

# The Midnight 50K Run

## July 18th, 2009

### Details to follow!

## The ARKANSAS ULTRA RUNNER

June Plus, 2009–The Big Print Edition

*A Newsletter for Members and Friends of the Arkansas Ultra Running Association*

**WWW.RUNARKANSAS.COM**

*Gentle Reader: If your newsletter label is highlighted, it is time to renew your AURA membership.*

### *THE BIGSHOT'S PAPER TRAIL*



The AURA welcomes two new members this month. Mack Varner joins us from Vicksburg, Mississippi, and Joe Funderberg, of El Dorado, Arkansas. Mack is a veteran of several Ouachita Trail 50 K finishes.

This is a reminder that AURA X-Trainers meet weekly, during the week and on weekends, for non-running activities. If your legs are weary and in need of a rest, join us for a couple of hours of flatwater kayaking and biking. The Queen Mother and I are gearing up for the big three again this year. Number one is aid station duty for the Arkansas Traveller 100 but sandwiched inbetween is the Big Dam Bridge 100 Mile bike ride the week before the AT100 and the week after is the Phatwater 42 Mile Canoe and Kayak race on the Mississippi River that ends in Natchez, Mississippi. I wonder if any AURA member could do all three? It is prime time training right now. Join us by calling 501 680-4762 or email [chrlypytn@aol.com](mailto:chrlypytn@aol.com).

Another reminder is that we still have AURA bumper stickers for sale. Send \$2.00 per sticker c/o AURA, 41 White Oak Lane, Little Rock, Arkansas 72227.

The response to the AURA's proposed changes in newsletter delivery has been very positive and we should notice changes in the treasuries balance sheet. This issue of the AUR is our first attempt at sending the newsletter by email. If you experience any problems with it, let us know. Our plan is to send as many newsletters via the internet. There are some who like the hard copy. Such as the BS. There is no pressure to do so. And remember, you can always switch from email to hard copy as you wish. No problem. One thing of concern is how to send out membership renewal to those receiving the newsletter by internet. What I think I will do is send out a notice at the time of renewal with a membership attachment. If you have chosen to receive the newsletter by internet, please give us feedback if you experience difficulty.

The Very Warmest of Regards, B\$



# 2009 Arkansas Traveller 100 Application

October 3-4, 6:00 AM

Lake Sylvia Recreation Area, near Perryville, Arkansas

Presented by the Arkansas Ultra Running Association  
Proceeds benefiting the Williams Junction Volunteer Fire Department

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Wind Jacket size (XS, S, M, L, XL): \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 10/3/2009 (Minimum age 18) \_\_\_\_\_ Gender \_\_\_\_\_

Previous Ultra Experience? \_\_\_\_\_ Anticipated AT100 finish time: \_\_\_\_\_

Is this your first 100-mile attempt? \_\_\_\_\_ Please list any previous years you completed the AT100 \_\_\_\_\_

If applicable, please describe what kind of camping you will be doing at Lake Sylvia (RV, tent, etc.): \_\_\_\_\_

List any medical conditions we should know of \_\_\_\_\_

Are you taking any prescription drugs? Please list: \_\_\_\_\_

There will be a free spaghetti dinner Oct 2nd for the runner and one guest. Please include \$5.00 fee for each additional guest.

Entry Fee \$ \_\_\_\_\_ (\$150 if postmarked or received by Sept 1; \$175 until Sept 21)

\_\_\_\_\_ X \$5.00 = \$ \_\_\_\_\_ for additional spaghetti dinners

Total \$ \_\_\_\_\_ No entries accepted after September 21 postmark.

### No entry limit.

Send application and entry fee (check payable to Arkansas Traveller 100) to:

Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

**\$140 of registration fee is refundable until September 1; 50% of fee is refundable until September 21.**

For additional information, visit the Arkansas Traveller 100 website: <http://www.runarkansas.com>

e-mail: [AT100@runarkansas.com](mailto:AT100@runarkansas.com) or phone 501-329-6688

### Race Waiver - PLEASE READ – This entry contains limitations of your legal rights.

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 directors and workers, Arkansas Ultra Running Association, U.S. Forest Service, 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 grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable after September 21, 2009.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*The following article has been run several times in this newsletter. I do so again as a service to our AURA brothers and sisters who are dreaming of a finish at the 2009 Arkansas Traveller 100*

## THE COACH DOCTOR

### **Six Keys For Marginal Runners to complete the Arkansas Traveller 100 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 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 on race morning: Wear a hat; wear 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.



## 100 MILE ENDURANCE RUN

October 23-25, 2009

Ozark National Forest, Mountain View, Arkansas

Entry fee for the 100 mile run is \$165. After September 23, the entry fee will be \$195 and after October 1, the entry fee is \$210. Your entry fee includes a very generous bag of race ware, pre-race pasta dinner, post race food, refreshments and finishers buckle. Additional pre-race meals for non-runners will be \$10 per person. NO REFUNDS, NO RACE DAY REGISTRATION!!

Send your entry payable to: Syllamo Productions 7308 Westwind Drive, North Little Rock, Ar 72113  
E-mail: [syllamo@mail.com](mailto:syllamo@mail.com)

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PLEASE PRINT LEGIBLY

Name \_\_\_\_\_ Age on 10/23/09 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gender \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Phone \_\_\_\_\_

Medical conditions we should know of \_\_\_\_\_ are you taking any prescriptions we should know of \_\_\_\_\_

Qualifying Run: \_\_\_\_\_ Number of ultras ran \_\_\_\_\_ Size Shirt: S M L XL

Amount enclosed with this entry (Entry & Additional Meals):

100 Mile Run: \$ \_\_\_\_\_

Additional Meals for non-runners (\$10): \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

### Race Waiver - PLEASE READ – This entry contains limitations of your legal rights.

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 Syllamo Productions, LLC, race directors, workers, volunteers, United States of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is nonrefundable.

Signature

Date

# ULTRA CORNER

## *Ouachita Trail 50 miler*

April 19th, 2009

Pinnacle Mountain State Park, Arkansas

“Third Time’s the Charm” - Kim Johnson, AURA, Harrison, Arkansas

I finished the Arkansas Traveller 100 last year, so finishing a 50 miler under cut-off sounded easy enough, right? Although it seemed reasonable, this 50 mile Ouachita Trail had eluded me for two years. In 2007 an unexpectedly warm day just drained me and I dropped at Northshore. In 2008 I felt like I could finish, but blew too many precious minutes trying to find the trail after I missed a turn. I failed to meet the cut-off at Northshore and again went home dejected.

A week before this year’s OT50, my big brother Stan (Ferguson) asked me if I was ready. I told him that my distance training had not been impressive, but I had spent a lot of time focusing on hills. I played my little sister card and told him that if I didn’t finish this year I was going to take my toys home and never come back! Indeed, my long training runs had kind of fallen through, due to ...well, LIFE. With 2 busy girls, a husband and a job, I struggle to get in ultra miles. But what I did find time for, was a jewel of a trail on the Buffalo River. Hemmed in Hollow is a 5 mile out and back trail of a steep, rocky descent to the tallest waterfall between the Appalachians and the Rockies. A couple of my Harrison running buddies were kind enough to do this training with me. I’m pretty sure my newbie running friend thought I was trying to kill her. Those running/ power-hiking workouts definitely made a difference this year at Ouachita. My legs held out much better over Pinnacle and still felt surprisingly good at the end. Was it fast? No. The sprinter speed that blessed my body when it was younger doesn’t serve me well on ultras. My fast twitch muscles continue to ask me why I am running so far. What can I say? I’m addicted. I’m sure Stan and Chrissy must chuckle when they get my entries, much like bookies taking bets from a bad gambler. I’m not likely to win anything, but I keep hoping for a good day at the race. They are supportive though, as is my big sis. Rhonda is always a running partner, pacer, crewmember or cheerleader for me. And as long as I’m smiling when I finish, I’ll probably continue to run ultras. As far as my race calendar, I am looking forward to the AURA summer runs and I would like to try another 100, preferably one with less rocks. Let’s see, it took three tries at the Traveller to make cut-off, and three tries at Ouachita...Dang! I hope this is not a pattern.

## *Capitol Peak 50 Mile and 55 K*

Olympia, Washington

April 25th, 2009

Alston Jennings, AURA, Little Rock

Margaret and Laura and I have a tradition of doing a "Destination Race" every year. None of us had seen the Pacific Northwest and this year Laura found us the Capitol Peak 50 Mile/55K,

April 25 near Olympia, Washington. I like those dual races with the long cutoff times for the shorter distance.

We did a few days of sightseeing in Olympia/Tumwater before the race and a few in Seattle afterwards. Not only is the country beautiful, everybody we met was extraordinarily friendly and kind. That was certainly true of everyone we met at the race. Race Director John Pearch and his volunteers did a terrific job and took very good care of all of us.

It was a relatively small race, 90 total starters for both races, 85 finishers. L aura and I made sure to start at the back and within 30 seconds we were alone. About 30 seconds after that, I rolled my right ankle. It wasn't bad and as I was telling myself I'd better start being very careful about foot placement, I rolled the left one for real. Down on the ground, bloody knee...we'd gone, maybe, a quarter of a mile. L aura was concerned but I made her take off.

It became apparent that the ankle was going to be quick to roll again so I'm gimping along, taking great care with each step ("Barn door...horse..."). The trail is just gorgeous; soft, but occasionally rooty, single track through tall redwood and hemlock forest and across little streams. There's a lot of climb and descent but nothing too radical and I get into my little walk/shuffle thing until the Sweep catches me about an hour in. I explain my situation, that I'm not in extreme pain but I dare not run. He was most gracious. "Just forget I'm back here to help you." He fell back out of sight and I tried to take his advice but the last three words started bothering me for some reason. I'm pretty sure I fell because I hadn't quite gotten my head in the game to start with, so now I'm wondering what a fat, old man is doing out here at all. We hit a FS road and I got to "run" downhill about half a mile before a long climb up single-track switch-backs on a clear-cut hillside. That pumped out a lot of water, even though it was in the low 40's, overcast, breezy and occasionally raining a bit. It never got warm.

I knew the aid stations varied from 7 to 8 miles apart. When I finally hit the first one, they said it was 6.7. I checked the watch and saw about 1:50 elapsed. I tried a little calculation...carry the naught...remember Capitol Peak... 35 miles might take over 11 hours. If I didn't get REALLY hurt. The nice trail sweep came over. The aid guy glanced at the blood running down my shin and asked if I could make it to the next station. And I sort of....quit. "Yeah, I can make it to the next aid, no problem, but you know what? When this loop takes me back to the start/finish at 19.2, I believe I'll call it a day."

The last 4 or 5 miles of the loop was mostly downhill. When I finished 19.2 in about 5:45 I found that Jim, a super nice runner from Idaho we'd met the previous afternoon while finding the start, had arrived just five minutes earlier. Jim is 71 years old. He tried to get me to do the climb of Capitol Peak with him and I am most ashamed to say that I was too disheartened to go. As soon as he left, I walked down to soak my legs in a snow-melt creek and promptly rolled the ankle on a dead-level gravel road. That actually made me feel a little better about the decision. But not much.

Laura came down off the Peak at a dead run in just under 9 hours for 34.96 miles. She had a great race but said it was her toughest yet. When she climbed out of the trees on the second loop and finally got a clear view of Capitol Peak, it was a daunting sight indeed. I'm sure it wouldn't have impressed a Hardrock veteran but it WAS snowing and sleeting up top. I was very proud of her. Always am, in fact.

"Humility is a great virtue and the best way to develop it is to be humiliated." Anon. That's my confession. My first DNF. Still, the memories of this race are going to be very good ones. Especially after I go back and finish it. When you're over 60 and you've finished a longer race than the one under discussion, you get to wear the shirt anyway. Right?

## *31st Annual Strolling Jim 40*

May 4, 2009

Wartrace, Tennessee

Pl	Name	Time
6.	Stan Ferguson	5:35:41
27.	Chrissy Ferguson	7:03:04
	90 finishers	

Editor's Notes: After several years of declining participation, it is most encouraging to see a resurgence in the popularity of the **Strollin Jime 40**. This Tennessee race enjoys an almost cult like following among old time ultra runners. I would encourage all AURA members to put the "**Jim**" on your future race calendar and experience what ultra running was like in ultra running's infancy.

From the Editor: Your articles are always welcome for the AURA newsletter. 1/2 to a page is desirable. Word attachment is preferred. Your AURA brothers and sisters want to know where you went and what you thought of your experience.

# AURA SPECIAL REPORT

## *Diet For Dummies-My Battle To Look Like A Runner*

By Charles Ellis, AURA

### Part One - "*Nothing tastes as good as being thin is*".

I have always wanted to be **BIG**. Big people were cool and had lots of trendy friends. When I graduated from high school I weighed in at 148 lbs. and looked like a pea vine. It was not because I didn't eat. I had the appetite of a 200 pounder. It's just that nothing seemed to stick. During the college years things took a turn for the better and the pounds started to build and, by the time I married, I was a chunk. 207 lbs is written behind my wedding photo. I discovered running in the early years. Slowly at first but before I knew it, running was my sport and has been my guide throughout my adulthood. No regrets. Weighing in a 200 + lbs put me at a distinct disadvantage in the sport of long distance running. At my first real race I noticed that the fast people were thin. Thin runners ran fast and received lots of attention.. Now I wanted to be thin. The problem was my appetite. I couldn't let go of wanting to be **BIG**. I wanted something I didn't want. And so, my battle to look like a runner began. But before I delve too deeply into this campaign. I want to think a little about addiction. Addiction to food and addiction to other things. Things like cigarettes.

Sometime between college and marriage, I took up smoking. Your cool friends give you cigarettes and soon I thought I was cool, too. Life is good for Charles, the smoker. I'm "all in" as they say in poker. The first thing I did when I woke up in the morning was to look for a smoke; the last thing at night was a smoke. A pack a day was the normal. Its not that I was enjoying it that much as it was just that that was who I was now.

In 1966 the United States Surgeon General issued a report. The headlines read: "**SMOKING IS DANGEROUS FOR YOU HEALTH**". I put the paper down and thought - "Wow Damn, I

didn't know that". Of course I was lying to myself. Smokers knew that already. Why were cigarettes referred to "coffin nails?" So I set about to quit. I went to bed with the notion that in the morning it would be a new day and my life was now meant for other things than being a smoker. When I woke the next morning, I realized that I wasn't alone. There was a presence with me. I came to call him "the Little Man".

The Little Man told me that I could quit if I wanted to but did I really want to. He always was there at breakfast to tell me that it was okay to have one. The Little Man knew that it was impossible to just cut back but I believed him when he said that just one puff would be enough. After even one puff it was just as if I had never stopped. I could make a good effort to quit but in times of stress, the Little Man would put his arms around me and say, "Go ahead, you deserve one." The Little Man told me that I just couldn't face life without ever having another cigarette.

And then one day the Little Man came and I looked him in the eye and told him to "get away., leave." He turned and went away because he knew that he had lost me. Because even though I knew that smoking smelled up my clothes, stained my fingers and gave me a cough, I was willing to risk it all for a cigarette. What made the difference is that I got fed up with something controlling how I felt and what I did. That was the key I was not going to be a slave to anything. Nothing was going to tell me what to do and I broke free. After months of trying to quit, I had made it. Looking back, it was easy. All I had to do was make up my mind.

Next I talk about the return of the "little man".

## *Diet For Dummies-My Battle To Look Like A Runner*

### *Part Two - Eat to live versus live to eat.*

By the time of my first marathon I was a fit 158 lbs. Its not that I was on a crash diet, it's just that when you are in your 30's and 40's, running has a way of handling those appetite issues. But even at 158 lbs., I didn't think I belonged. Once you've been big that is where I felt like my home-base was. Thinness and running can be fleeting and it was for me. I never rushed back to that 200 lbs, it was more like a creep. A pound one year; two the next. I would make a good effort to recoup my youth about every other year and for some reason I would be doing good but then forget why I was trying to lose. So after 30 years in the running community, I looked down at the bathroom scales and saw 199 lbs. Someone will always ask you, "Why do you want to lose weight." The answer is not too complicated if you remember why I stopped smoking in Part One. I had noticed that my blood pressure and cholesterol had begun to elevate over the years and had been reading about obesity and the risk factors for diabetes and heart disease. But health was not a factor. I believe that everyone is going to die from something. No, what made me decide to change up were two things: One-my knees felt like they were poking me in the stomach when I rode my bicycle and two-I seemed to be having to struggle too much in getting out of my sea kayak after paddling. I enjoy biking and paddling as much as I do being around runners. Something had to change!

With the New Year fast approaching, I decided that it was time for a New Year's resolution. After a little thought I settled on a weight goal that would split the difference between my low adult weight of 158 lbs and my high adult weight, 210 lbs. 180 lbs plus or minus three pounds would be my goal. My plan was to do it the hard way by limiting how much I would eat. Unlike

my trials with smoking where you simply stopped smoking, eating is something I have to do, and do several times a day. I decided that controlling my caloric intake by controlling what I eat and when would be my key to success. I went to bed on December 31st excited about my prospects for trimness in 2009. The next morning as I got up and had breakfast, I looked across the room and there sat my old pal, the Little Man.

My eating strategy was very simple. For breakfast I would have a piece of large, whole-grain toast with one fried egg. For lunch I would have a banana. Dinner would be a normal meal but with normal portions and no seconds or desserts. For a snack, I would have a piece of fruit in mid afternoon. My plan allowed for a dessert and dips and chips if eating out but no chips at home and no “all you can eat” buffets”. I don’t foresee a problem with potluck dinners as my “dinner rule” applies. I realize that this plan wouldn’t work for everyone but since I like eating the same thing everyday, it will work for me.

It is now April 1st and since New Years Day, I am down to 183 lbs. My goal was 180 lbs +/- three pounds. With my caloric intake what it is, I don’t think I’ll lose too much more. With increased exercise levels, it is possible and if it happens, more better.

The Little Man has not sat idly by. Once when we were out of large, whole grain toast and had to substitute regular bread, he tempted me to try two pieces and make a sandwich knowing that if I slipped just once, I would repeat it. I saw the Little Man rubbing his hands together when the Queen Mother told me that she had made soup and salad and did I want to have some with her. I squared up to the Little Man and told him, “Not this time fellow”. I will admit that in the first weeks, I felt the hunger pangs but they only made me face the Little Man and remind him to “back off”.

After three months my routine feels like the norm. I am at the upper reaches of the goal that I set. Now, I will have to be on guard to the remarks that friends and acquaintances will say. Things like “You look really good; I hope you don’t go too far” or “You look so thin; why did you go on a diet”. The Little Man will always be probing and looking for a weakness. I am reminded of film clips that I see on the nature programs where they show a panoramic view of the African plains with the antelopes and gazelles browsing and looking around. In that panorama will always be a lion watching them. You might wonder why the antelopes and gazelles don’t just run away. The answer is that they feel safer knowing where the lion is and they can keep a safe distance. That is the way it is with me and the Little Man. I’m going to keep him close so that I will know what he’s up to. Like the words of one of the episodes of the Sienfield television show, I, Charles Ellis, Charles Ellis Peyton, will be the master of my domain. And now you know the rest of the story. (Apologies to Paul Harvey)

The End.

## **AURA’s Monthly HOROSCOPE**

*Your Guide to Money, Power and much More.*

A notice should be arriving soon that speaks of royalties and dividends. By adopting the philosophy of “saving ones self”, you should be able to cope with a new member of your training group. Your new running stride is long removed from the “hopping corn rows” style that you entered into ultra running with and has your fantasy companion beaming with satisfaction.

# AURA Fun Run Report

## *The Catsmacker Fun Run - 21 miles (+/-)*

May 30th, 2009

Ouachita Nationa Forest, Williams Junction, Arkansas

1. Jamie Anderson	3:30	<u>15. Teresa Cox</u>	4:21
2. John Muir	NTA	16. Dennis Baas	4:30
3. Kyle Baldwin	3:33	17. Pete Ireland	4:38
4. George McAllister	3:32	<u>18. Kimmy Riley</u>	4:54
<u>5. Veronica Battagila</u>	3:37	19. Nick Hays	5:12
6. Murry Chappelle	4:00	20. Ted Bearden	5:12
7. Jeff Thostenson	4:06	<u>21. Karen Hayes</u>	5:09
8. Maurice Robinson	4:06	<u>22. Alice Anderson</u>	5:27
9. John Dunlavey	4:11	23. Bill Brass	5:45
<u>10. Tammy Walther</u>	4:15	24. Jay Miller	6:08
<u>11. Chrissy Ferguson</u>	4:15	<u>25. Lou Peyton</u>	6:09
<u>12. Andrea Wilson</u>	4:12	<u>26. Lisa Gunner</u>	6:12
13. Thomas Chapiin	4:20	27. Alston Jennings	6:12
14. Eric Yates	4:20.	<u>28. Dottie Rea</u>	6:22

## *Kitty Run and Other Distances*

Names	Mileage		
Roy Hayward	12	<u>Christina Carr</u>	20+
Joe Milligan	12	Steve Pomerleau	20+
<u>Rosemary Rogers</u>	12	PoDog Vogler	28.5
<u>Kim Fischer</u>	12	Paul Turner	28.5
Bob McKinney	14:75	Stan Ferguson	28.5
<u>Ann M. Moore</u>	16:5		



The Power of Three - Left to Right/ Stan Ferguson, Paul Turner and PoDog Vogler pause at the Catsmacker Midway Aid Station

## *Catsmacker: The Good, the Bad and the Ugly*

By Karen Hayes - Arkansas Running Klub

Saturday, May 30, 7:00 A.M.

Distance: 23 miles (+/-)

It was Good, it was Bad, and it was really Ugly.

I would like to blame being late to the start line on Rosemary since she was the navigator and I was just the driver. On the other hand, I got lost on the course and I was all alone then. So that excuse is pretty well shot.

The Bad: I started 17 minutes late after trying to go to the Electronic Tower site by way of Oklahoma. We were about a mile from the start when we passed the first runners heading toward us.

More Bad: After a quick side trip to the woods, we failed to meet back up and both gave up and started separately. Rosemary gave up first, so I was a mile or more behind her when I started.

The Good: I caught up with Rosemary after a few miles. I was starting to worry she had been eaten by bears or chiggers in the woods and I had blithely run off and left her. I was thinking I should go back.

More Good: I started to catch up with the back of the pack, and howdied and talked with some folks I knew.

First Ugly: I had an extremely unladylike bathroom emergency. I was on gravel road, with straight downhill poison ivy on one side and straight uphill poison ivy on the other. My emergency had to take place on the shoulder of the road.

The Good: The back of the pack did not catch up with me.

Bad followed by Good: The course turned off Forest Service gravel roads onto trail. It went drastically uphill to a beautiful vista. The sign at the top: Pain is just weakness leaving the body - now turn around! Back downhill, and onto the Ouachita Trail.

The Ugly: Mile 6.74 and I slipped on dry leaves. The point of impact was my right hip, followed by my right shoulder, followed by the right side of my head. I opened my eyes and looked at a huge root. Not much blood, nothing twisted, but I was mad, mad, mad. I hopped up, took off and was 20 yards along when I realized I'd lost my gel flask. Back to get it. I was a sweaty leafy scraped-up mess.

Uglier still: The course was marked with blue streamers and flour on the ground. I saw the blue streamer at the turn but I did not look down. That's how I found myself at the highway. I had a small course map and there was no highway on it. I didn't even know what highway it was. Thought about flagging down a car, but no cars came by. Turned around.

The somewhat Good: I found my missed turn! Unfortunately, I hadn't checked my Garmin at the highway so I didn't know how much mileage I added when I got off course. I had already given up the run and was planning to return to the start. Forget that. I was back!

Even harder to define as Good: I started to catch up with the back of the pack. Again. Saw the same folks I knew and some I met on the first catch up. Yep, I once was lost but now am found. Amazing.

More Good: First manned aid station. I was out of water and really happy to see Charlie

Peyton and a few fast guys who had started later. Got some of the leaves washed off.

Bad again: Back on gravel roads, I worried over how many miles I was in for. The duct tape on my big toe pads felt a little floaty and the day was heating up big time.

A little more Good: Caught up to Bill Brass, welcome company.

Back to Bad: Miles 16.5 to 17.5 uphill washboard gravel road. Best pace 16. Worst pace 21.

Bad to Ugly: Muscle cramps! Great charley horse calf cramps accompanied by wadded-up toes. Took 2 more Endurolytes.

Good again: Started to recover from the cramps. I didn't have any idea of the mileage left, but I saw another runner ahead.

Very Good: Caught up to Alice, who was wearing a NLR Women Can Run clinic shirt. We took turns pushing each other to run when we hit a flat. Not many flats.

Really Bad: Alice and I came to man lying in a ditch! Literally. Are you hurt? Yes! Do you need help? Yes!! What's wrong with you? Asthma! We didn't have anything helpful with us, but we got his name and promised to send someone. As soon as we saw someone.

Uglier yet: Left Alice and headed up what turned out to be the last hill, miles 21.4 to 22.87. Worried about Jim in the ditch. More muscle cramps. Average pace for the last .87 was 20:55.

Final Good: FINISH. The earlier finishers were lounging in the shade at the top of the hill. Chrissy yelled Have you had enough? You can still go out and do a few more miles! She's little and I think I could take her, but she's a firefighter and pretty tough. Told them about Jim and a rescue party took off.

So, I made it. This year's Catsmacker was about 21 miles. I did 22.87 and finished in 5:09. Sunscreen with Deet did its job, the blood came out of my tank top, and it's looking like I don't have poison ivy. I have a tennis ball-sized bruise on my hip, but the scrapes aren't too bad. Hamstrings aren't happy. Too much fun for one day. I am SO going back for the Midnight Run!



The Power of Four: Left to Right Dottie Rea, Lou Peyton, Jay Miller and Alston Jennings  
At the Catsmacker Aid Station

## 2008 / 2009 ULTRA TRAIL SERIES

The final race of the 2008/2009 UTS season was the 19 mile National Trails Day Run, Saturday, June 6th . Our club president and UTS coordinator is firming up the new series which will include some significant changes. Your next newsletter should be out the first week in July and these changes will be outlined. Also, the **Kings and Queens of the Trail** will be announced. The NTD results and picture was provided by run leader, Jon Lucas.

### *National Trails Day Run* - 19 Miles UTS #14

June 6, 2009

Albert Pike Recreations Area, Langley, Arkansas

1. Pat Cline	3:52:53	5. <u>Kim Johnson</u>	4:37:30
2. Guy Patteson	3:52:53	6. Bill Brass	5:28
<u>3. Teresa Cox</u>	4:08	7. Bob McKinney	6:45
4. Pete Ireland	4:37:30	<u>8. Ann M. Moore</u>	6:45

#### Other Distances

##### 11 Miles

Michael Dupriest	2:20
Gary Gehrki	3:00
David Samuel	3:39:01
<u>Katharine Stoddard</u>	4:08

##### 14 Miles

Zack Ouchlay	No time reported
Larry Wagner	“
Bill James	”

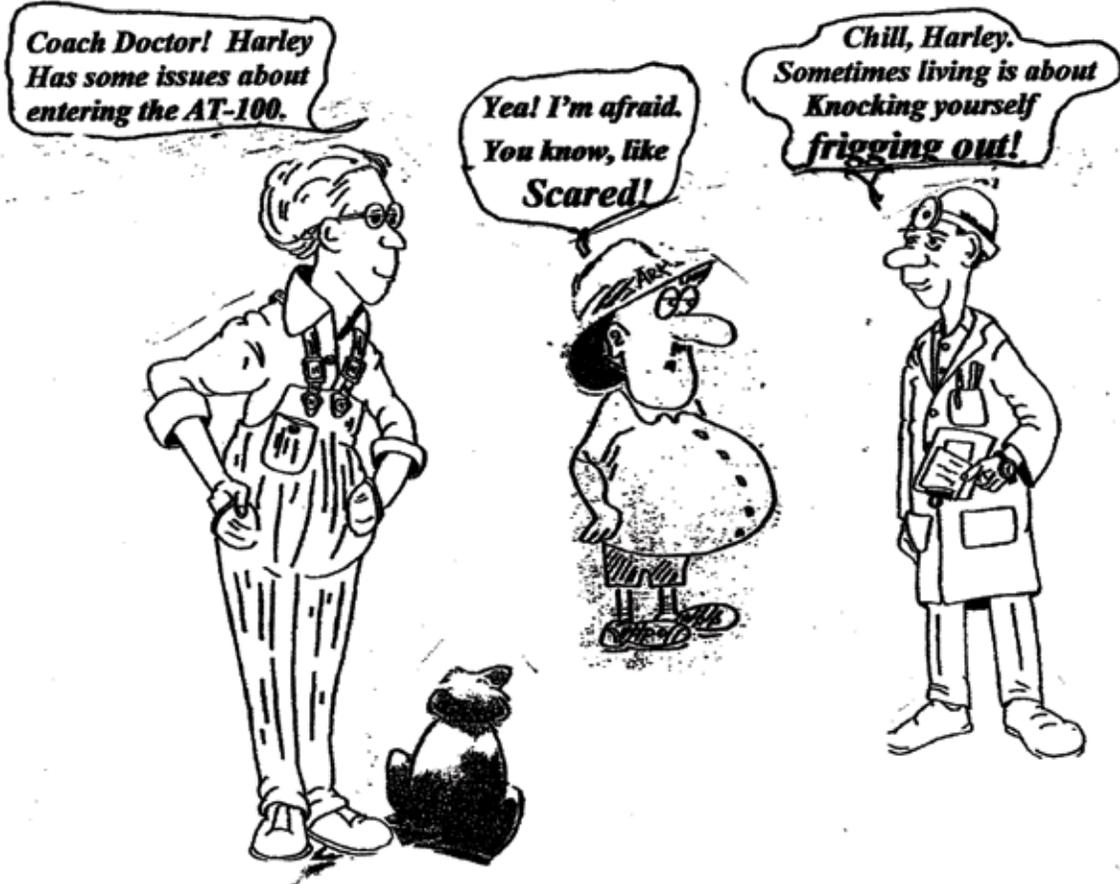


Left to Right: Bill Brass, Pete Ireland, Teresa Cox, Kim Johnson, Michael Dupriest, Guy Patteson, David Samuel, Pat Cline and Katharine Stoddard.

**CARTOON TIME**

**The Bigshot and the Coach Doctor**

*A satirical view of Ultra Runners of the AURA*



***AURA Hot Flash!***

This is a late addition to the ULTRA CORNER Section

***FANS 12 and 24 Hour Run***

June 6, 2009

Minneapolis, Minnesota

Jay Huneycutt      42.40 Miles      12 Hour Run

Jamie Huneycutt      102.02      24 Hour Run      5th Woman

# FROM THE AURA PRESIDENT

## AURA announcements - Stan Ferguson

### AURA Club Meeting/Potluck

Saturday, July 11th, 4:00 pm @ the pavilion at the West side of Pinnacle Mountain State Park

We have the pavilion reserved all day, so feel free to come early and run/hike Pinnacle or the new base trails, or just hang out. We'll start at 4:00 with a potluck, recognize the 2008-2009 Kings and Queens of the Trail, and have a general membership meeting.

There are several ways to approach this. If your last name begins with the letter A thru P, consider bringing a dessert or hor d'oeuvres; letters Q thru Z bring a casserole dish. Or, scrap that plan and bring whatever is your favorite dish.

(The club will provide cups, paper plates, and plastic-ware.)

### New AURA Message Board forum

Arkansas RRCA web-honcho Brian S-ski has fixed us up with our own club forum on the Arkansas RRCA Message Board. Just go to the "Message Board" on <http://www.arkrrca.com/> If you don't already have a login you will need to register in order to post items. This should make it easier to communicate information and plans for training runs and other happenings.

## 2008-2009 Ultra Trail Series

### *Kings and Queens*

After a grueling 14-race season, I am proud to announce the following winners of the Ultra Trail Series:

#### Kings and Queens of the Trail

Open: **PoDog Vogler** and **Teresa Cox**

Master: **Paul Turner** and **Chrissy Ferguson**

Senior: **Ted Bowden** and **Diane Jones**

Super-Senior: **Pete Ireland** and **Rosemary Rogers**

The final UTS standings including AURA members and participants who completed four or more events are included in a separate attachment. The complete standings with all participants and individual race points detail can be found on the AURA website – [www.RunArkansas.com](http://www.RunArkansas.com). Report any suspected errors to [Stan@RunArkansas.com](mailto:Stan@RunArkansas.com) or 501-329-6688.

## Ultra Trail Series changes, etc.

In this newsletter we have announced the Kings and Queens of the Trail winners for the twentieth annual AURA Ultra Trail Series. I'm sure those who have been around for all of them have plenty of very memorable experiences. Over these twenty years there have been some small changes. The number and the nature of the races have changed, as have many of the faces.

After tossing out some ideas and getting feedback, we're going to try some functional modifications for the 2009-2010 UTS. The biggest change is that there will be an actual sign-up process for the series. Before earning points for any of the races, you'll have to submit an entry form and fee. For AURA members the entry fee for the series is only \$10, and this is really just to establish a funding bucket for acquiring actual awards for the series. (Maybe now, Chrissy can stop cleaning Burger King out of their paper crowns). A copy of the entry form is in this newsletter, or you can find one on the AURA website. Getting these to the UTS coordinator (me) early would be appreciated, but not wanting this to shut anyone out, series entries will be accepted and in effect as long as they're turned in before the start of your first race. If I am not going to be at a particular UTS event, I'll have someone identified who will accept them there.

The only change to the way points are awarded (other than only including official series participants) is that points will be calculated according to age groups in addition to overall. That is, for Master (40+), Senior (50+), or Super Senior (60+) folks, points will be assessed in that category as well as for overall with everyone combined. Previously it was just all men in one category and all women in another.

A completely new feature is the establishment of an award for UTS "frequent runners". We're going to keep up with UTS miles completed, and want to do something cool for anyone who gets over a certain significant level. This level will be set according to the total number of miles for all the races, and will be approximately 60% of the max miles possible. Recognizing that sometimes people aren't able to run a race because they are directing it or otherwise helping out—volunteers at an event will be eligible to earn miles, as well.

I look at these changes as enhancements to the UTS, and certainly not a fix for anything—as I don't feel the system is broken. I will admit that this will make it more "formal" in some ways, which is probably not one of the main drawing points of our ultra community. However, we still will continue to have non-UTS fun runs and hopefully the number of these will even increase. I hear from numerous folks who talk about putting on a run somewhere we haven't been, or at least been lately, so I'm looking forward to some of these coming to fruition.

Below is a schedule for the UTS events through the end of the calendar year. The remainder I hope to get verified over the next few months. See you out there!

July 18	Midnight Run	Lake Sylvia, 8pm start
August 8	Bartlett Park Ultras	Bartlett, TN
August 22	Nebo Trails Run	Mt. Nebo, 7am start
October 3	Arkansas Traveller 100	Perryville
October 23	Syllamo 100	Fifty-six
November 14	Gulpha Gorge Trail Run	Hot Springs, 7:30am start
December 5	Lake Ouachita Vista Trail Run	Mt. Ida, 8am start
January, 2010	Athens-Big Fork Trail Marathon	Big Fork

The Arkansas Ultra Running Association's  
2009-2010

**Ultra Trail Series**  
Official Entry Form

Last Name:	First Name:
Sex: M F Date of Birth:	Age on 7/18/2009 (series age):
Address:	
City, State, Zip:	
E-mail:	
Date:	
<b>UTS entry form and fee must be received by the UTS coordinator or a designated representative prior to a participant's first race to earn points.</b>	
For complete UTS information and rules go to <a href="http://www.RunArkansas.com">www.RunArkansas.com</a> 2009-2010 UTS entry fee is \$10 for AURA members / \$15 for non-members Make checks payable to <b>Arkansas Traveller 100</b>	
Please send this completed entry form with fee to: Arkansas Ultra Running Association c/o Stan Ferguson 17 Caddo Dr Conway, AR 72032	

**Waiver for AURA Ultra Trail Series**

I understand the Ultra Trail Series is a program for administering awards and is not a footrace. I further understand that my accepted registration in the Ultra Trail Series in no way grants or guarantees my admission into any event recognized as part of the Ultra Trail Series.

In consideration of accepting my registration, and intending to be legally bound for myself, my heirs, my executors, and my administrators, I hereby release and discharge the Arkansas Ultra Running Association, Ultra Trail Series event organizers, sponsors, and each and every person and entity affiliated or associated with the Arkansas Ultra Running Association from any and all liabilities, rights, and claims for damages I may have arising out of participation in the Ultra Trail Series. I also grant full permission to the Arkansas Ultra Running Association to use any photographs or other records of my participation in the Ultra Trail Series for any legitimate purpose.

**Participant Signature & Date**

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Parents Must Sign for Participants Under 18 Years of Age

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