

# White Rock 50 Km Rescheduled for March 3<sup>rd</sup>

## The ARKANSAS ULTRA RUNNER

March 2007

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, it is time to renew your AURA membership. Don't become an AURA Limbo member.

**MESSAGE FROM THE BIGSHOT** - Thank you all for attending the February 11<sup>th</sup>, 2007 AURA meeting and potluck. Formal meetings are a rarity for our organization and we (the AURA officers) appreciate your support. Our running club by-laws state that we will meet quarterly however most of them are informal as in after fun runs, races, etc. Lloyd Moore earned a Gold Star by arranging the meeting place at his Broadmoor Property Owners Association clubhouse. Minutes of the meeting and the AURA Treasurer's Report follows.....

### Minutes of the AURA meeting, February 11, 2007 Stan Ferguson, President residing.

Election of AURA Officers: Stan Ferguson (President); Michael DuPriest (Vice-president); Lou Peyton (Secretary) and Charley Peyton (Treasurer) were nominated to continue to serve. By voice vote they were reelected without opposition. It was announced that AURA's Arkansas Grand Prix Women's Racing Team is currently in 5<sup>th</sup> place. There is no men's team. Member Bob Marston spoke of the need of a way to communicate the time and location of AURA fun runs for members and other interested runners. Johnny Eagles volunteered to coordinate the effort. President Ferguson has taken this under advisement and will work on methods to implement a plan of action. Member Marston also led a discussion on revamping the method used to total points for selecting the Arkansas/RRCA Ultra Runners of the Year. A show of hands was requested on the subject of whether Race Directors should be awarded points for races that they direct and cannot run. By a show of hands, the majority felt they should not. Mr. Marston will continue to fine-tune his point method and if you have an opinion, contact him at [bobandrose@comcast.com](mailto:bobandrose@comcast.com). A motion was made that the AURA Treasury pay \$20.00 for the rental of the Broadmoor club house. Motion passed. Meeting adjourned at 6:00 p.m.

### 2006 AURA Treasurer's Report.

Balance on January 1<sup>st</sup> 2006 - \$702.69. Balance on December 31<sup>st</sup>, 2006 - \$781.52  
We currently have 150 active members with 26 pending renewals. Our largest single expense was the annual Road Runner Club of America (RRCA) dues of \$716.15. All other disbursements were for the AURA newsletter (printing, postage, etc.) For the four races that the AURA supported in 2006, we received the following: 3DaysofSyllamo (\$140); Syllamore 50 km (\$200.00); Ouachita Trail 50 (\$150) and the Arkansas Traveller 100 (\$130.00) Total = \$620.00. Our current balance is \$1,082.47 which includes a payment of \$140.00 for our sponsorship of the *Swamp Stomper 25/50 Km* on January 14<sup>th</sup>, 2007.

## 2006/2007 ULTRA TRAIL SERIES

7-22-06	1. Midnight 50 Km	2-3-07	8. White Rock Classic 50 Km
8-26-06	2. Mt Nebo Trail Run	2-17-07	9. Sylamore Trail 50Km
10-7-06	3. Arkansas Traveller 100	2-24-07	10. Big Rock Mystery Run
10-28-06	4. Devil's Den Trail Run	3-16/18-07	11. 3DaysofSyllamo
11-11-06	5. Gulpha Gorge Challenge	4-21-07	12. Ouachita Trail 50/50
12-9-06	6. Buffalo River Trail Run	5-19-07	13. The Catsmacker
1-6-07	7. Anthens-Big Fork Trail Marathon	6-2-07	14. National Trails Day Run

### White Rock Classic 50K-UTS 8

Saturday, March 3, 2007

9:00 am

No Fees, No frills, No WIMPS!

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). Please sign-in by 8:30 am at the Turner Bend Store.

This is Race #8 of the 2006 - 2007 Ultra Trail Series  
A \$5.00 donation is suggested to cover costs

Brought to you by Jamie & Jay Huneycutt  
and the Arkansas Ultra Running Association  
Refreshments will be near the finish line starting at 1:00 pm

E-mail: [jhuneycutt@nw-health.com](mailto:jhuneycutt@nw-health.com) or [hjhuney@uark.edu](mailto:hjhuney@uark.edu)

### ***HOT FLASH!***

**Take the Challenge!** The first weekend in March will be the White Rock 50 Km, *Fleet Feet* 8-Mile Night Race and the Little Rock Marathon. If you successfully complete each race (and Chrissy and Jamie will be checking) you will receive a special award from the *AURA* for your heroic effort. The full distance of these events must be verified in order to receive your **Stud** or **Studette Award**.

The race website for all races is <http://www.fannypackproductions.com/> The 8 mile night race has a check-in of 6:00 pm for all racers. Online registration is available from the website. Race contact: [kylefann@hotmail.com](mailto:kylefann@hotmail.com) Phone: (615)406-1315 or (479) 571-8786 at *Fleet Feet*.

**RETREADS!** (*Retired Runners Eating Out*) **Meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 a.m., the first Wednesday of every month. Wear something to identify yourself as a runner. Old newspaper clippings and scrap books are always a treat.**

# ULTRA CORNER

January 13, 2007     **Bandera 50 Km**     Bandera, Texas.  
 3rd Place     Paul Schoenlaub     4:57:59     111 finishers

February 3<sup>rd</sup>, 2007     **Rocky Raccoon 100 Miler**     Huntsville, Texas

Place	Name	Time
12 <sup>th</sup>	Scott Eason	18:49:18
39 <sup>th</sup>	Kevin Dorsey	22:35:40
68 <sup>th</sup>	Randy Ellis	23:32:30
70 <sup>th</sup>	Jen Foster	23:33:30
82 <sup>nd</sup>	Kathy Hoover	24:33:01
136 <sup>th</sup>	Ken Bland	28:10:07

169 finishers

February 3<sup>rd</sup>, 2007     **Rocky Raccoon 50 Miler**     Huntsville, Texas

45 <sup>th</sup>	Jeff Genova	10:57:29
65 <sup>TH</sup>	Emily Hartman	12:28:25
76 <sup>th</sup>	Rick Carr	13:21:20

96 finishers

## From the AURA Archives

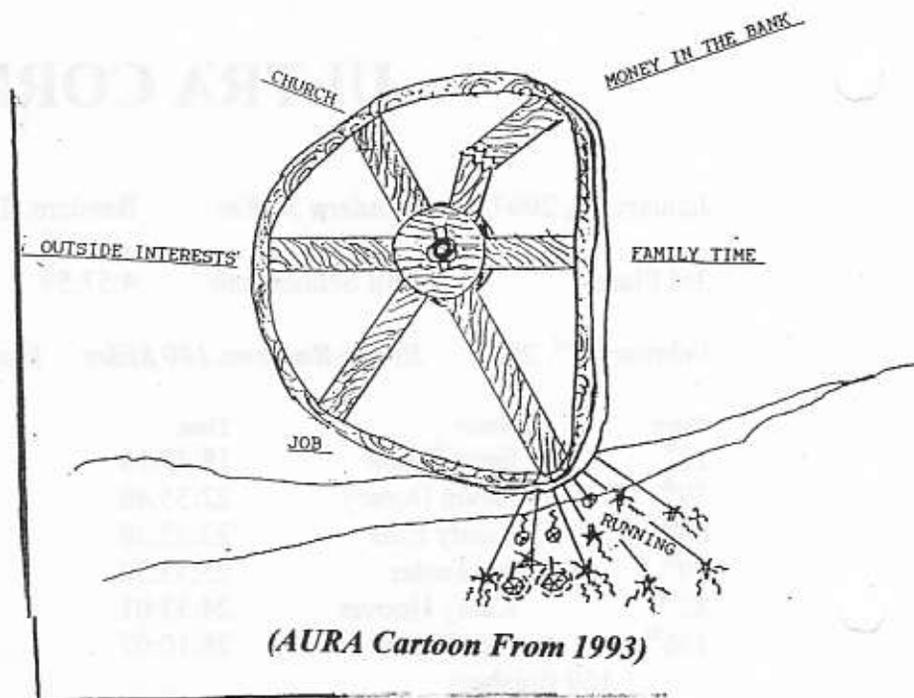
### Arkansans/AURA's To Finish the Rocky Raccoon 100 Miler

Scott Eason(07)	18:49:18
Chrissy Ferguson(03)	19:50:12
Randy Davidson(95)	20:37:37
Mario Martinez(97)	20:50:09
Randy Ellis(07)	23:32:30
Kevin Dorsey(07)	22:35:40
Kim Goosen(95)	22:39:56
Angie Ransom(96)	23:02:53
Mario Martinez(98)	23:33:53
Jen Foster(07)	23:33:30
Bob Marston(93)	23:38:44
Jenny Foster(06)	23:50:38
Greg Eason(06)	23:50:38
Kevin Dorsey(05)	23:58:35
Bob Marston(94)	24:15:36
Irene Johnson(94)	24:19:00

**UTS #10 – Big Rock Mystery Run**

Riverview Skateboard Park  
 River Road, North Little Rock  
 February 24<sup>th</sup>, 2007 at 8:00 a.m.  
 12 to 13 Miles on Asphalt/Trail

Kathy Hoover(07)	24:33:01
Bob Marston(96)	24:53:02
Lou Peyton(96)	25:19:02
Mario Martinez(93)	25:22:02
Bob Marston(95)	25:48:32
Bob Marston(97)	25:50:45
Roy Haley(98)	25:52:29
Kimmy Riley(95)	26:12:40
Dianne Seager(95)	26:22:42
Dianne Seager(96)	26:54:47
Irene Johnson(95)	27:08:55
Charley Peyton(94)	27:10:00
Lou Peyton(94)	27:10:02
Laura Eakin(01)	27:19:34
Laura Eakin(00)	27:27:27
Bob Marston(98)	28:04:43
Ken Bland(07)	28:10:07
Steve Eubanks(95)	28:10:12
Bob Marston(99)	28:16:50



## 2007 Regional Ultra Calendar

*(Report your ultra-marathon race times to [chrlypytr@aol.com](mailto:chrlypytr@aol.com))*

Mar 10, 2007 *Mississippi Trail 50 Mi, 50 Km and 20 Km* Laurel, Mississippi  
[www.ms50.com](http://www.ms50.com)

Mar 10, 2007 *Waco Five-0* Waco, Texas [www.runnerone.com](http://www.runnerone.com)

Mar 10, 2007 *Land Between the Lakes 50 K, 50 Mile.* Grand Rivers, KY  
[www.wkrc.org](http://www.wkrc.org)

Mar 16/18, 2007 *3 Days of Syllamo.* Allison, Arkansas.  
[www.3daysofsyllamo.org](http://www.3daysofsyllamo.org) (S)

Mar 24, 2007 *The Grasslands 50 Mile Run* Decatur, Texas [www.nttr.org](http://www.nttr.org)

Mar 31, 2007 *Umstead 100 Miler* Raleigh, North Carolina.  
[www.Umstead100.org](http://www.Umstead100.org)

Apr 21, 2007 *Ouachita Trail 50 Km/50 Mile* Little Rock, Arkansas  
[www.runarkansas.com](http://www.runarkansas.com) (S)

May 19<sup>th</sup>, 2007 *Berryman 50 Mile and Marathon.* Potosi, Missouri.  
[www.stlouisultrarunnersgroup.net](http://www.stlouisultrarunnersgroup.net)

Jun 2, 2007 *Kettle Moraine 100 Miler, 100 Km and 38 Miler.* La Grange, Wisconsin.  
[www.kettle100.com](http://www.kettle100.com)

October 6/7, 2007 –Arkansas Traveller 100 Miler. Perryville,  
 Arkansas [www.runarkansas.com](http://www.runarkansas.com) (S)

Aug 11, 2007 *Bartlett-Nesbitt Park Ultras(50 Mile , 40 Mile and 50 Km* Bartlett,  
 Tennessee. Arrangements Pending. (S)

**(S) – Supported by the Arkansas Ultra Running Association**

## AURA'S ADVENTURE RACING OPPORTUNITY

AURA brother, Jim Schuler, has sent me the following information on an urban adventure race that he is assisting in organizing in the Conway area.

### *The Toad Suck Challenge Adventure Race*

Date: Saturday April 7<sup>th</sup>, 2007

Location: The Ride/Get Outside Conway, Arkansas

Teams: Three person Coed

Distance: 40-50 miles, 8-10 hours.

Venues: Biking, Running, Navigation, Ropes and Mystery Events.

Entry: \$100 per person before March 28<sup>th</sup>.

Contact: Jim Schuler (501) 652-0676-M or [jimschuler@sbcglobal.net](mailto:jimschuler@sbcglobal.net)

Website: [www.toadsuckchallenge.com](http://www.toadsuckchallenge.com)

I think I hear opportunity knocking!

## By Rx Only –The Coach Doctor's Clinic



### AURA Etiquette – Senior Moments.

At a recent post-holiday gathering one of our AURA seniors got up from her chair and let out a very loud exclamation. Everyone turned to see what warranted such attention. Looking down at her feet she had realized as she was walking to the food line that her new boots were on the wrong feet. The BS later made the comment that “thank goodness she wasn’t in Wal-Mart when she discovered this. What would all of her friends have thought!”

This brings the Coach Doctor to the subject of AURA Etiquette and Senior Moments. With approaching cataracts and other system failures involving our AURA seniors, the Coach Doctor wishes to address a sensitive subject: **Recognition**. When one has been away for an extended time, ones appearances might change. New running attire, a new hairdo or a weight gain/loss might not mean much to the younger set; however to the “senior”, recognition keys are important. If in ones salutation to our senior brothers and sisters one senses a mental stall, don’t be alarmed. What is probably happening is that the one in question is spinning through his mental index of names and faces attempting to connect your face and features with your name. Mr. Manners has a way to overcome this “freeze” and assist our elder statesmen out of this embarrassing situation. The solution: As you approach the party in question say, “Hello”, followed by their name. Then quickly say your name after you say their name. Don’t say “I’m so and so(name)”. Doing so will attract unwanted attention to his deficit. Just saying your name will suffice and should remove the recognition impediment.

For other guidelines to AURA, Etiquette E-mail [chrlypytn@aol.com](mailto:chrlypytn@aol.com)

19<sup>th</sup> EDITION; Number Two

The AURA – Where You’ll Always Have A Home.

Founded 1989 – RRCA Induction In 2001

# AURA HOT FLASH!

## Top Five Sylamore 50 Km and 25 Km Results.

### 50K Men

1. Ted Herget	4:28
2. Darby Benson	4:30
3. John Muir	4:34*
4. Paul Schoenlaub	4:48*
5. PoDog Vogler	4:49:40

### 50k Women

1 Tamara Zagustin	4:49:35*
2. Anna Assenmacher	4:50:35
3. Lauren Collett	5:35
4. Magdelana Font	5:37:39*
5. Joy Johnson	5:53

### 25K Men

1. Andrew Karendjeff, 35	2:23
2. Forrest Owens, 38	2:30
3. David Mann, 37	2:50
4. Gary McBride, 43	2:51
5. Scott Klazmer, 46	2:55

1. Anna Sanders, 25	2:48
2. Danielle Brunsworth, 37	3:06
3. Kathy Adela, 40	3:13
4. Cynthia Petty, 42	3:27
5. Hillary Looney, 32	3:30

\* - AURA member

Complete Sylamore results will be posted on [www.runarkansas](http://www.runarkansas) and in the AURA .