

**AURA Meeting and Potluck**  
Sunday - February 28th, 2010 - 4:00 p.m.  
Broadmoor Club House –Little Rock

**THE (e)ARKANSAS ULTRA RUNNER**

March 2010 – The Shovel Ready Edition

*The Internet Newsletter For Members and Friends of the Arkansas Ultra Running Association*



**The Big Shot's Paper Trail**

The Newsletter went to press a little early this month in order to give us good coverage of the AURA meeting and potluck on February 28th. I realize that we will miss the results of the Sylamore 50 k on February 20th. Perhaps we can give it justice in the next issue. In the interim, you can always go to the [www.runarkanas.com](http://www.runarkanas.com) and see the results as soon as they are posted.

With regards to the Potluck, we hope you put this gathering on your event calendar as it is important that you voice your opinion and vote for the kind of running club that you want to have. With regard to the potluck, there are several approaches that we can do. If your last name begins with A thru O, consider desserts or hors d'oeuvres; P thru Z, a casserole dish. But, if you wish, bring whatever you do best. The AURA will provide napkins, plates, flatware and drinks. If you would prefer something stronger to sip on, please be my guest. Following the meal, Stan will convene our meeting with the election of officers and other topics of discussion pertaining to our club. It is always great to get AURA members and guests together. I hope to see you there.

Directions: South on University Avenue. As you approach UALR on the left, turn right at the light onto Broadmoor Drive. Go a short distance (1/4 mile +/-) and turn left onto Belmont Drive. 19 1/2 will be on the left and the Clubhouse is down a sidewalk near the lake.

The AURA welcomes a new member this month: Deborah Baker of Little Rock. We hope to see Deborah on the trail soon.

**AURA Horoscope**

Your monthly guide to money, power and more

Your tendency to sully up in ultra races has your fantasy companion befuddled and could be thinking about 'moving on'. Your loyal competition might soon find out that you have been faking your injury. A huge windfall is yours for the taking provided you play the Power Ball lottery with combinations of your AURA number

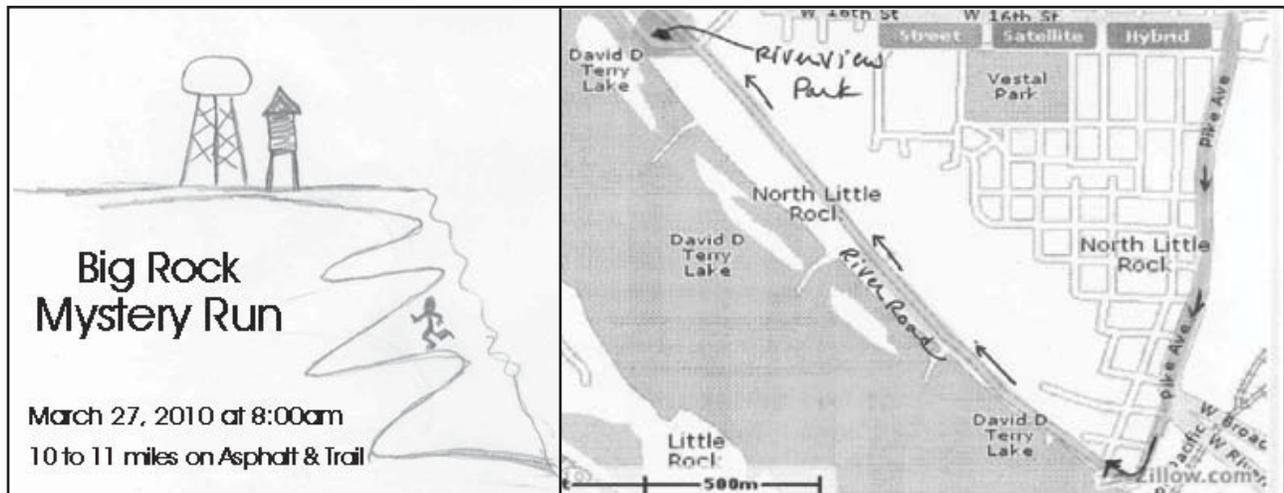
# ULTRA TRAIL SERIES

## 2009-2010 UTS Schedule

For complete schedule information and rules, go to [www.Runarkansas.com](http://www.Runarkansas.com) and link to 2009/2010 Ultra Trail Series.

7-18-09	UTS #1	Midnight 50K
8-8-09	UTS #2	Bartlett Park Ultras
8-22-09	UTS #3	Mt Nebo Trail Run(14 miles)
10-3-09	UTS #4	Arkansas Traveller 100 Miler
11-14-09	UTS#5	Gulpha Gorge Challenge(17.2 miles)
12-05-09	UTS#6	Lake Ouachita Vista Trail Run
1-2-10	UTS#7	Athens-Big Fork Trail Macathon
1-17-10	UTS#8	Swampstomper
2-6-10	UTS #9	White Rock Classic 50K
<b>2-20-10</b>	<b>UTS# 10</b>	<b>Sylamore Trail 50K</b>
<b>3-12/14-10</b>	<b>UTS #11</b>	<b>3daysosyllamo</b>
<b>3-27-10</b>	<b>UTS #12</b>	<b>Big Rock Mystery Run – Fun Run</b>
<b>4-17-10</b>	<b>UTS #13</b>	<b>Ouachita Trail 50M/50K(UTS both events)</b>

## Coming March 27th-UTS #12



### Directions:

- I40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road
- Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

# White Rock Classic 50K & 25K

February 6, 2010

Cass, Arkansas

## 50K Run (2009-2010 UTS Race #9)

Place	Name	Age	Sex	City	Time	
1	Stan Ferguson	46	M	Conway	4:12:29	
2	Stephen O'Neal	31	M	Rogers	4:20:40	
3	David Wakefield	35	M	Topeka, KS	4:27:27	
4	Paul Turner	47	M	Conway	4:50:15	
5	Mark DenHerder	45	M	West Fork	5:08:40	
6	PoDog Vogler	43	M	Russellville	5:08:40	
7	Dustin Speer	28	M	Conway	5:16:07	
8	Ken Barton	51	M	Greenwood	5:38:40	
9	Stuart Johnson	50	M	Shawnee, KS	5:39:07	
10	Jenny Weatter	29	F	Maumelle	5:48:47	
11	Jeff Fesperman	28	M	Poteau, OK	5:50:45	
12	Joshua Snyder	27	M	Poteau, OK	5:50:45	
13	Joshua Bornhorst	35	M	Little Rock	5:52:00	
14	Chrissy Ferguson	49	F	Conway	5:52:51	
15	Jason Auer	27	M	Fayetteville	5:55:52	
16	Jason Thomas	36	M	Siloam Springs	5:58:32	
17	Rich Brown	48	M	Searcy	5:59:19	
18	George Peterka	50	M	Hot Springs	6:00	
19	Murry Chappelle	50	M	Sheridan	6:00	
20	Billy Killion	28	M	Poteau, OK	6:04	
21	Shirley Hyman	42	F	Fort Smith	6:05:56	
22	Jamie Huneycutt	51	F	Fayetteville	6:14:30	
23	Cliff Ferren	54	M	North Little Rock	6:18:05	
24	David Joseph	18	M	Springdale	6:25:41	
25	Kimmy Riley	48	F	Mabelvale	6:26	
26	Brett Nguyen	41	M	Fort Smith	6:28	
27	Nick Long	27	M	Lawrence, KS	6:31	
28	Coleen Voeks	36	F	Kansas City, KS	6:31	
29	Mark Roth	48	M	North Little Rock	6:35	
30	Christian Loeschel	27	M	Springdale	6:37:45	
31	Debbie Webster	50	F	Gardner, KS	6:37:58	
32	Debbie Johnson	50	F	Shawnee, KS	6:37:58	
33	Leslie Tucker	43	F	Jonesboro	6:38	
34	Guy Patteson	49	M	Jonesboro	6:38:02	
35	Deborah Lashley	49	F	Ft. Smith	6:42	
36	Dianne Seager	53	F	Little Rock	6:50:42	
37	Jimmy Sweatt	54	M	North Little Rock	6:50:43	
38	Jen Foster		F	North Little Rock	6:54:16	
39	Pete Ireland	69	M	Benton	6:58:10	
40	Steve Hobbs	53	M	Fort Smith	7:03	
41	Johnny Eagles	58	M	Little Rock	7:25	
42	Sam Barnes	53	M	Mountain Home	7:48	
43	Jerry Bailey	43	M	Fayetteville	7:23	Early Starter
44	Paulette Brockinton	61	F	Fayetteville	8:06	Early Starter
45	Carita Black	48	F	Alma	8:06	Early Starter
46	Greg Bourns	70	M	Waldron	8:13:00	Early Starter
47	James Silverstone	51	M	Hot Springs	8:14:00	Early Starter
48	Jay Miller	60	M	Mountainburg	8:58	Early Starter
49	Alston Jennings	62	M	Little Rock	8:58:10	Early Starter

**White Rock 25K Run**

Place	Name	Age	Sex	City	Time	
1	Willy Pickhardt	20	M	Fayetteville	2:00	
2	Jon Bitler	38	M	Fayetteville	2:06:17	
3	Matt Marks	23	M	Fayetteville	2:13:48	
4	Kevin Griffith	43	M	Fayetteville	2:22:00	
5	Darby Benson	39	M	Fayetteville	2:23	
6	Austin Efurd	23	M	Fayetteville	2:23	
7	Katie Helms	32	F	Fayetteville	2:26	
8	Rosie Aguilar	36	F	Fayetteville	2:29	
9	Greg Scharleau	53	M	Springdale	2:31:06	
10	Max Mahler	23	M	Fayetteville	2:34:21	
11	Jarrett Bates	23	M	Fayetteville	2:34:21	
12	Jeremy Kuehn	19	M	Springdale	2:37:14	
13	Mark Pickhardt	48	M	Fayetteville	2:37:20	
14	Natalie McBee	36	F	Fayetteville	2:44:50	
15	Curt Amenta	36	M	Conway	2:48:18	
16	Jason Vickery	34	M	Fayetteville	2:50:02	
17	Mike Smets	54	M	Fort Smith	2:53:30	
18	Fred Spies	57	M	Fayetteville	3:01:57	
19	Jason Corral	20	M	Fayetteville	3:04	
20	Joan Howard	44	F	Waldron	3:30	
21	Betty Sobeski	61	F	Mena	3:30	
22	Julie Toft	49	F	Gardner, KS	3:20	
23	Carl Hennebery	49	M	New Orleans, LA	3:35	
24	Lacey Kelley	33	F	Little Rock	3:52	
25	Kim Johnson	41	F	Harrison	3:53	
26	Rhonda Ferguson	54	F	Little Rock	3:53	
27	Carrie DuPriest	52	F	Little Rock	4:02	
28	Marc Mills	45	M	Springfield, MO	2:38:05	Early Starter
29	Larry Vernon	45	M	Springfield, MO	2:40:30	Early Starter
30	Debbie Sobolewski	39	F	Greenwood	4:05	Early Starter
31	Tess Ulmer	31	F	Ft. Smith	4:07	Early Starter
32	Dottie Rea	57	F	Vilonia	4:08:05	Early Starter
33	Tom Robinson	54	M	Tulsa, OK	4:09:27	Early Starter
34	Ken Childress	50	M	Tulsa, OK	4:09:59	Early Starter

## Other Participants

Bunzilla	49	M	Fayetteville	3:17	14 miles
Harold Hays	51	M	Little Rock	NT	? Miles
Julie Toft	49	F	Gardner, KS	NT	? Miles

**Important Notices/Reminders**

AURA brother Steve Kirk and wife, Liz, are looking for volunteers to help them with the 3 Days of Syllamo, March 12-14 and, also, the 24 Hours of Syllamo Mountain Bike Race on April 10th. The 3 Days of Syllamo, which is UTS #11 this year, is where most volunteers are needed. Contact Steve through the 3 Days of Syllamo website which is [www.3daysofsyllamo.org](http://www.3daysofsyllamo.org).

## Ultra Trail Series Standings

### Open Division

#### Men

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Mark DenHerder	44	7	53	39	92	15	41	32		44	323
2	Paul Turner	46			45	59.5		52	44		55	255.5
3	PoDog Vogler	43			56	108		35			38	237
4	Murry Chappelle	50	46	53	27	59.5	12	13	13		10	233.5
5	Darby Benson	39			67		68		66			201
6	Stan Ferguson	45					46		55		66	167
7	Ken Barton	50	40		17		18	29	16		32	152
8	Rich Brown	47				78	34		10		16	138
9	George Peterka	49	15	31		45	9	17	7		13	137
10	Thomas Chapin	31				31	40	63				134
11	Jamie Anderson	36	68				57					125
12	Guy Patteson	49	12	42	14	37	8				6	119
13	Paul Schoenlaub	50	57						38			95
14	Johnny Eagles	57	6	52	5			4	3		4	74
15	Stuart Johnson	50	22						26		26	74
16	Jacob Wells	40		42	21							63
17	Tim Harrington	39		31	6			23				60
18	Randy Ellis	57	34						20			54
19	James Holland	32								51		51
20	Joshua Bornhorst	34					28				20	48
21	Cliff Sanders	59		41								41
22	Tom Aspel	54			33							33
23	Alan Hunnicutt	55			11		22					33
24	Maurice Robinson	67	28									28
25	Pete Ireland	69			3			10	4		5	22
26	Greg Bourns	69	4		4		4	3	2		3	20
27	Mike Samuelson	43	18									18
28	Phillip Hall	41	8		8							16
29	Mike Burnham	41			7		6					13
30	Phil Brown	42	5					7				12
31	Cliff Ferren	53							5		7	12
32	Dennis Baas	63	9									9
33	Bill Brass	69	2		2		3	2				9
34	Michael DuPriest	53					7					7
35	Mike Bonnette	48							6			6
36	Alston Jennings	61	3								2	5
37	Gary Speas	56					5					5
38	Bob McKinney	66					2					2

#### Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Shirley Hyman	41	28		55		38	54	51		43	269
2	Eunika Rogers	38	59	54			32	43				188
3	Chrissy Ferguson	48				102	10				54	166
4	Kim Johnson	40	19	43	33		26	32				153
5	Debbie Lashley	49	28				60				32	120
6	Dianne Seager	52					49	26			26	101
7	Teresa Cox	48	48		44							92
8	Tammy Walther	38				86						86
9	Lisa Gunnoe	43		26	27							53
10	Hilde Haynes	66	9	32								41
11	Blair Dean	39	37									37
12	Ann Moore	68	6		21		4					31
13	Rhonda Ferguson	54					20					20
14	Rosemary Rogers	61	13				7					20
15	Carrie DuPriest	52					14					14

**Master Division****Men**

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Mark DenHerder	44	7	52	43	91	30	50	37		43	353
2	Paul Turner	46			54	58.5		61	54		54	281.5
3	Murry Chappelle	50	56	53	31	58.5	24	21	15		12	270.5
4	PoDog Vogler	43			65	107		39			37	248
5	Stan Ferguson	45					64		65		65	194
6	Ken Barton	50	45		19		36	33	19		31	183
7	George Peterka	49	17	31		44	18	27	9		15	161
8	Rich Brown	47				77	53		12		19	161
9	Guy Patteson	49	14	42	15	36	14				6	127
10	Paul Schoenlaub	50	67						43			110
11	Stuart Johnson	50	27						31		25	83
12	Johnny Eagles	57	6	52	5			8	3		4	78
13	Jacob Wells	40		41	25							66
14	Randy Ellis	57	39						25			64
15	Alan Hunnicutt	55			12		42					54
16	Cliff Sanders	59		41								41
17	Tom Aspel	54			37							37
18	Maurice Robinson	67	33									33
19	Pete Ireland	69			3			15	4		5	27
20	Greg Bourns	69	4		4		4	5	2		3	22
21	Mike Samuelson	43	21									21
22	Phillip Hall	41	8		9							17
23	Phil Brown	42	5									16
24	Cliff Ferren	53							11			16
25	Mike Burnham	41			6		8			5	9	14
26	Dennis Baas	63	11									14
27	Michael DuPriest	53					11					11
28	Bill Brass	69	2		2		3	2				9
29	Mike Bonnette	48							6			6
30	Alston Jennings	61	3								2	5
31	Gary Speas	56					5					5
32	Bob McKinney	66					2					2

**Women**

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Shirley Hyman	41	40.5		55		37	53	51		43	279.5
2	Kim Johnson	40	29	53	33		31	42				188
3	Chrissy Ferguson	48				101	13				54	168
4	Debbie Lashley	49	40.5				59				32	131.5
5	Dianne Seager	52					48	31			26	105
6	Teresa Cox	48	57		44							101
7	Hilde Haynes	66	17	42								59
8	Lisa Gunnoe	43		31	27							58
9	Ann Moore	68	11		21		6					38
10	Rosemary Rogers	61	23				9					32
11	Rhonda Ferguson	54					25					25
12	Carrie DuPriest	52					19					19

**Senior Division****Men**

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Murry Chappelle	50	50	51	47	101	36	45	25		36	391
2	Ken Barton	50	39		36		47	56	31		58	267
3	Johnny Eagles	57	11	52	24			28	9		18	142
4	Paul Schoenlaub	50	61						59			120
5	Stuart Johnson	50	21						48		47	116
6	Alan Hunnicutt	55			30		58					88
7	Greg Bourns	69	8		18		18	22	6		12	84
8	Pete Ireland	69			12			34	13		24	83
9	Randy Ellis	57	33						37			70

10	Tom Aspel	54			58							58
11	Cliff Ferren	53						19		30		49
12	Cliff Sanders	59		41								41
13	Bill Brass	69	2		8		12	16				38
14	Michael DuPriest	53					30					30
15	Maurice Robinson	67	27									27
16	Gary Speas	56					24					24
17	Dennis Baas	63	15									15
18	Alston Jennings	61	5							8		13
19	Bob McKinney	66					8					8

### Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Dianne Seager	52					55	51			51	157
2	Ann Moore	68	31		51		21					103
3	Hilde Haynes	66	42	51								93
4	Rosemary Rogers	61	53				27					80
5	Rhonda Ferguson	54					44					44
6	Carrie DuPriest	52					33					33

### Super Senior Division

#### Men

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Greg Bourns	69	33		53		53	42	41		42	264
2	Pete Ireland	69			42			53	52		53	200
3	Bill Brass	69	21		31		42	31				125
4	Alston Jennings	61	27								31	58
5	Maurice Robinson	67	55									55
6	Dennis Baas	63	44									44
7	Bob McKinney	66					31					31

#### Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	WR	Total
1	Ann Moore	68	31		51		41					123
2	Rosemary Rogers	61	53				52					105
3	Hilde Haynes	66	42	51								93

### UTS Miles

UTS Miles are earned by completing or volunteering at UTS events. Those participants racking up 300 miles or more in the 2009-2010 series will earn "High Mileage Club" status and a special award.

Name	Total	Phil Brown	157	Debbie Lashley	79
Murry Chappelle	295	Paul Schoenlaub	157	Jacob Wells	76
George Peterka	281	Chrissy Ferguson	148	Tim Harrington	71
Mark DenHerder	276	Rhonda Ferguson	148	Gary Speas	67
Guy Patteson	243	Rosemary Rogers	148	Randy Ellis	57
Kim Johnson	219	Ken Barton	145	Cliff Ferren	57
Pete Ireland	214	Greg Bourns	145	Jamie Anderson	48
Mike Samuelson	213	Shirley Hyman	145	Joshua Bornhorst	48
Stan Ferguson	205	Maurice Robinson	131	Teresa Cox	45
Dianne Seager	205	Carrie DuPriest	117	Lisa Gunnoe	45
Paul Turner	197	Michael DuPriest	117	Phillip Hall	45
Bill Brass	188	Bob McKinney	117	Cliff Sanders	40
Stuart Johnson	188	Eunika Rogers	105	James Holland	32
Rich Brown	174	Patty Groth	100	Dennis Baas	31
Thomas Chapin	174	Lou Peyton	100	Blair Dean	31
PoDog Vogler	171	Dottie Rea	100	Alan Hunnicutt	31
Johnny Eagles	168	Tammy Walther	100	Mike Burnham	31
Alston Jennings	162	Hilde Haynes	94	Mike Bonnette	26
Ann Moore	162	Darby Benson	88	Tom Aspel	14



# 20th Annual Ouachita Trail 50 Mile and 50K

April 17, 2010, 6:00 AM

Maumelle Park, Little Rock, Arkansas

Presented by the Arkansas Ultra Running Association  
Proceeds benefiting Partners For Pinnacle

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. Carry a bottle. 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: \$55 if post marked by April 5th. \$70 thereafter. Please make check payable to Arkansas Traveller 100.

NO REFUNDS. NO RACE DAY ENTRY.

Mail entry to: Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

For more information visit website: [www.RunArkansas.com](http://www.RunArkansas.com); e-mail: [OT50@RunArkansas.com](mailto:OT50@RunArkansas.com); phone: 501-329-6688

---

## Ouachita Trail 50 Mile/50K - Official Entry Form

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

Address \_\_\_\_\_

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

e-mail \_\_\_\_\_ Age on 4/17/2010 \_\_\_\_\_ (Minimum age is 18)

Gender \_\_\_\_\_ Shirt size (Short sleeve technical shirt, XS/S/M/L/XL/XXL): \_\_\_\_\_

Please check event: 50 Mile  50K  (Note: 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 \_\_\_\_\_

## Photos from the White Rock 50k



**AURA's Murry Chappelle passes through mile 5 Aid Station**



**James Silverstone pauses at the Grey Springs Aid Station at the White Rock 50K**



Left to right – Rhonda Ferguson, Kim Johnson, Patty Groth and Carrie DuPriest

## ULTRA CORNER

*Your race reports are always welcome. ½ to a page preferred; Word format, please.  
Send to [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)*

Applications for the Ouachita Trail 50 Mile/50K and the Arkansas Traveller 100 Miler are out. This year, if you wish to, you can go to the AURA website [www.runarkansas.com](http://www.runarkansas.com) and register online.

### **Swampstomper Race Report** **Another Stomp Through the Swamp** Mike Samuelson, Race Director, AURA

The rain started the day before the race and continued through the first hour of the 50K run, and for the second time in five years the SwampStomper lived up to its name as the course was muddy, swampy, and very challenging for the runners. Run on trails in the Meeman-Shelby State Forest in Millington, TN, the SwampStomper takes place just a few miles from the mighty Mississippi River and on the edge of the low lying lands on the eastern side of the Mighty River.

Fifth overall and first female in the 50K run, Ellen Erhardt repeated as the 50K female race winner – running 93 minutes slower than she did in 2009 when the trails were in near perfect condition. The disparity in Ellen’s finish times from 2009 to 2010 is a good indication of how “slow” the trail was for the 2010 race. 2009 race volunteer Justin Day laced up his running shoes and ran the 2010 race finishing first in a fine time of 5:29:55 and recorded his first ultra victory

In the 25K event, Clark Butcher ran away from the field and recorded a fast finish in 2:15:58 for the victory. Laureen Coffelt repeated as first female and ran a fine 2:39:21. Not surprisingly, Laureen ran 17 minutes slower than she did in the 2009 race.

Even though 60 runners signed up for the 50K run, there were only 24 50K finishers as many runners dropped down to the 25K. All runners should be proud of their finish on a day when it was difficult to maintain forward progress on the slippery and sloppy trails. Great thanks to the volunteers who made the race possible and who were noted for providing superb motivation to the runners.

Very few AURA members entered the race – probably due to the fact that the race filled very quickly. I note the 2011 race is planned for Sunday, January 16, 2011. The 2011 race registration will open at 6:00 AM Thursday, September 16th.



**AURA's James Holland/Memphis at the 2010 Swampstomper(Photo by Katrin Hartwig)**

## **Editor's Last Word**

Gentle Reader – When your renewal date approaches, your AURA secretary will send you a friendly reminder by either highlighting your address label (hardcopy) or sending you an application (eAURA).. In order to renew, fill out the attached AURA application and send it to AURA, 41 White Oak Lane, Little Rock, Arkansas, 72227. Enclose your \$15.00, please.

-----  
 RETREADS – Retired Runners Eating Out. Join us for a taste of the Good Life at Franke's Cafeteria the first Wednesday of every month, Rodney Parham Blvd, Little Rock. The sharing and caring starts promptly at 11:30 a.m.

AURA MEMBERS IT'S TIME FOR A ROAD TRIP!!



Lean Horse 100 mile, 50 mile and 50Km  
August 28 & 29, 2010  
HOT SPRINGS, SOUTH DAKOTA

Minimal elevation change... High finish rate  
Beautiful scenery... Outstanding aid stations  
Cool belt buckles... Fast course  
Come join us... you'll love it!

COMPLETE EVENT INFORMATION

[www.leanhorse.com](http://www.leanhorse.com)

RACE DIRECTOR – JERRY DUNN

[leanhorse@rushmore.com](mailto:leanhorse@rushmore.com) 605-641-3534



**AURA's Fab-4**

Stan Ferguson-President

Michael DuPriest-Vice president

Lou Peyton-Secretary

Charley Peyton-Treasurer/Newsletter

22nd Edition: Number Two  
The AURA – In the Service of Truth  
A member of the *Road Runners Club of America* since 2001

**The End**