere on our training hikes to running the downhill's then running the flats. For the first time I could remember I was actually LOSING weight. The people I met on the trails became my best friends. I loved it. As race day approached, John Leonardis convinced me to do the 50k...my FIRST race ever. I'm so glad he did. It was a lot harder than I had imagined, but I finished. I signed up for more races. Four years have passed now and I've done 28 ultras. This year was my 4th time at Sylamore. It is the event I compare every other race to because it wasn't only my first race, it was an experience that totally changed my life.

-Ben Mansur

Little Rock

"Each year different. Each year has different challenges leading up to the race: hurt, lack of training, overweight, prepared, or sick family...For the past 6 years I have done it with my best friend Bill. He is family. He is always faster (although I was within 2 minutes of him one year), but it is an experience we share together. It is an experience that is unique to us. An experience that can be unspoken, but yet we know.

We were there, fought the demons that live in the cliffs at mile 13, and fought the mental battle of climbing the stairs out of Blanchard. We know!

It is a celebration of our Health and Fitness. People always ask: "what are you training for?" I say, "LIFE."

-Frank Lawrence

Little Rock

"This is one of my favorite races every year. Mother Nature threw in some ice and snow for decoration this time. Awesome!!

I was really lucky to train with a wonderful group that made all the miles leading up to the race just whiz by. On race day it was a fun adventure in the frozen woods with my running family. I love them all and already miss sharing Sundays with them. I can't wait until next year!

-Tom Singleton

Little Rock

I mentioned earlier in this article that my husband signed me up for the race this year. He has inspired me and supported me since the day we met. He was by my side Sylamore weekend, along with my mother-in-law, father-in-law our two dogs, Char-lee and Honcho and his amazing daughter Isabell who described the weekend as "AWESOME and AWESOME." I would be remiss if I didn't include my partner and inspiration in this article.

“Nineteen years ago, when I first ran the 50K, I donated to the trail fund to run fast (BONKED). Now I race to the computer on registration day to have an excuse to get a chicken fried steak at Rainbow Café (WINNING).”

**-Jake Edge
Little Rock**

This event has so much history. There are so many stories to tell.

I want to conclude this article with what I think is most important...those that volunteer their time to support such a wonderful event. These volunteers at Sylamore created Ultra Running and their feedback is what impacts me the most. They have walked, hiked, run, supported and volunteered. They started this movement years ago and I am forever grateful for the experiences they have shared, the involvement they have and the incredible impact they have.

“I had a great time. We had to work carefully getting to our aid station due to the snow/ice on the dirt road to Gunner Pool.”

“Once we got there the day just got better and better.”

“We welcomed each runner and were interested in every story that we heard. We knew how hard the runners were working to reach us. Some even slid into our station on the road in front of the picnic tables. Most runners were having a great time and ready to move on to the turnaround.”

My thought has always been that no one is holding a gun to your head to make you run. If you think the trail is too dangerous, turn around and run another day.”

**-Lou Peyton
Little Rock**

“1. Everyone knows it was a cold, icy dangerous day.

2 .I'm 76 years old transitioning from a runner to an aid volunteer. It was kind of a new experience for me.

3. It was fun watching the elite runners go by. Most were bloody from falling down multiple times. Also funny... they would look at the aid station like they didn't quite get it. You know? Why would you need one for just a 50k race?

4. Those further back in the pack got progressively more chatty, hungry and glad to see us. They would often window-shop the goodies with great glee!

5. The back of the pack would hang out...like at a bar or soda fountain and leave with reluctance. We could have sold a lot of wine or beer if available and had a party.

6. Overall, my feelings were confirmed that runners are the nicest people I know.”

-Otis Edge
Little Rock

That...is **LIVING!** Enough said.

Sylamore Trail Run
February 15, 2014 – Allison, AR

AURA 50K finishers

1	Christophe Block	4:28:58
2	Joshua Snyder	4:31:59
3	Ted Herget	4:45:49
5	Jake Anderson	4:52:43
6	Tommy Brennan	4:57:00
17	Steve Appleton	5:49:32
22	Chris Ho	5:58:28
25	Stuart Johnson	6:13:53
33	Joey Gieringer	6:33:47
48	Jerry Bailey	6:53:35
51	Deb Johnson	6:56:57
54	Joshua Bornhorst	7:06:37
58	Phil Brown	7:12:29
65	Hillary Hunt	7:17:20
67	Jen Freilino	7:20:31
68	Deb Baker	7:20:32
70	Carla Branch	7:23:44
71	Brenda Bonner	7:23:45
77	Ben Mansur	7:29:54
81	Nancy Kirk	7:31:48
89	John Kelly	7:37:21
90	Salli Scott Young	7:37:54
91	Scott Rogers	7:37:55
103	John Montgomery	8:06:37
110	Adiel Looney	8:11:06
116	Tom Singleton	8:19:48
129	Frank Ingalls	8:30:47
132	Lisa Luyet	8:39:30
137	Holcomb Mosley	8:43:02
141	George Mcdonald	8:57:53
144	Cyber Gieringer	9:26:26
152	Tala Hill	10:13:30
154	Angie Orellano-Fisher	10:17:49

AURA 25K finishers

1	Ryan Garvin	2:22:45
5	Caleb Ault	2:35:57
32	Tina Ho	3:16:31
34	Jeremy Sasse	3:18:13
84	Patrick Barker	3:59:41
93	Melissa Martin	4:09:20
94	Chrissy Ferguson	4:09:20
96	Richard Williams	4:11:22
103	Lisa Gunnoe	4:19:05
111	Dianne Seager	4:27:03
116	Kayce Hall	4:29:34
160	Lisa Mullis	5:05:15
164	Bob Marston	5:16:17
180	Shannon McDowell	5:30:10
181	Wendy McDowell	5:30:10
195	Donna Duerr	5:47:20
205	Bill Brass	6:06:47
211	Linda Hunthrop	6:14:58
212	Bob Hunthrop	6:15:00

**LOViT 100K
Rachel Speer**

On Saturday, February 22, at 8AM, 34 brave individuals toed the line for the first ever Lake Ouachita Vista Trail (LOViT) 100k. The Vista Trail, which runs along the southern ridges of Lake Ouachita, is notorious for its rocky climbs and amazing views. Many local runners are familiar with the western portion of the trail that is used for the LOViT Trail Marathon each December. This event, however, would be the first time participants would cover the entire span of the current trail, 31 miles from Denby Bay on the west end to Brady Mountain Road on the east, twice.

The race began in a central location at Crystal Springs Pavilion. The runners ran the western 42-mile section first. This took them up and over the steepest climb at Hickory Nut Mountain twice in the first half of the race. Then, on the second leg, runners completed a 20-mile out and back over the highest section of the course on Bear Mountain. The race leaders hit this section around sunset and were rewarded with breathtaking views. But, for most, it was a grueling climb through remote, rocky trails illuminated only by their headlamp.

Leading the race the whole way were Max Frumes of Brooklyn, New York, and Kelly Hutchins of Mayfield, Kentucky, running side by side. In the last 10 miles, Frumes broke free to take the win in 12:04 with Hutchins hot on his heels at 12:07. The third finisher, representing Arkansas well, was first female Alison Jumper of Fayetteville in 12:27. Also receiving awards were third place male Gerardo Ramirez of Fort Worth, Texas; second place female Carol O'Hear of Memphis, Tennessee; and third place female Stacey

Shaver of North Little Rock, Arkansas. A special prize, the iRON WiLL award, was given to the final finisher under cutoff (18hrs) Rene Villallobos of Fort Worth, Texas for his finish in 17:52. Winners received custom quartz crystal awards.

Of the 34 that started, only 23 went on to finish, a testament of the difficulty of the course and terrain. Finishers received a custom finisher's medal and were greeted at the finish line with cheers, a chair in front of a warm heater and a cup of homemade chili or vegan winter lentil soup.

Future plans for the race include adding a more accessible shorter distance event, and potentially a 100 mile option. Lake Ouachita Vista Trail Endurance Runs is a 501(c)3 non-profit under the umbrella of the Road Runners Club of America. Proceeds benefit trail development and maintenance in the greater Hot Springs area. The 2014 board consists of Dustin & Rachel Speer (Race Directors) of Hot Springs, Billy & Kim Shurley of Little Rock, Stacey Shaver of North Little Rock, Josh Drake of Hot Springs, Matthew Jackson of Hot Springs, and Josh Madison of Hot Springs. Thanks to our 2014 sponsors Go!Running, Hammer Nutrition, and Superior Bathhouse Brewery.

2014 Lake Ouachita Vista Trail 100K
Saturday, February 22, 2014

- 1 Max Frumes NY 12:04
- 2 Kelly Hutchins KY 12:07
- 3 Alison Jumper AR 12:27 (AURA Member)
- 4 Gerardo Ramirez TX 13:09
- 5 Paul Schoenlaub MO 13:56 (AURA Member)
- 6 Mark DenHerder AR 14:04 (AURA Member)
- 7 Greg Sisengrath TX 14:29
- 8 Carol OHear TN 14:40 (AURA Member)
- 9 James Holland TN 14:44 (AURA Member)
- 10 David Hanenburg TX 15:22
- 11 Stacey Shaver AR 15:57 (AURA Member)
- 12 Christopher Baldwin AR 16:37 (AURA Member)
- 13 George Peterka AR 16:51 (AURA Member)
- 14 Jeremy Day AR 16:51
- 15 Jeremy Rhea AR 16:54
- 16 Buck Harris MO 16:54
- 17 Tina Ho AR 17:01 (AURA Member)
- 18 Jonathan Young AR 17:01 (AURA Member)
- 19 Randy Windle AR 17:16
- 20 Joshua Bornhorst AR 17:43 (AURA Member)
- 21 Dat Le TX 17:46
- 22 Rene Villallobos TX 17:52
- 23 Cymber Gieringer AR 19:54 (AURA Member)

2013-2014 Ultra Trail Series Standings Through Ten Events

Open Division - Women

Ra	Name	F	N	B	A	B	SS	L	A	S	W	Tot
1	Jenny Wilkes	4		44	76	58	53.					27
2	Deb Baker	3			90	47	46.				41	25
3	Cymer Gieringer		28	51		30	58.		41			20
4	Angie Stewart		34	51	63	18				42		20
5	Andi Stracner		16	27	52	12	59.			31		19
6	S Shaver-Matson	5		55		36					52	19
7	Tina Ho			33	10				52			19
8	Elaine Gimblet		22			8	54.					84.
9	Carol O'Hear	2								53		79
10	Chrissy Ferguson		45			24						69
11	Christine Rutlen		56									56
12	Elizabeth Kimble				43							43
13	Lisa Gunnoe			21			19.					40.

Open Division - Men

Ra	Name	F	N	B	A	B	SS	L	A	S	W	Tot
1	Mark DenHerder	57	30	41	84	28	25.	57	50	53	48	47
2	Aaron Dickens	22	10	36		16	44.	35	27	42	31	26
3	Brock Hime		70	58	11							24
4	Stan Ferguson		24		31			46	61		59	22
5	Thomas Chapin	46		52		62	46.					20
6	S McFarland	18	20	53			20.		33		37	18
7	Caleb Ault	68	59			51						17
8	Tyler Wilkerson		42	47	25				39			15
9	Jonathan Young	6		31		6	58.	29	5			13
10	Patrick Barker	9	9	18	15	9	25.		8	31	9	13
11	Paul Turner		48		43	34						12
12	Cliff Ferren	15	17		7	22		17	11		25	11
13	James Holland	40			71							11
14	PoDog Vogler		36		60	12						10
15	Malcolm Smith	28			51				21			10
16	N. Wesley Hunt				98							98
17	Kurt Hauser		11	24				23	15		13	86
18	Bill Coffelt	34			37							71
19	Joshua Drake	4	5				41.	11	2			63.
20	Jason Armitage	12		30	20							62
21	Ronnie Daniel	8					53.					61.
22	Kevin Dorsey	7		42								49
23	George McDonald		8			3	36.					47.
24	Johnny Eagles			8	11		23.					42.
25	Chris Ho					40						40

UTS Miles (275 miles required for High Mileage Club)

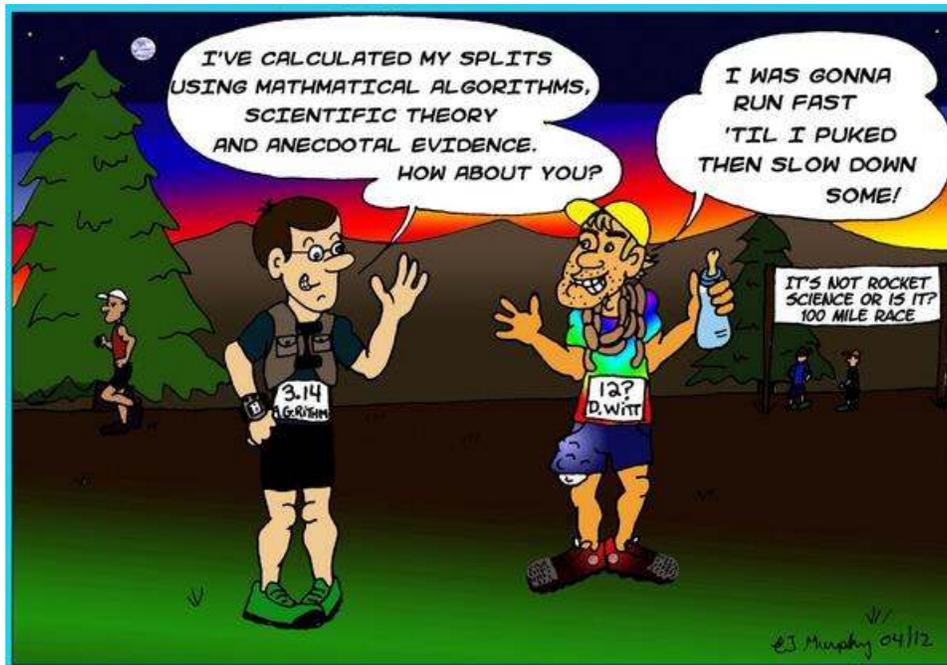
Name	F	N	B	A	B	SS	L	A	S	W	Tota
Mark DenHerder	31	1	40	10	31	31	2	26	32	31	362.
Patrick Barker	31	1	31	10	31	24		26	32	31	320
Andi Stracner	31	1	31	10	31	66			32		305
Stan Ferguson	31	1		10	31		2	26		31	259
Cliff Ferren	31	1		10	31		2	26		31	259
Aaron Dickens	31	1	31		31	35	2	26	32	31	257
Angie Stewart	31	1	40	10	31				32		248
Jonathan Young	31		50		31	71	2	26			235
Deb Baker	31			10	31	40				31	233
Jenny Wilkes	31		31	10	31	38					231
Elaine Gimblet	31	1		10	31	47					223
Lisa Gunnoe	31		31	10		21				31	214
James Holland	31		50	10					32		213
Ron Gimblet	31	1		10	31	26					202
Tyler Wilkerson	31	1	31	10				26			202
Cyber Gieringer		1	50		31	65		26			186
Chrissy Ferguson		1		10	31					31	176
PoDog Vogler		1		10	31					31	176
S Shaver-Matson	31		31	50	31					31	174
S McFarland	31	1	50			19		26		31	171
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	1				51	2	26			148
Paul Turner		1		10	31						145
Brock Hime		14	31	10							145
Thomas Chapin	31		40		31	36					138
Bill Coffelt	31			10							131
Elizabeth Kimble	31			10							131
Kurt Hauser		14	31				2	26		31	128
Bill Brass		14		10							114
Joe Milligan		14		10							114
N. Wesley Hunt				10							100
Alston Jennings				10							100
Rosemary Rogers				10							100
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
Rich Brown		14								31	45
Dennis Baas	31										31
Chris Ho					31						31
Greg Weidenhoffer			31								31
Jeff Underwood										31	31
Arland Blanton						27.4					27.4

Renewing Your AURA Membership

When runners join the Arkansas Ultra Running Association or renew their membership, they are given a membership card with the renewal date on it. When the renewal date approaches and I have not received a renewal application, I will send out an email notifying members that it is time to renew. If another month passes, I will send out another email. If I do not heard from our member, I assume that they no longer wish to be a member. At that time move them to the inactive role. It's nothing personal; strictly business. To be active again just send a new membership application. Also some members renew and several months later renew again. This happens more often than you would think. What I do is go back to your original renewal date and credit you for another year.

– AURA Treasurer Charley Peyton

Editors note. I saw this cartoon on Twitter recently and thought of a friend of mine and how he meticulously he plans his race out and the other guy is me.



Best wishes for a speedy recovery for AURA Brother David Samuels. He had a Laparoscopic Appendectomy last Tuesday (2/25/14) at Mercy Hospital in Hot Springs. He will be off the roads and trails for about a month. Unfortunately for David this resulted in breaking his streak of running all of the Little Rock Marathons.



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](#) 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 _____

Mount Magazine Trail Run
8:00am - Saturday, May 17, 2014
Mount Magazine, Paris AR
2013 - 2014 AURA Ultra Trail Series Event

Mount Magazine State Park, a natural “island in the sky,” looms over the Arkansas River Valley, and is home to Signal Hill, the highest point in the state, elevation 2,753 feet. Magazine is home to magnificent bluffs which make for breathtaking scenery, provide spectacular views, and make it popular for hang gliders and climbers alike. Magazine also offers numerous trails for hiking atop the mountain and into the valley below. It’s now time to enjoy those trails as runners.

Come join us for the 3rd Mount Magazine Fun Run. We’ll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. 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 wishing to participate but not able to do 18 miles, there will be "bail-out" options.

This is a fun run and there are no entry fees or advance applications required. However, please contact PT if you intend to run--so we know how many runners to prepare for. Food will be provided after the run. Please carpool if possible, as this will help with parking.

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.

Many thanks to Mt Magazine State Park, and the Forest Service (Mt Magazine RD) for helping to make this possible.

For lodging and camping information at Magazine go to
<http://www.mountmagazinestatepark.com/>

For more information on the race please contact PT at runninpt@gmail.com

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

***** AURA Officer Elections *****

Fun Run and Membership meeting

Sunday, March 30th, Big Maumelle Pavilion (at Pinnacle Mountain State Park)

To get to the pavilion, take the road to the Visitor Center off of Pinnacle Valley Drive. When the road splits part-way up the hill, take the left split towards the boat ramp.

1:00 PM – gather at the pavilion for a hike/run; there will be no specific course or markings, this is just a time to meet for joining others in a jaunt around the park trails

3:00 PM – AURA Membership meeting and annual officer elections

The club will have water, sports beverage, and soft drinks after the run but it will not be a potluck and no food will be provided. If you like to eat something after you run, please bring what you want.

Here is a few photos from Sylamore (photos courtesy of George McDonald)





George McDonald at the Sylamore 50K

Starting with this issue of the AURA Newsletter we are starting some thing new. Paul Turner came up with the idea and he will be doing quite of few of these over the coming months. See if you can figure out “Who I Am”.

“Who Am I?”

By - pt

Hey guys, hope this little article finds you all doing well. I have always considered history an important part of our everyday lives, and yes our running lives as well. When I got into running, I didn't know jack, but through the years I've learned a lot about the sport, and yes a lot about ultra-running.

In the last couple of years I've seen ultra-running in Arkansas take on a new life, which includes a ton of new faces to the scene. That to me is awesome. However, with this new influx of ultra-runners, I've noticed that they don't always know a lot about our past. The only reason I do, is someone shared it with me. In fact I got a text message a few days ago asking if I still talked to David Horton. Nick Norfolk was hoping to interview him for an Operation Ultra pod-cast. What struck me was that Nick mentioned that a lot of "newbies" to ultra-running in Arkansas didn't know who he was. My first thought was "WOW!!!" Then I realized that had Stan Ferguson not introduced me to David several years ago, I would not have known him either.

Thus arose the thought for the article "Who Am I?". I'd like to introduce new folks, to some of our Arkansas Ultra-Running history. I thought I'd do it in a way that will make you guys think a little, and possibly have to do some research. In the future, the article won't be so long, but I wanted to introduce it to ya, and explain the "rules". I will give a little info on a current/former Arkansas Ultra-Runner. All info will be stated as "this person" so as not to give hints on the sex of the runner. Also, anytime I say that "this person has X number of wins" for a race", or "X number of course records" I could be stating over-all wins, men overall/division wins, or women overall/division wins. Any course records mentioned could be either male or female course records.

Then you guys get to think about it, and/or go look it up somewhere. I hope you enjoy this, along with hoping I don't embarrass anybody... or get anybody to smack me upside the head for writing about them.

Without further ado, "Who Am I?" number one:

Among the 80+ ultra-finishes this person has, here are a few impressive numbers from some Arkansas races...

This person has 11 finishes at the Mid-Night 50K (known now as Full mOOn 50K) with 2 victories.

This person has 13 finishes at the OT50 (12 of those finishes, along with 2 victories came in the 50M. One finish was in the 50K).

This person has 14 finishes at ABF with 3 victories*, along with a course record.

This person has 14 finishes, with an amazing 10 victories at the White Rock 50K, along with a course record.

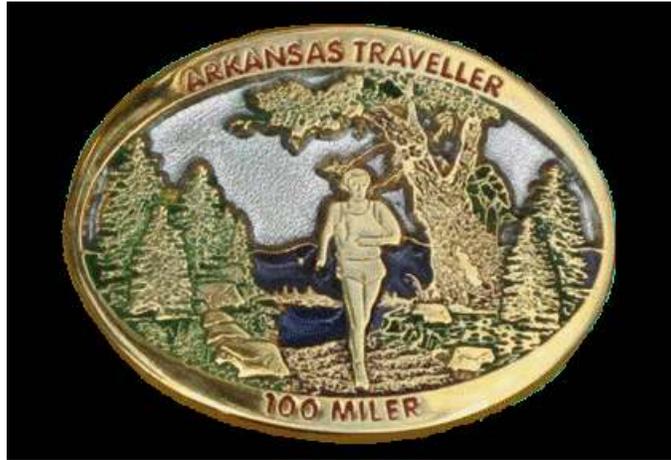
This person has 4 King/Queen of the Trails crowns, along with a Masters King/Queen of the Trails (that could be a hint right there).

So... "Who I Am?"

Send me an email, if you think you know runninpt@gmail.com

*OH during my research I noticed a very quick time for ABF. I had heard stories of a possible "shorter" distance one year, so I went to Big Shot to get some confirmation. Indeed there was a year in which weather caused runners to cross the first few mountains, and return on the forest service roads. BS also found an interesting tid-bit of info from that run. David Samuel had put a \$20 in a zip-lock bag, and tied the bag in the branches of a downed tree. He didn't tell anybody about it, just left it there. Mike DuPriest found and returned with the \$20!!

Coming sooner than you think.



Your better start training!