

AURA NEWS

Arkansas Ultra Running Association

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From the President & Editor



Well, our new 2023-2024 Ultra Trail Season is off to a good start. The full UTS participants got to experience the Arkansas Backyard Ultra Classic (ABUC). Big thanks to Rusty Harvey and Jacob Anderson for hosting such a fun event!

This month we got to witness the excitement of following friends on some out of state adventures. What fun that was. Our fellow trail runners explored WI, WY, and CA. You can read more about that on page 8.

Western States is always a fun event to watch because it brings out so many elite athletes. This year we witnessed Courtney Duawalter break the female course record with a winning time of 15:29:34. This reset the 2012 female course record set by Ellie Greenwood. She is ever humble and that makes her easy to love. I actually got to sit with her for about an hour after my Tahoe 200. She was incredibly kind and made me feel welcomed in the elite circle in which I found myself. She certainly preferred to hear war stories from runners in the circle around the fire than telling her own. However, she was happy to share some fun stories. Next month we will all be hovering over our computer screens to see how she and other elites get through the Hardrock 100. So much summer excitement. Man, don't you just love this sport of ours!!

Next up for local running is the Full Moon 50k/25k with RD Sharon Bennett and new Co-RD, Tina Mitchell at the helm. You know you are in good hands. They may not have control of the weather, but they will make sure you are safe while on our course as well as ensure you have a super fun time!

I look forward to the next time we gather as a community! Until then, Happy Trails.

~ Stacey Shaver-Matson~

Upcoming AURA Events And Volunteer Opportunities



July 22nd

Camp Ouachita, Perryville, AR

50k at 7pm

25k at 8pm

Breakfast by WJFD at the finish!!

The race is currently SOLD OUT!

A WAIT LIST for both 25 and 50k races has been posted. Since Full Moon is a UTS race, preference will be given to the UTS/UTS lite race series participants then to AURA members.

There are still opportunities to participate in the race and score a sweet shirt. Volunteers are needed in several areas. You can check it out here: [Click Here To Volunteer](#)



August 19th

1720 Ferncliff Rd

Little Rock, AR

2nd UTS Lite event

[Click To Register](#)

*Profits benefit [Ferncliff](#)

Volunteers Needed - If you aren't running please consider giving back through service!!

[Click Here To Volunteer](#)



7a.m. Sunday, August 27th
Dardanelle, AR
14 Miles

3rd UTS Lite Event
3rd UTS Event

Free/Pay What You Can
[Click To Register](#)



32nd Annual
Arkansas Traveller 100
Ouachita National Forest - Arkansas
October 7-8, 2023

*Good Time
Running!*

Calling all trailblazers, explorers, and endurance enthusiasts! Prepare to push your limits and discover the untamed beauty of the Natural State. The Arkansas Traveller 100 is your ticket to an unforgettable adventure, where every step brings you closer to personal triumph.

Come run the 9th oldest 100, where experience counts. We will have a course veteran at almost every aid station. They are there to offer advice if you need it. Our volunteers have also been a part of the race for decades and they go the extra mile to ensure you are well fed, cared for, and encouraged to keep moving to the finish.

Register today and take the first step towards a journey of a lifetime! [Click To Register](#)

Want to join the fun of volunteering and helping runners accomplish their goal? [Click To Volunteer](#)

This event is a Western States Qualifying Event!

2023 - 2024 UTS/UTS LITE CALENDAR
Registration Is Open

[Click To Register](#)

[*See UTS Rules](#)

Volunteers Needed

In case you didn't notice on page 2, there is a recurring theme, the need for volunteers. I know that we always wind up with enough volunteers at our events, however, it is always touch and go right up until race weekend. Our race directors work for free and put in A LOT of work behind the scenes. This work often takes months of our free time. When you are recreating we are probably busy working on an event. We do the job because we want to give back to our trail community. We do the job for free so that we don't have to charge more and so that more of our funds can be donated to the communities that serve us and the organizations that keep our trails in good shape and well protected.

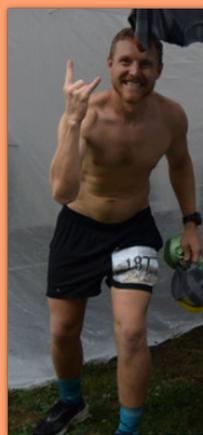
It is very stressful to play the trust game. Trusting that we will have enough volunteers, when an event is growing closer and closer, yet all of the spots are not yet filled. So, how can you help? If you know you are not going to run a particular event, commit to helping at that event, sign up to volunteer and sign up early. Maybe look at the race calendar right now and see which race you are able to help with and contact the RD of that event today. Maybe you have family (a spouse, teens or *pre-teens) that plans to attend an event you will be running. You can see if they might be willing to commit to volunteering while you run. You might be doing them a favor. Sitting and waiting isn't always fun but being busy and interacting with other volunteers and making new friends is guaranteed fun.
(*pre-teens need to be accompanied by an adult)

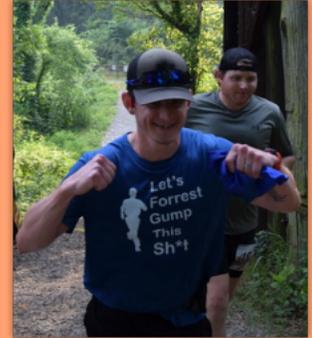
Upcoming volunteer opportunities:

- * **Full Moon 50k/25K** - [Click to Volunteer](#)
- * **Scorching Squirrel** - [Click to Volunteer](#)
- * **Mt Nebo** - call/text Tom Aspel 479-857-4527
- * **Arkansas Traveller 100** - [Click to Volunteer](#)

You can sign up with the link above, contact one of the aid station captains personally or contact Chris Baldwin, our awesome volunteer coordinator. If you aren't sure what position best suits you, reach out to Chris or myself at ccbaldwin73@hotmail.com or mverunnergirl@gmail.com

We can help you figure it out. Opportunities range from runner check in, aid station, swag wagon driver, where you get to see a lot of action, and race day clean up, where it gets emotional in a good way. You are guaranteed to leave feeling good about your contribution and about yourself!





Thanks to Arkansas Outside for their support! Check out their article on the first event in the AURA Ultra Trail Series: [Click To Read About the 2023 ABUC](#)



ABUC REPORT BY RUSTY HARVEY

Happy to say the 2023 Backyard in Cotter did not disappoint. Dozens of runners set personal bests, storms rolled in a few times but otherwise the weather was decent and the food was delicious as always. No shortage of excitement throughout!

The venue, located in Cotter was welcoming as always. There many VRBOs and a couple of quaint restaurants nearby. Local residents sometimes come out to encourage runners and participants tend to hang around after they are done running. Race Headquarters in the Big Springs Park is family friendly, equipped with a playground, basketball courts, sand volleyball, a swimming hole with rope swing, and fishing.

The 1 hour per lap time limit is such a unique concept and it is hard to anticipate how you'll feel until you try it. This was our 4th year (3rd official) and we've consistently witnessed runners exceed his or her own expectations. The course is flat, soft surface, and scenic. Further, the Start/Finish area becomes a gathering that encourages the best performances from everyone. It is a wildly different experience compared to an Ultra that might feel lonely and isolated in the woods. Congratulations to our winner Lily Charles and every runner who toed the line. Also, special note to the female runners who've outperformed the males two years in a row.

We're excited to be planning next year's event and announce some changes. We are renaming the event The Cotter Bridge Ultra. We cannot say enough good things about the venue and Cotter. With this change, we're altering the rules of the race a bit.

Distance and time limit of 4.16 miles under 60 minutes remains the same.

If you fail to finish a lap under 60 minutes, you're out.

Hours 6, 12, and 24 (miles 25, 50, and 100) are now hot lap races. On these specific laps, we will have a timed lap with Overall Male/Female and Masters Male/Female.

Fastest runners win. All runners get a time if they finish 6, 12, or 24.

The 24th lap will be the final lap.

Registration will be for the entire event so runners may choose to continue after 6 hours if he or she wishes.

Your finish results will be your finish time of the 6, 12, and 24 hour laps.

Looking forward to 2024

Jake and Rusty



CONGRATULATIONS TO KYLE GRADY ON HIS
 Western States Endurance Run
 He finished sub 24 hrs!
 Kyle is part of our Memphis trail family. The Memphis crew participates as well as volunteers for AURA events.



Congratulations to Ronnie Daniel
 For making it to Mile 80 at the
 Western States Endurance Run
 It was awesome to follow Ronnie and his pacer, Chris Baldwin. The community is proud of them both!
 Ronnie & Chris are long time AURA Members and volunteer at several of our events. Be sure to congratulate these guys!



Laura Kearns, Daniel Arnold, Shawn Sellers, Kenny Garner & Stewart Gray went out to WY and bravely attempted the Big Horn 100. Mud and extreme cold temperatures kept them from finishing but they certainly made the most of their trip and we were all happy to follow their journey.
 Congratulations on some very valiant efforts!



Congratulations to Mark Riley and Will Ellis on their
 San Juan Solstice 50 Mile finish!
 They had to race the clock in the final miles but made it to the finish line.
 Way to go!



Missy Harken, Cassie Harris and Sean Coughlan went to Wisconsin to run Kettle Moraine 100. Sean Finished the 100 in 24:52:28. Although Missy and Cassie didn't quite make their 100 mile goal they did make it 62 miles. Krista Buck and Chris Davis went out to crew. It looked like they all had a great time! Way to go!!

“The only failure is not trying.” ~Robin Sharma
“The real reward for doing your best is not the trophy you are given, but the discoveries you make about yourself.” ~Stacey Shaver



WELCOME TO OUR NEW AURA MEMBERS!

WE LOOK FORWARD TO THE OPPORTUNITY TO GET TO KNOW YOU BETTER.

CURRENT MEMBERS,

Thanks for Renewing Your Membership



BIG THANKS TO THOSE WHO DONATED WHEN YOU RENEWED YOUR MEMBERSHIP! AS A NON-PROFIT, EVERY LITTLE BIT HELPS!

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

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

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

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



IT'S THAT TIME OF YEAR WHEN MOST MEMBERSHIPS EXPIRE

- * CLICK THE LINKS ABOVE TO SEE IF YOU NEED TO RENEW
- * CHECK TO SEE IF THERE IS A PHOTO OF YOU ON THE MEMBERSHIP PAGE
- * IF THERE ISN'T A PHOTO OF YOU, PLEASE EMAIL A PHOTO TO GEORGE AT

advdesinc@sbcglobal.net



RETREADS

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

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



Thanks, Charley and Lou Peyton



Don't Miss The Fun!

AURA BOARD



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Newsletter Editor
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Arkansas Ultra Running Association
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