

June 12, 2010
The Catsmacker Fun Run
And
Ultra Trail Series Award Presentations
Plus
AURA Meeting
Details in this Newsletter (on page 2)

THE (e)ARKANSAS ULTRA RUNNER

May 2010 – The Ouachita Trail 50 and Ultra Trail Series Edition

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

The Big Shot's Paper Trail



One of AURA's faithful members sent me a post last week informing me that one of Ultra Running's greats had passed away. Phillip Parker, Decatur, Alabama, died at the age of 72. I had met Phillip several times over the years at Ultra Runs in the southeast. In the days before ultra running went "trail", he was one of the best ultra runners of the 70's and 80's. He made several trips to Arkansas runs. The last year he was here he had had a pacemaker implanted but seemed hopeful of continuing in the sport. He and his wife, Mable, were very nice people.

One Phillip Parker Story- In March of 1986, pre-AURA days, a group of us carpoled to Leland, Mississippi, for the Mississippi 50 Miler. The race was a 1.7 mile loop around Deer Creek. (Leland is just East of Greenville, Mississippi.) All of the big names in ultra running were present. Phillip Park, Ray Krolewicz, etc.

Since we were new to the sport, we were eyeballing everything that was going on. I don't recall who had the can of motor oil, but one of them took a can opener and opened the can and they started pouring motor oil in their hands then rubbing it on their feet. I thought to myself, "Wow, Damn, these guys are awesome". If I had had my own can of oil, I probably would have followed suit. When the race started I was passed so many times by these guys that I could not help but notice their socks and how filthy they got. So dirty that I never tried motor oil on my feet or at least I will not admit it. It must have worked as Ray was the overall winner and Phillip was 1st Master. "Them were the days, man!"

Since we last spoke, the AURA welcomes the following new members: Eli Perez of Little Rock and Frank Massingill and Don Pucik of Conway.

AURA thanx to Stan and Chrissy for leading the Ultra Trail Series and the Ouachita Trail 50 to a record breaking year. The Editor dedicates this May Newsletter to these two most successful events.

Confidential to AURA #135-Taking an ultra wallop could be a blessing in disguise in that the deficiencies in your training regimen (or lack of) will be highlighted.

2009-2010 ULTRA TRAIL SERIES

Ultra Trail Series Wrap-Up – Stan Ferguson, UTS Coordinator

Going into the Ouachita Trail 50, there were three titles yet to be decided with the Kings and Queens of the Trail. One spot was determined early, as Ann Moore opted for preservation of her noggin over duking it out with Rose on the trail. (She intentionally bypassed the Pinnacle Mountain climb during the run.) The biggest question was whether Mark DenHerder would hold off a charging PT in the open category. This one was close, folks. Since it was coming down to within a couple of points, I was cautious before calling a winner. During this time, in just one of his displays of good sportsmanship, Mark called my attention to a mid-season tie he was involved with where I failed to “split” points—which had resulted in him receiving a few too many points. Correcting this did not actually change the final winner, but added a tiny bit to the gap.

Ties are something we see quite a bit, and I believe it’s a good thing. There’s always room for competition, but the kind of fellowship where you finish with a pal is something that can stay with you for a while. This practice seems especially prevalent with the ladies.

So after a complete review and making several adjustments for ties, and after pulling Shirley out of the Master division—since she was the Overall Queen, the Masters Queen of the Trail was yes, a tie between my wife and little sister. What a deal!

Here are your Queens and Kings of the Trail for 2009-2010. Congratulations to all!

Overall King of the Trail:	Paul Turner
Overall Queen of the Trail:	Shirley Hyman
Masters King and Queens:	Mark DenHerder and Kim Johnson/Chrissy Ferguson
Senior King and Queen:	Murry Chappelle and Dianne Seager
Super-Senior King and Queen:	Greg Bourns and Rosemary Rogers

We will have the crowning of these royal members, awards for the High Mileage Club members, and recognition of other fine ultra deeds at the UTS Awards/AURA meeting at Lake Winona on June 12th. Information follows below. .

The current plan is for the 2010-2011 UTS to kick-off once again with Little Susy’s Midnight Run on July 24th. More details will be forth coming as they are made available. .

The Catsmacker Fun Run and UTS Awards/AURA Meeting Saturday June 12 – Lake Winona Day Park

The Catsmacker Fun Run (22 miles) will start at 6:30 sharp! A shorter Kitty Run will be available. The AT100 will provide the hot dogs, chips, beans and soda after the run and before the meeting. Feel free to bring a side dish or dessert. Meeting and awards will start at noon. Don’t forget your lawn chair.

Directions; Hwy 10 west to Williams junction. Left turn on Hwy 9 at the store. Go 5.5 miles to Lake Winona Road. Right turn and go 4 miles (the first two miles are blacktop; last two miles are gravel) to the intersection of FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park

Rules for Lake Winona Park-(1)Don’t park on grass. If no parking slots are available when you arrive, there are additional spaces available just inside the gate off Rd 114, (2)Stay off levy and spillway, (3)No bike riding in the park except in the parking lot and drive. (4)Please read these rules again!

Ouachita Trail 50

April 17, 2010

Little Rock, AR

2010-2011 Ultra Trail Series Finale

50 Mile Results

Place	Name	Sex	Age	City (St)	Time
1	Tom Brennan	M	38	Poteau, OK	7:56:41 !
2	Stan Ferguson	M	46	Conway	8:40:35
3	David Murphy	M	37	Wasola, MO	8:47:07
4	Jamie Anderson	M	37	Hot Springs	8:51:09
5	Charley Hogue	M	34	Wasola, MO	8:55:55
6	Paul Schoenlaub	M	50	St. Joseph, MO	9:25:46
7	Steve Appleton	M	37	Little Rock	9:28:31
8	Steven Preston	M	27	Little Rock	9:54:41
9	Natalie Sims	F	36	Signal Mountain, TN	9:57:52
10	Rick Cook	M	45	The Woodlands, TX	10:28:20
11	Michael Scoggins	M	29	Tulsa, OK	10:33:14
12	Bruce Tanksley	M	50	Murfreesboro, TN	10:33:36
13	Karen Martin	F	38	Jonesboro	10:37:31
14	Joshua Bornhorst	M	35	Little Rock	10:39:28
15	Paul Turner	M	47	Conway	10:48:45
16	Thomas Chapin	M	32	Paron	10:48:46
17	Murry Chappelle	M	50	Sheridan	10:54:08
18	George Peterka	M	50	Hot Springs	11:12:02
19	Jerry England	M	29	San Diego, CA	11:16:08
20	Jenny Weatter	F	29	Maumelle	11:24:38
21	Kimmy Riley	F	49	Mabelvale	11:34:42
22	Rich Brown	M	48	Searcy	11:38:32
23	Karrie Anderson	F	34	Hot Springs	11:41:18
24	Dean Cope	M	46	Conway	11:41:35
25	Mark Roth	M	48	North Little Rock	11:43:07
26	Lori Ladd	F	44	Meridian, MS	11:51:11
27	Randy Saxon	M	49	Ellisville, MS	11:51:11
28	Michael Schneider	M	42	Edmond, OK	11:53:49
29	Jim Wisenbaker	M	48	Little Rock	11:57:35
30	John Phillips	M	50	Germantown, TN	12:06:09
31	Nofal Musfy	M	68	Baytown, TX	12:08:49
32	Jeff Kimbrell	M	50	Amarillo, TX	12:09:49
33	Randy West	M	53	Mobile, AL	12:11:49
34	Brian Yort	M	33	Shawnee, OK	12:12:19
35	Ashley Parker	F	25	Little Rock	12:13:59
36	Dennis Bisnette	M	49	Laurel, MS	12:15:36
37	Richard Easter	M	23	Memphis, TN	12:17:12
38	Guy Patteson	M	50	Jonesboro	12:17:57
39	Charles Hurst	M	52	Germantown, TN	12:19:19
40	Tammy Walther	F	38	Little Rock	12:20:17
41	Dean Worley	M	44	Little Rock	12:23:40
42	Will Landreth	M	24	Newport	12:27:51
43	Sammy Barnes	M	53	Mountain Home	12:29:22
44	Tom Gladfelter	M	58	Schaumburg, IL	12:30:29
45	Rob Conner	M	27	Cordova, TN	12:30:30
46	Brian Wieneke	M	55	Mesa, AZ	12:33:52
47	Gary Dover	M	50	Murrayville, GA	12:41:01
48	Steve Barlow	M	39	Rowlett, TX	12:47:50
49	Angie McCarty	F	37	Tucson, AZ	12:47:50
50	Emily Conley	F	38	Lakeland, TN	12:49:52
51	Kim Johnson	F	41	Harrison	12:52:35
52	Cliff Ferren	M	54	North Little Rock	13:07:57
53	Karen Felicidadario	F	44	The Woodlands, TX	13:20:57
54	Brad Messner	M	34	Tulsa, OK	13:23:34
55	Billy Still	M	56	Tucson, AZ	13:46:35

! Denotes new course record

50 Km Results

Place	Name	Sex	Age	City (St)	Time
1	Matt Sims	M	38	Signal Mountain, TN	4:41:02
2	PoDog Vogler	M	43	Russellville	4:58:51
3	Jake Anderson	M	28	Jonesboro	5:45:00
4	Michael Westbrooks	M	40	Richardson, TX	5:49:05
5	Caleb Manis	M	19	Cabot	5:56:44
6	Les Jones	M	51	Memphis, TN	6:00:12
7	Nate Smith	M	45	Alexander	6:06:38
8	Ken Barton	M	51	Greenwood	6:09:56
9	John Kelly	M	43	North Little Rock	6:20:39
10	Gary Kowalski	M	47	Southaven, MS	6:22:36
11	Joe Funderburg	M	48	El Dorado	6:30:05
12	Jeff Thostenson	M	33	Little Rock	6:30:07
13	Rodney DeClue	M	45	North Little Rock	6:31:26
14	Matthew Jackson	M	32	Hot Springs	6:36:22
15	Michael Sylvester	M	39	Grenada, MS	6:37:35
16	Shirley Hyman	F	42	Fort Smith	6:38:18
17	Carrie Tracy	F	36	Richardson, TX	6:38:39
18	Dan Tracy	M	39	Richardson, TX	6:38:40
19	Bill Luton	M	54	Memphis, TN	6:39:00
20	Simon Stocker	M	37	Baton Rouge, LA	6:39:57
21	Kevin Kline	M	40	Sugar Land, TX	6:40:21
22	Hillary Looney	F	36	Little Rock	6:40:45
23	John McCann	M	36	Memphis, TN	6:41:22
24	Melanie Baden	F	41	Stuttgart	6:41:51
25	Deb Baker	F	47	Little Rock	6:46:30
26	Tim Hardy	M	49	Carthage, NY	6:47:19
27	Mike Bonnette	M	49	Benton	6:48:51
28	Salli Scott Young	F	37	Memphis, TN	6:50:21
29	Carie Harris	F	43	Broken Arrow, OK	6:51:56
30	Josh Wasmund	M	23	Memphis, TN	6:56:36
31	Roger Hale	M	53	Sherman, TX	6:57:03
32	John McCoul	M	50	Sherman, TX	6:57:03
33	Phillip Hall	M	41	Stigler, OK	7:04:33
34	Tim Harrington	M	40	Conway	7:05:36
35	Eunika Rogers	F	39	Memphis, TN	7:09:21
36	Jordan Lane	M	31	Atlanta, GA	7:10:14
37	Kristy Merrell	F	36	Benton	7:12:17
38	Lorri Justice	F	41	Little Rock	7:12:17
39	Leslie Tucker	F	43	Jonesboro	7:13:24
40	Bernita Lovelace	F	55	Conway	7:14:12
41	Carla Branch	F	58	Maumelle	7:14:55
42	Holly Lynch	F	49	Memphis, TN	7:17:52
43	Dane Justice	M	48	Little Rock	7:26:27
44	Ted Bearden	M	41	Little Rock	7:27:51
45	Nick Hays	M	40	Little Rock	7:27:51
46	Brenda Bonner	F	49	Little Rock	7:29:21
47	Rebekah Fletcher	F	44	Farmington	7:30:14
48	Dennis Baas	M	63	Little Rock	7:30:15
49	Iva Lightsey	F	48	Collinsville, MS	7:37:25
50	Frank Massingill	M	52	Conway	7:39:43
51	Mark Hirsh	M	33	Los Angeles, CA	7:40:34
52	Mike DuPriest	M	52	Little Rock	7:40:56
53	Mack Varner	M	65	Vicksburg, MS	7:41:54
54	Francine Johnson	F	44	Vicksburg, MS	7:41:54
55	Amy Haygood	F	40	Vicksburg, MS	7:41:54
56	Terry Waller	M	51	Vicksburg, MS	7:41:54

50 Km results (continued)

57	Phil Brown	M	43	Little Rock	7:42:30
58	Gary Speas	M	56	Little Rock	7:46:44
59	Pete Ireland	M	69	Benton	7:47:33
60	Shannon Beasley	M	42	Paragould	7:47:52
61	Raymond Hobbs	M	51	Paragould	7:49:04
62	Nancy Highland	F	0	Germantown, TN	7:49:48
63	Mick Quen	M	32	Fort Hood, TX	7:53:52
64	Don Preston	M	55	Bigelow	7:54:04
65	Lee Topham	M	68	Porter, TX	7:57:30
66	Ray Baum	M	56	Winona, MS	7:59:31
67	Kayce Hall	F	31	Little Rock	8:02:39
68	Theresa Daus Weber	F	55	Morrison, CO	8:07:41
69	Mark Wieneke	M	58	Oak View, CA	8:07:43
70	David Dill	M	51	Laurel, MS	8:08:00
71	Susan Gardner	F	46	Albuquerque, NM	8:12:17
72	Siobhan Leonardis	F	27	Little Rock	8:12:32
73	John Leonardis	M	28	Little Rock	8:15:29
74	Gayle Hoffman	F	60	Little Rock	8:17:00
75	Eric Yates	M	35	Alexander	8:20:50
76	Johnny Mitchum	M	63	Maumelle	8:22:15
77	Patrick Barker	M	46	Little Rock	8:23:42
78	Diana Lane	F	25	Atlanta, GA	8:23:49
79	Tim Wilkinson	M	47	Cordova, TN	8:26:11
80	Viola West	F	25	Memphis, TN	8:26:12
81	Patrick Erwin	M	21	Maumelle	8:28:23
82	Ben Ellard	M	21	Benton, LA	8:30:10
83	Karim Adatia	M	51	Carrollton, TX	8:31:43
84	Jim Ingalls	M	65	Wichita Falls, TX	8:32:58
85	David Caillouet	M	51	Little Rock	8:32:59
86	David McLean	M	38	Memphis, TN	8:34:16
87	Kenny Simpson	M	55	Olive Branch, MS	8:41:51
88	Johnny Eagles	M	58	Little Rock	8:46:41
89	Randall Davis	M	42	Hensley	8:46:56
90	Paulette Brockinton	F	61	Prairie Grove	8:56:36
91	Carita Black	F	49	Alma	8:56:36
92	Bill Cox	M	36	Kingwood, TX	8:59:10
93	Matt Ellard	M	51	Benton, LA	8:59:44
94	Terry Bishop	M	65	Memphis, TN	9:02:18
95	Angela Tortorice	F	42	Dallas, TX	9:07:38
96	Timothy Mosteller	M	54	Memphis, TN	9:08:16
97	Greg Bourns	M	70	Waldron	9:16:56
98	Raymond Gildea	M	56	Madison, MS	9:22:00
99	Jack Bickerest	M	63	Memphis, TN	9:27:29
100	Mike Samuelson	M	44	Lakeland, TN	9:33:40
101	David Black	M	59	Sheridan, CO	9:43:09
102	Charles Burrow	M	27	Jacksonville	9:53:25
103	Chad Linck	M	25	Little Rock	9:53:26
104	Justine Fellure	M	28	Jacksonville	9:53:27
105	Candice Burrow	F	25	Jacksonville	9:53:28
106	Lisa Gunnoe	F	44	Judsonia	9:57:18
107	Rosemary Rogers	F	62	Maumelle	10:10:57
108	Dottie Rea	F	57	Vilonia	10:17:40
109	Debra Sobolewski	F	39	Greenwood	10:32:25
110	Courtney Goins	F	46	Fort Smith	10:34:22
111	Glen Zirbel	M	79	Ankeny, IA	12:17:56

178 starters for combined events

OT50 Photos

AURA's Tom Brennan at Mile 36 (North Shore) on record setting pace



Below: Paul Turner receives Aid at North Shore. All kinds of Aid.



2009-2010 Ultra Trail Series – Final Standings

Overall/Open Division

Men

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Paul Turner	46			45	59.5		52	44		55	41	26		62	26	410.5
2	Mark DenHerder	44	7	53	39	92	15	41	32		41	23	10		51		404
3	PoDog Vogler	43			56	108		35			41	47				63	350
4	Jamie Anderson	36	68				57					58	38	37		52	310
5	Murry Chappelle	50	46	53	27	59.5	12	13	13		11.5	8	19	23		17	302
6	Stan Ferguson	45					46		55		66	69				63	299
7	Ken Barton	50	40		17		18	29	16		32	13			34	52	251
8	Paul Schoenlaub	50	57						38			35	32	46		41	249
9	George Peterka	49	15	31		45	9	17	7		11.5	9	8	28	22	13	215.5
10	Darby Benson	39			67		68		66			7					208
11	Rich Brown	47				78	34		10		16	16			40	10	204
12	Thomas Chapin	31				31	40	63					16			26	176
13	Stuart Johnson	50	22						26		26	29	22	18			143
14	Joshua Bornhorst	34					28				20	10	13		28	35	134
15	Guy Patteson	49	12	42	14	37	8				6	6				7	132
16	Tim Harrington	39		31	6			23							12	29	101
17	Johnny Eagles	57	6	52	5			4	3		4	3	2			4	83
18	James Holland	32								51		19					70
19	Jacob Wells	40		42	21												63
20	Randy Ellis	57	34						20								54
21	Alan Hunnicutt	55			11		22						6	13			52
22	Phillip Hall	41	8		8											35	51
23	Mike Bonnette	48							6							41	47
24	Cliff Sanders	59		41													41
25	Michael DuPriest	53					7								16	17	40
26	Pete Ireland	69			3			10	4		5	4	3			7	36
27	Tom Aspel	54			33												33
28	Dennis Baas	63	9													23	32
29	Maurice Robinson	67	28										4				32
30	Greg Bourns	69	4		4		4	3	2		3	2			6	3	31
31	Phil Brown	42	5					7				5				13	30
32	Mike Samuelson	43	18													2	20
33	Cliff Ferren	53							5		7					4	16
34	Gary Speas	56					5									10	15
35	Mike Burnham	41			7		6										13
36	Bill Brass	69	2		2		3	2							3		12
37	Ernie Peters	61													9		9
38	Alston Jennings	61	3								2						5
39	Bob McKinney	66					2								2		4

Women

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Shirley Hyman	41	28		55		38	54	51		43	57			46	55	427
2	Eunika Rogers	38	59	54			32	43				46		41		44	319
3	Chrissy Ferguson	48				102	12				54	35			57		260
4	Kim Johnson	40	19	43	33		23	32				29				44	223
5	Dianne Seager	52					49	26			26	23	26				150
6	Tammy Walther	38				86										55	141
7	Debbie Lashley	49	28				60				32						120
8	Lisa Gunnoe	43		26	27							11				33	97
9	Teresa Cox	48	48		44												92
10	Rhonda Ferguson	54					23					17			32		72
11	Rosemary Rogers	61	13				7								20	27	67
12	Carrie DuPriest	52					12								32		44
13	Ann Moore	68	6		21		4								11		42
14	Hilde Haynes	66	9	32													41
15	Blair Dean	39	37														37
16	Dottie Rea	56														21	21
17	Elaine Gimblet	62													20		20

Masters Division**Men**

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Paul Turner	46			54	58.5		61	54		54	43	29		60	40	453.5
2	Mark DenHerder	44	7	52	43	91	30	50	37		40	25	16		49		440
3	PoDog Vogler	43			65	107		39			40	54				62	367
4	Murry Chappelle	50	56	53	31	58.5	24	21	15		13.5	9	19	27		34	361
5	Stan Ferguson	45					64		65		65	65				62	321
6	Ken Barton	50	45		19		36	33	19		31	15			32	51	281
7	Paul Schoenlaub	50	67						43			37	35	45		51	278
8	George Peterka	49	17	31		44	18	27	9		13.5	12	13	36	26	28	274.5
9	Rich Brown	47				77	53		12		19	19			38	22	240
10	Stuart Johnson	50	27						31		25	31	23	22			159
11	Guy Patteson	49	14	42	15	36	14				6	6				16	149
12	Johnny Eagles	57	6	52	5			8	3		4	3	3			6	90
13	Alan Hunnicutt	55			12		42						10	17			81
14	Jacob Wells	40		41	25												66
15	Randy Ellis	57	39						25								64
16	Michael DuPriest	53					11								20	22	53
17	Phillip Hall	41	8		9											34	51
18	Mike Bonnette	48							6							40	46
19	Pete Ireland	69			3			15	4		5	4	5			9	45
20	Cliff Sanders	59		41													41
21	Maurice Robinson	67	33										7				40
22	Dennis Baas	63	11													28	39
23	Greg Bourns	69	4		4		4	5	2		3	2			10	3	37
24	Phil Brown	42	5					11				5				16	37
25	Tom Aspel	54			37												37
26	Cliff Ferren	53							5		9					12	26
27	Mike Samuelson	43	21													2	23
28	Gary Speas	56					5									12	17
29	Bill Brass	69	2		2		3	2							7		16
30	Ernie Peters	61														14	14
31	Mike Burnham	41			6		8										14
32	Bob McKinney	66					2								4		6
33	Alston Jennings	61	3								2						5

Women

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Shirley Hyman	41	40.5		55		37	53	51		43	56			46	54	435.5
2	Chrissy Ferguson	48				101	16				54	45			57		273
3	Kim Johnson	40	29	53	33		28	42				34				54	273
4	Dianne Seager	52					48	31			26	28	26				159
5	Debbie Lashley	49	40.5				59				32						131.5
6	Lisa Gunnoe	43		31	27							16				43	117
7	Teresa Cox	48	57		44												101
8	Rosemary Rogers	61	23				9								20	32	84
9	Rhonda Ferguson	54					28					22			32		82
10	Hilde Haynes	66	17	42													59
11	Ann Moore	68	11		21		6								11		49
12	Carrie DuPriest	52					16								32		48
13	Dottie Rea	56														26	26
14	Elaine Gimblet	62													20		20

Senior Division**Men**

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Murry Chappelle	50	50	51	47	101	36	45	25		36	29	20	35		46	521
2	Ken Barton	50	39		36		47	56	31		58	35			56	57	415
3	Paul Schoenlaub	50	61						59			57	32	44		57	310
4	Stuart Johnson	50	21						48		47	46	26	26			214
5	Johnny Eagles	57	11	52	24			28	9		18	17	7			17	183
6	Pete Ireland	69			12			34	13		24	23	10			23	139
7	Greg Bourns	69	8		18		18	22	6		12	11			28	11	134

8	Alan Hunnicutt	55			30		58						16	21			125
9	Michael DuPriest	53					30								45	35	110
10	Cliff Ferren	53						19		30						35	84
11	Randy Ellis	57	33					37									70
12	Dennis Baas	63	15													46	61
13	Bill Brass	69	2		8		12	16						22			60
14	Tom Aspel	54			58												58
15	Gary Speas	56					24								29		53
16	Cliff Sanders	59		41													41
17	Maurice Robinson	67	27									13					40
18	Ernie Peters	61												34			34
19	Bob McKinney	66					8							16			24
20	Alston Jennings	61	5							8							13

Women

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Dianne Seager	52					55	51			51	52	26				235
2	Rosemary Rogers	61	53				27								30	52	162
3	Rhonda Ferguson	54					44					41			49.5		134.5
4	Ann Moore	68	31		51		21								21		124
5	Hilde Haynes	66	42	51													93
6	Carrie DuPriest	52					33								49.5		82.5
7	Dottie Rea	56														41	41
8	Elaine Gimblet	62													30		30

Super Senior Division**Men**

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Greg Bourns	69	33		53		53	42	41		42	41			43	31	379
2	Pete Ireland	69			42			53	52		53	52	21			42	315
3	Bill Brass	69	21		31		42	31							32		157
4	Dennis Baas	63	44													53	97
5	Maurice Robinson	67	55										27				82
6	Alston Jennings	61	27								31						58
7	Bob McKinney	66					31								26		57
8	Ernie Peters	61													54		54

Women

Rank	Name	Age	Midnt	Bart	Nebo	AT100	Gorg	LOVT	ABF	Swmp	WRck	Syla	Day1	Day2	Myst	OT50	Total
1	Rosemary Rogers	61	53				52								47.5	51	203.5
2	Ann Moore	68	31		51		41								31		154
3	Hilde Haynes	66	42	51													93
4	Elaine Gimblet	62													47.5		47.5

UTS Miles (* - denotes High Mileage Club member)

Name	Total	Phil Brown	219	Tim Harrington	113
* George Peterka	466	Ken Barton	218	Gary Speas	110
* Murry Chappelle	457	Greg Bourns	218	Cliff Ferren	107
* Paul Turner	382	Shirley Hyman	218	Lisa Gunnoe	107
* Pete Ireland	357	Eunika Rogers	217	Patty Groth	100
* Mark DenHerder	349	Jamie Anderson	210	Hilde Haynes	94
* Paul Schoenlaub	331	Bill Brass	199	Debbie Lashley	79
* Guy Patteson	324	Rhonda Ferguson	190	Phillip Hall	76
* Stuart Johnson	312	Rosemary Rogers	190	Jacob Wells	76
* Stan Ferguson	306	Carrie DuPriest	178	James Holland	63
* Kim Johnson	300	Maurice Robinson	174	Dennis Baas	62
Dianne Seager	279	Joshua Bornhorst	171	Randy Ellis	57
Johnny Eagles	273	Alston Jennings	162	Mike Bonnette	57
Rich Brown	266	Michael DuPriest	159	Teresa Cox	45
Thomas Chapin	255	Tammy Walther	150	Cliff Sanders	40
Mike Samuelson	244	Elaine Gimblet	142	Blair Dean	31
Chrissy Ferguson	240	Dottie Rea	131	Mike Burnham	31
Ann Moore	235	Bob McKinney	128	Tom Aspel	14
PoDog Vogler	233	Alan Hunnicutt	124	Ernie Peters	11
Lou Peyton	231	Darby Benson	119		

More OT50 Pics

AURA runners Greg Bourns and Bill Brass



Below: North Shore Volunteers David Bibbs, Jen Foster, and Joyce Taylor



AURA Special Report

Halfway Through the Rail Trail Slam-AURA's Mike Samuelson

As a long time member of the Rails to Trails Conservancy – railtrails.org – I have been patiently waiting for four 100 mile Rail Trail races to exist so that a Rail Trail Slam - http://run100s.com/rail_trail_slam.htm - could be accomplished. Five Rail Trail 100s are now scheduled to be run in 2010 and I have entered four of those races – the Iron Horse 100, New Jersey 100, Viaduct Trail, and Lean Horse – to complete the slam.

The third edition of the Iron Horse 100 took place Valentines Day weekend using the Old Norfolk and Southern Rail Trail in rural Florida an hour south of Jacksonville. With lots of rocks littering the trail – this rail trail is unimproved - race entrants were much more than just runners, we were also rock-kickers. Scott Finnell from the Pittsburgh area was running the race also (as a sub-24 finisher Scott earned the exceptional sub-24 buckle – I am jealous), and we headed out together with about 100 other runners on the 12.5 mile trail. Regrettably, the railroad gravel (rocks) struck quickly and I significantly turned my ankles three times in the first ten miles on the rocky trail. I note that I have turned my ankles numerous times in trail races – probably like all reading this have done – and usually I just keep running – or I simply walk off the ankle/shin injury until I can resume running. I didn't give the ankle turns much thought again until mile 30 or so when I started feeling a slight discomfort in my left shin area. Not surprisingly, the discomfort slowly grew until I experienced shin pain too sharp to ignore at mile 56. Having DNF'ed too many 100s (8 to be exact), I continued on with a decent walking pace praying that the walking would not induce more damage to the shin – or at least keep the damage to a minimum. After finishing 25 miles in 4:30 and 50 miles in 9:28, finishing in 24:48 was disappointing, but the finish allowed me to continue my quest of completing the Rail Trail Slam.

The second leg of the slam was run in New Jersey. To make a long story short, I ran/jogged only 78 miles in the six weeks between the Iron Horse 100 and the inaugural New Jersey 100 due to the left shin injury and a tweaked left leg muscle. Thankfully, I have to call my course of treatment for the tweaked muscle a success since I experienced no significant issues with my leg muscles during the race. I note I took frequent walk breaks in the hope of keeping injuries at bay. Having spent the last six weeks in injury hell, I really had only one goal for the NJ100, and that was to finish uninjured. Rather than push my luck too far, when the left shin started bothering me a little too much at mile 70, I dropped down to my fast walk. Since I am a running addict – not a walking addict – it was once again disappointing to walk to the finish, but quite understandable with the injury issues and lack of training in the six weeks leading up to the race. For the record, the NJ100 was conducted on 12.5 miles of the scenic Columbia Trail in rural New Jersey created from the former Central Railroad of New Jersey High Bridge Branch. This trail has a groomed finely crushed stone surface that is virtually obstruction-less. I did not need a head lamp or flash light to walk the trail in the light of the full moon on such a superb trail. This race is the least challenging 100 miler I have run and is definitely a fast course. Five of the 14 finishers were under 20 hours with the first male finishing in 15:21 and the first female finishing in 17:48. I finished in 25:02 after completing 25 miles in 5:25 and 50 miles in 10:48.

Iron Horse 100, Florahome, FL; February 13, 2010

16th Mike Samuelson 24:48:40 19 finishers

New Jersey 100, Long Valley, NJ; March 27, 2010

9th Mike Samuelson 25:02 14 finishers

More BS.....

Gentle Reader- When your reenlistment is due, the BS will highlight your address label, if you are a Hard Copy recipient. If you receive the (e) AURA, you will be sent a Friendly Reminder application plus an addressed envelope. **This will be your only reminder.** Although the BS will always consider you an AURA brother or sister if you choose not to renew, one must be an active member of an RRCA club to be considered for the awards given by the Arkansas/Road Runners Club of America.

(e)AURA Bonus Photos

Right: Paul Turner on the ground at North Shore.
Photo tells it all.



From the archives... Glen Zirbel (see Ouachita Trail 50K results) Squeezing on Karen at Club Flamingo during a late 90's AT100



From the Power Room...

Some 2010 Sylamore Race Facts:

- a. There were 324 registered runners
- b. There were 132 registered from Tennessee; 115 from Arkansas and 48 from Missouri.
- c. Of the 324 registered, 41 were current members of the AURA
- d. Of the 138 50k finishers, 33 were girlz.
- e. Of the 142 25k finishers, 55 were girlz.
- f. The BS's Stats are always subject to error.

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A Member of the Road Runners Club of America

It is Finished