

White Rock Classic 50 Km

9:00 a.m. – February 4th

The ARKANSAS ULTRA RUNNER

February 2006 – The Birthday Edition

A Newsletter For Members And Friends Of The *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, you can avoid the Repo-man by renewing your AURA membership. Look to the right. If the box is checked, it is time to re-enlist! ☐.
The BS always says, "We don't tote the note."

MESSAGE FROM THE BIGSHOT – FYI ... The 2006 Carl Touchstone Mississippi Trail 50 has been cancelled due to the damage from hurricane Katrina. The Desoto National Forest near Laurel, Mississippi, sustained severe damage from the winds and the organizers and USFS could not make the necessary repairs and restorations to the trails in time for the race this year.

Over the Christmas/New Year's break, our AURA brother from Virginia, David Horton, was in the State visiting his parents. We had the opportunity of sitting down with David and hearing about his run of the Pacific Crest Trail this summer. Approx 2,700 miles from the Mexican border to Canada. David told us about a DVD that is being produced that will chronicle his journey. I have ordered a copy and maybe if we have an AURA meeting in the future we could use it as our program. I'll get the *Coach Doctor* to talk to our club president. If you would like to see a "trailer" on the DVD or, maybe have one for your own, look up the following on the internet---www.journeyfilm.com and follow the link to "*The Runner*".

February begins the 18th year of AURA. What better way to celebrate than to have an AURA Fun Run. The date I want to use is Saturday, March 25th. I am purposing a run that we did last year called the "*Cork Screw*". I will give the location and details next issue. If you remember the entry was a can of biscuits. As you were running the BS and his associates began cooking. I thought it to be a grand time and want to do it again. I realize that it conflicts with the *Hog-Eye Marathon* so if you are not going up for it, consider coming out to the Winona area.

On February 4th is the White Rock Classic for the first time directed by Jay and Jamie Huneycutt. The emphasis will be on the 50 Km. They say that if your choice is the 25 Km, you will need to provide for your own transportation back to the start. For those wanting to know, the "party" that used to be for the 25 Km finishers on top of White Rock Mountain, will be shifted to the 50 Km finish. The other change is the start/finish

area. Follow directions on the **UTS Race Calendar**. Go past the Mulberry River bridge for about a mile. Turn left onto FR 1003. The start/finish has been moved up to a "primitive campground" on the right. This will be the finish area and where the post race food will be available. AURA Trivia – Can anyone tell the BS who won the first White Rock Classic 50K in 1994? Answer in the Footer at the bottom of this page.

The BigShot's AURA Tip O' Week- *"If you can pretend, you can be anyone you want to be and go anywhere you want to go."*

THE COACH DOCTOR

This month, the Coach Doctor(CD) would like to do a little poling and ask our AURA members to share what they believe are the keys that marginal runners can use to finish an ultra-marathon.

If you like, I can keep it confidential and you can remain anonymous. If necessary I will edit for space. I will go first with mine which I gave out in January of 2005.

*Coach Doctor, I'm
In the 3rd step of
Ultra Rehab.*

*BigShot! You are
Running like a girl
Tippy-toeing.*



Six Keys For Marginal Runners To complete an Ultra-Marathon By the Coach Doctor

Number One – Familiarize yourself with the race course. You want all of the questions and doubt out of your mind before the race starts. This includes where the aid stations are and how far they are apart. You want to know where the rough sections are and where the good sections of the course come in the race. Before the race starts you should be able to see in your mind the entire race. And don't forget that you will be in the dark for 12 hours. See Training Tip # 4 – Ask around about what light works best at the AT100

Number Two – Train on terrain that is similar to what you will be racing. This could be the AT100 race course or any place with lots of rocks and hills. Your running muscles need to adjust and strengthen to the up and down hills that are found at the AT100. Hint: Running your mileage on the Ouachita Trail won't get you to the finish.

Number Three – Learn to eat and drink on the run. In the Coach Doctor's opinion, most ultra runners eat and drink too much at the AT100. Too many runners are getting sick: too much time is spent stopping to urinate. At the aid stations will be candy and sweets; salty chips and snacks and maybe sandwiches and such. In your practice training, find

18 Edition; Number 1

1994 White Rock . Dave Cawein, winner. 4:44:10

Founded 1989-RRCA 2001

salty chips and snacks and maybe sandwiches and such. In your practice training, find out if anything works for you. Take note if anything gives you a boost or maybe a bonk. Bonk is bad. At the aid stations don't be a compulsive eater; don't gorge yourself just because someone told you that you needed to eat. As a rule of thumb, if something at an aid station appeals to you take it in moderation. You will finish the AT100 on your training but lose it on your eating.

Number Four – Learn to power walk – Your finishing plan should include power walking any steep hill or rough section. Power walking at night is a good thing. Practice your power walking as you would practice your running and you will avoid those mile 15 blisters

Number Five – Be in good enough condition so that you could run a marathon. This does not mean run-walk a marathon. This implies that on any given weekend you could go out and cover the distance without too much depletion. Now the Coach Doctor won't call upon you to run a Marathon, he only wants you to be able to. What he will require of you is to train as if you were going to run one. Therefore, the cornerstone of your training will be the cornerstone of marathoning which is the 16 to 20 mile run. This run will be on surface and terrain that is similar to the AT100. Two examples come to mind: 1. The 20 mile Flatside Loop which starts at Lake Sylvia and does a loop around Flatside Pinnacle, 2. The 17 mile Lake-to-Lake run that starts at Lake Sylvia and goes to Lake Winona and back. You set your own pace-fast or slow but I repeat you must run. Under no circumstances can you mix in your power walking with running.

Number 5+ - Do the following: Wear a hat; buy shoes with a lot of fore-foot protection; dress in light colored clothing; put band aids on your nipples and grease your booty. If you don't grease up, you'll be walking like a cow with the scours by 50 miles and riding in on the aid truck by 60 miles.

RETREADS(*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Dress up with runner related items to identify yourself. Bring your old pictures and old press clippings.

ULTRA TRAIL SERIES

2005-2006 Ultra Trail Series Schedule

www.runarkansas.com for up-to-date info on point totals and standing.

7-23-05	#1-Midnight 50 K
8-28-05	#2-Mount Nebo Run
10-1-05	#3-Arkansas Traveller 100
10-29-05	#4-DDT Run (Devil's Den Trail Run) --- (15 mi)
11-19-05	#5-Gulpha Gorge Challenge (16-18 mi)
12- 10-05	#6-WildCat Mountain Run (10-11 mi)
1-7-06	#7-Athens-Big Fork Marathon and 17 Mile Blaylock Creek Fun Run.

- 2-4-06 #8-White Rock Classic 50 Km** Cass, Arkansas. 9:00 a.m. start.
 Directions: I-40 to Ozark. At Ozark take the 2nd exit, Hwy 23. Go north about 13 miles to the Turner Bend Grocery and Mulberry River. The run starts about a mile north of the river on FS 1003. A \$5.00 donation is requested to cover the cost of the aid station and post food.
- 2-18-06 #9-Sylamore 50K**-This is going to a big one. According to the new RD's Greg and Heather Eason. The race is filling up. Don't delay your entry
- 3-11-06 #10-Big Rock Mystery Run** North Little Rock, Arkansas Run leader, Chrissy Ferguson. As we go to press, Chrissy is ironing out the logistics for her run. All details in the next AUR.
- 3-17-06 #11-3 Days of Sylamo** Application attached in this AURA Newsletter. Complete info at www.runarkansas.com
- 4-22-06 #12-Ouachita Trail 50**-Application attached in this AURA Newsletter. Complete info at www.runarkansas.com
- 5-?-06 #13-The Catsmacker**

Athens-Big Fork Trail Marathon –UTS#7

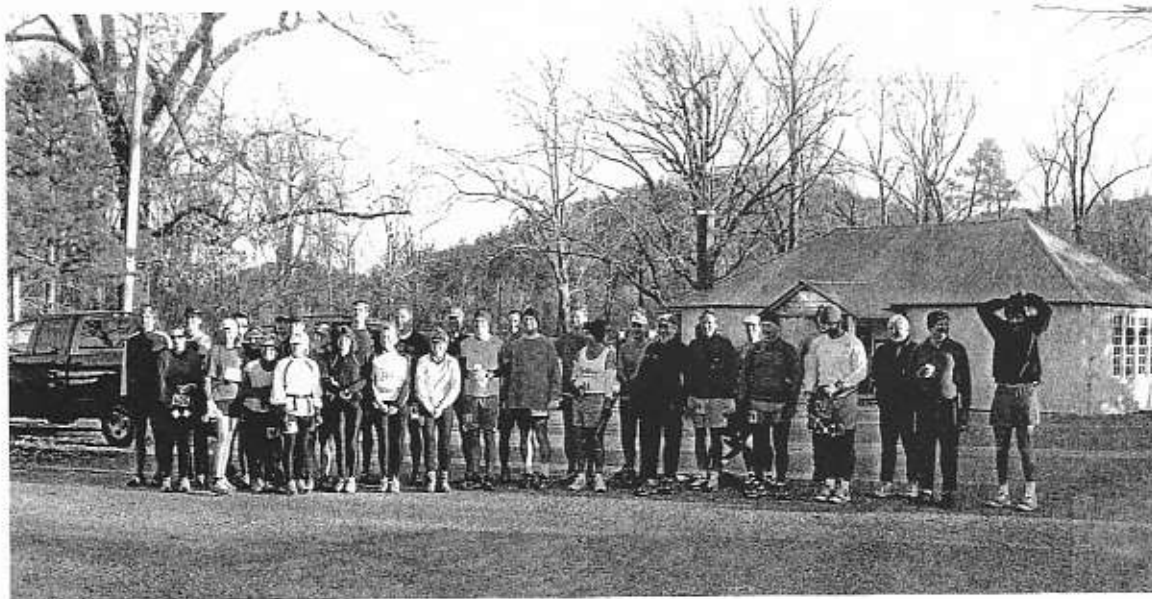
January 7th, 2006
 Ouachita National Forest
 Big Fork, Arkansas

1. Tom Brennan	4:58:23	1. Kimmy Riley	6:26
Paul Schoenlaur	4:58:23	2. Susy Phillips	6:58:07
3. Stan Ferguson	5:11:59	3. Debbie Lashley	7:17
4. Kevin Dorsey	5:21:50	4. Shirley Hyman	8:07
5. Tom Aspel	5:33:58	5. Lou Peyton	8:26:20
6. Craig Zediker	*		
7. Steve Appleton	5:49	Blaylock Creek 17 Mile Trail Run	
8. Raton Parmain	5:53		
9. Tim King	6:11:49	1. Gary Gehrki	3:45
10. Keith Jordan	6:16:25	2. Kim Howard	3:56
11. Stuart Johnson	6:22:37	3. Todd Matthews	4:01
12. Michael Dupriest	6:24:22	4. Joey Woodfield	4:05
13. Maurice Robinson	6:34:02	5. Phillip Carr	4:20
14. Scott Rogers	6:38:42	6. Eunika Stevula	5:15
15. George Peterka	6:40	7. Carrie Dupriest	5:22
16. J.B. Mullins	6:40:09	8. Dottie Rea	5:20
17. Pete Ireland	7:09:58	9. John Hubanks	5:47
18. Ken Barton	8:07	10. David Samuel	6:42
19. Greg Bourns	8:27:39		
20 Ken Childress	8:29:30	Patty Groth 8.5 miles(2:50)	

* Runner started late; exact time unknown.

Pictured on the next page is the Athens-Big Fork Marathon class of 2006. The BigShot urges all AURA brothers and sisters to put this unique marathon, arguably the toughest marathon east of the Rockies, on your 2007 race calendar. Special thanks to David

Samuel for organizing the run again this year. David received a thank you note from the folks at the Big Fork Community Center thanking the runners for their donations. Over \$200.00 was given to BFCC. The BS went into the AURA Archive vault and found a list of all the finishers from 1999 to 2005. A little trivia question. In 1997 David organized another marathon in the same general area of the Ouachita National Forest. Can you name it and tell me who won? Answer in the Footer on this page.



Blaylock Creek Concession Stand: (L to R)
Paul Schoenlaub, David Samuel and Tom Brennan

Athens-Big Fork Marathon

1999 Thru 2005*

Tom Brennan(05)	4:34:42
John Hughes(05)	4:44:00
Steve McBee(05)	4:45:00
Chuck Campbell(05)	4:46:00
Tom Brennan(04)	4:48:57
Stan Ferguson(03)	4:50:13
John Gaston(00)	4:53:07
Stan Ferguson(05)	4:53:29
Craig Zediker(03)	4:55:23
Stan Ferguson(02)	4:56:07
Stan Ferguson(04)	4:57:43
Stan Ferguson(00)	5:01:39
Jon Bitler(05)	5:05:32
Paul Schoenlaub(05)	5:09:22
Steve Kirk(04)	5:11:50
Tom Aspel(05)	5:12:24
Greg Eason(04)	5:14:31
Pablo Lowrey(05)	5:16:00
Steve Kirk(05)	5:17:00
Tom Aspel(04)	5:20:49
John Jones(99)	5:35:58
Darin Hoover(03)	5:36:26
Rob Wistrand(04)	5:36:31
Tom Brennan(02)	5:36:35
John Jones(00)	5:40:12
John Vogler(05)	5:44:22
Darin Hoover(02)	5:44:36
Raton Parmain(00)	5:50:26
Israel Holby(05)	5:53:33
Steve Lee(00)	5:55:29
Rick Utley(00)	5:58:52
Kevin Dorsey(05)	5:59:15
Murry Chappelle(04)	5:59:30
Mario Martinez(02)	6:04:00
Rick Utley(05)	6:12:50
Tim King(04)	6:13:13
Tim Whitside(04)	6:13:14
Raton Parmain(04)	6:13:15
Stewart Johnson(05)	6:25:40
Raton Parmain(05)	6:26:04
Tim King(05)	6:26:10
Mario Martinez(04)	6:27:28
Maurice Robinson(03)	6:27:35
Mario Martinez(03)	6:30:25
Mike Dupriest(03)	6:38:48
Jesse Wilson(03)	6:42:35
Tony Bailey(05)	6:46:45
Mike Dupriest(00)	6:48:35
John Jones(02)	6:49:19
Maurice Robinson(04)	6:54:00
Mario Martinez(05)	6:59:00

Jimmy Sweatt(00)	6:59:00
Ron Gimblitt(00)	6:59:00
Randy Davidson(00)	6:59:00
Jimmy Sweatt(02)	7:10:10
Jimmy Sweatt(03)	7:13:00
Kim Childress(04)	7:20:08
Pete Ireland(05)	7:33:10
Pete Ireland(03)	7:37:22
Pete Ireland(00)	7:38:30
Mike Dupriest(99)	7:43:00
George Peterka(05)	7:44:00
Maurice Robinson(02)	7:59:08
Jimmy Sweatt(04)	8:00:00
Pete Ireland(02)	8:12:59
Don Higgins(00)	8:47:00
Steve Chaney(00)	8:47:00
Jim Beach(02)	9:14:20
Brandon Neal(02)	9:14:20
Steve Eubanks(02)	9:21:58

Girlz

Natalie McBee(05)	5:53:33
Barbara Bellows(02)	6:01:00
Ilona Peterka(05)	6:17:00
Barbara Bellows(04)	6:20:03
Kim Pavelko(Riley)(02)	6:23:00
Kim Pavelko(Riley)(00)	6:25:00
Barbara Bellows(05)	6:47:00
Kimmy Riley(03)	7:07:00
Kim Morton(05)	7:19:19
Carrie Dupriest(00)	7:38:00
Kim Pavelko(Riley)(99)	7:45:00
Dianne X Seager(04)	8:00:00
Lou Peyton(00)	8:00:56
Lou Peyton(02)	8:17:00
Lou Peyton(99)	8:17:50
Lou Peyton(05)	8:24:00
Patty Groth(03)	8:35:00
Carrie Dupriest(03)	8:35:00
Lou Peyton(03)	8:57:00
Kim Fischer(02)	9:21:58

- In 2001 the race was abbreviated due to snow and ice and not recorded as a full marathon.
- Report errors to Chrlypytn@aol.com

2006 REGIONAL RACE CALENDAR

If you have a favorite race that you want listed contact the BS at Chrlpytn@aol.com

Feb 4th, 2006 **White Rock Classic 50Km.** UTS #8. Turner Bend near Cass, Arkansas, on Hwy 23. See page one for details.

Directions: I-40 north to Ozark. Right turn onto Hwy 23. Go about 13 miles north on Hwy 23 to the Turner Bend Grocery Store on the Mulberry River. The race starts about a mile up Hwy 23 on FSR 1003 on the left. You should see a crowd of runners at the store and at the FSR.

Feb 4th 2006. **Rocky Raccoon Trail 100.** Huntsville, Texas. Joe Prusatis, 1101 Plymouth, Austin, Texas 78758. www.Tejastrails.com

Feb, 18th, 2006 **#9-Sylamore 50K.** Allison, Arkansas. Entry fee escalates after February 1st **No race day registration.** Info?: www.Runarkansas.com
geason@sbcglobal.net(preferred or call 501-663-6068

Feb 25th, 2006 **Cross Timbers 50 Mile 50k/25k/13 mi/5mi** Sherman, Texas.
www.hillcountrytrailrunners.com

Mar 6th, 2005 **A OK 50k/25k** Atoka, Oklahoma Mary Miller 972-424-7844

CANCELLED **Mississippi 50 Trail Run.** 50 Mile, 50 K and 20K. Laurel, Mississippi.
info@ms50.com.

Mar 17TH, 18TH -19TH **Three Days of Syllamo** UTS #8. Mountain View area. Entry required. Email threedaysofsyllamo@mail.com Entries limited to 100.

Mar 25th, 2006 **The Grasslands 50k/26m/13mi/10k.** Decatur, Texas. Suzi Cope www.hillcountrytrailrunners.com

Apr 8th, 2006 **Umstead 100 Mile Endurance Run.** Raleigh, North Carolina
www.ncroadrunners.org/umstead

Apr 22nd, 2006 **Ouachita Trail 50 Miler/50Km** UTS #9. Little Rock, Arkansas. Stan and Chrissy Ferguson, RD's. 501-329-6688. www.runarkansas.com

May 6th, 2006 **28th Annual Strolling Jim 40** WarTrace, Tennessee.
Info:www.tynesweb.com/sj

May 27th **Berryman 50K, 50 Mile Potosi, Missouri David White** Email DavidWhite465280@cs.com

Nov 11th, 2006 **The Mother Road 100.** Oklahoma City, Ok.