

UTS #2 Mt Nebo Trail Run
Mt Nebo State Park(Dardanelle, Arkansas)
August 27, 2011(New Date)

THE (e)ARKANSAS ULTRA RUNNER

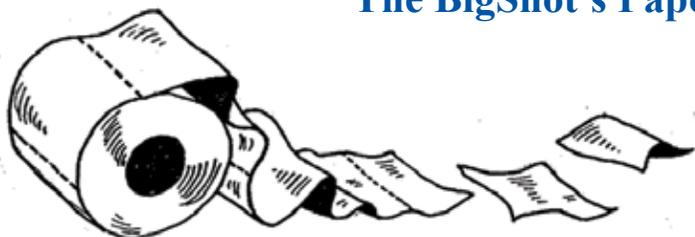
August 2011 – The Victory Edition

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.RunArkansas.com

AURA Forum/Message Board - www.ArkRRCA.com

The BigShot's Paper Trail



Hello Pilgrims! A couple of weeks ago I received a post from Chrissy about an endeavor that AURA brother, John Russell and his wife, Polly, are involved with--- T-Shirt Quilts. I have seen one of their finished products at Easy Runner. What a neat way to showcase and preserve your favorite running T-shirts. Go by Easy Runner to take a look for yourself or go online at www.easyrunner.com and you will see it there on the website video. Below is the information that they have provide for this newsletter.

T-Shirt Quilts

This is a great way to turn your favorite T-Shirts or your child's T-Shirts that are taking up drawer space into a quilt full of memories. These quilts can be used to wrap your self up in, lie across a bed or hang on a wall. They can be made in a variety of sizes. Prices include all materials and labor. Materials are the backing material, batting for inside plus the strips that connect the T-Shirts on the front of the quilt. They can be washed and dried or dry cleaned if preferred.

Easy Runner has a 30 Quilt hanging in their store that I have made for their Firecracker 5K's over the years. Touch and view theirs or visit with Paul Turner who also has a Basic 24 Quilt.

Some of the sizes and prices are as follows:

Lap Quilt – 9 squares measures 3'.5"x 3'.5" \$125.00

Picnic Quilt – 12 squares measures 4'.5"x3'.5" \$150.00

Stadium Quilt – 16 squares measures 4'.6"x3'.5" \$175.00

Basic 24 Quilt – 24 squares measures 4'.6"x6'.8" \$200.00

30 Quilt – 30 squares measures 5'.6"x6'.8" \$225.00

T-Shirts are sewed to about a 12"x12" square. Pillows can also be made to go with them.

For complete information and any questions you might have contact them at russell107@comcast.net.

Since we last spoke, the AURA welcomes the following new members: Tala Hill, Rodney DeClue, Lacey Kelly, Brenda Ransom, James Erwin and Jen Freilino.

There was great fun and potluck at the 3rd annual AURA / GNO Talent Show. Thanks to all who showed up and took part in what is fast becoming one of the AURA's "can't miss" traditions. The photo below is of AURA brother, Paul Turner, with event planner, Chrissy Ferguson. Paul is showing off his second place award...



In the Service of Truth,

BS

aka, the 2011 Arkansas Idol!

Ultra Corner

Report your race results and stories to chrlypytn@gmail.com. Race reports are always welcome.

Western States 100 Mile Endurance Run

Squaw Valley California

June 25, 2011

201st George Peterka
375 starters

27:33:00

Running the 2011 WS100 – George Peterka

There was an unusually large amount of snow this year, twice what it was last year. As a result, the course was changed from miles 4 through 30 to follow a lower-elevation snow route. We went over about 10 miles of snow during miles 3-15 and a little bit more in miles 30-34. The snow was difficult to get over. It is icy on top. This makes it very slippery and hard as concrete when you fall on it. I only fell twice but many people fell frequently. It is difficult to get down the steeper grades. A lot of people were sliding down on their butts. It is also a little scary because if you lose it you may slide down a long way before stopping and you could be all scratched up. But it was OK, you had to carefully place your feet and you couldn't go too fast. I slipped many times and was worried that I may have pulled something but I was OK. There was no running on the snow - just very careful walking. After the snow we were rewarded with about 10 miles of very nice forest roads, downhill at just the right pitch, which allowed us to make up the time. So it kind of evened-out.

I was doing very well until about mile 30. There is a big uphill that you climb on the sunny side of the mountain. It is noon and it's getting hot. I was unexpectedly fatigued and feeling lousy. I thought I was drinking plenty and eating well and was really surprised when the scale showed that I had lost 7 lbs. The doctor let me go on. I walked, drank a lot, and recovered. After a few miles I was starting to run again and feeling much better. The next 20 miles are in the heat. I drank as much as I could but didn't eat much. My stomach felt lousy. I was about 2-3 lbs below my starting weight, which is good.

Trouble came in the canyon before Devil's Thumb. I felt lousy already going down. I was weak and all out of energy. When I got to the bottom I could not climb up. I stopped and sat down 3 times during the uphill to rest. I threw up twice. At least 20 runners passed me. The safety patrol was offering to take me out. For those of you unfamiliar with the course, there are 37 switchbacks that climb 1500 ft in about a mile. Fortunately I already had afternoon shade. The frontrunners do it in the sun. Finally I reached the top. Without food and drink I could not go on but I felt so bad that I couldn't stomach anything. I was afraid that I would never climb out of the next canyon. I took 2

bottles full of ice and water and got out of that aid station quickly. I knew I have to get at least that down or it's over. My weight was down 5 lbs - I had become dehydrated for the 2nd time.

I managed to get those two bottles down and some S-caps and some Pepto-Bismol and started to feel better. At the bottom of the next canyon, El Dorado Creek aid station, I took soup, ginger

ale, and filled both bottles with ice and Gator Aide. I sat down for a few minutes to make sure the food stays down and talked with the doctor. I started up slowly and was drinking the Gator Aide as I went up. With each switchback I felt better and was moving faster. Near the top I was passing people and feeling good.

At the top is Michigan Bluff aid station, mile 55, the first crew access, I saw Darlene and had 2 cups of soup, 2 cups of Ginger Ale and refilled both water bottles with ice and Gator Aide. From here on in it was smooth sailing all the way to the finish line. At Forest Hill I picked up my pacer and dropped off the 2nd water bottle. The night was beautiful. Just the right temperature, a lot of stars. I felt good and was enjoying it. Slowed down a little on the last 10 miles, didn't much feel like going uphill anymore, but that's normal.

I finished with a time of 27:33 in 201st place out of 375 starters. There was a record high finishing rate of 82% and a record number 125 of sub-24 hr. finishers. I think it may have been a little less hot than normal but I don't really know. It was a great race and I am going to register for next year. Can't wait to do it again!!! Hope I won't have to wait for another 5 years. Many thanks to my pacer George McAlister and my crew Darlen Gerbasi.

P.S. The Lake in Sky Inn in Tahoe City is a good place to stay.

P.S. If you want a really nice tan, run without a hat, without a shirt and without any sun block like I did.

P.S. Don't take 7 S-caps every hour. I heard some Chinese guy did that and almost died.

P.S. You can see my video clips on <http://www.ultralive.net/ws100/webcast.php> click on 201 place and on "video clips"

Crewing the 2011 WS100

Crewing the race is not as easy as we thought. Due to the snow, the first crew access was at mile 55. To get there, you had to find a parking space in Forest Hill. Forest Hill is a very small town and with two weddings going on that Saturday, each with about 200 guests, and crews for 375 runners, finding a parking spot was a challenge. But Darlene got there very early and got a spot. She took the shuttle bus to Michigan Bluff and back and that worked very well.

One thing we did not like, the Forest Hill aid station is very big but crew members are not allowed inside. They should let one crew member in to assist the runner. You only see your crew on your way into or out of the aid station but not inside when you are sitting down and going through all the stuff in your drop bag. You have to do all that by yourself or only with your pacer.

The next two crew access points Darlene was not able to reach due to difficulty driving on the small winding roads at night. She almost got hit by cars flying through these tight turns in the dark. Also for both of these stations you have to park somewhere and then take a shuttle into the aid station. It is a mess. They should let everybody park at Forest Hill or Auburn and provide free bus service to the crew access points. There are not that many crew access points and it would save all this mess of driving at night to some remote parking lots and then shuttling into the aid stations.

We bought 2 crew T-shirts which say that you are a crew member and the runner's name and number. Those are a very good idea and every crew member should have them.

Midnight Madness 50 Miler

Tulsa, Oklahoma

July 1, 2011

Male

6th	Kevin Dorsey	8:54:53
12th	Mark Denherder	9:53:09
16th	Randy Ellis	9:57:02
23rd	Mike Samuelson	10:27:02
42nd	Jason Thomas	10:57:52
66th	Don Preston	11:57:01
71st	Joshua Brown	12:27:33
76th	Herb Jerrell	12:47:18
95 finishers		

Female

6th	Jamie Huneycutt	10:13:19
11th	Hillary Looney	10:47:42
35 finishers		

The Badwater 135

Death Valley, California

July 11, 2011

74th	Tammy Walther	45:08:18
81 finishers		



AURA's Tammy Walther, running the Badwater 135

2011 Hardrock 100

Death Valley, California

July 11, 2011

Silverton, Colorado

July 8th, 2011

40th	PoDog Vogler	39:41
48th	Paul Schoenlaub	41:18
76th	Stan Ferguson	47:23
	80 finishers	



AURA Members at the start of the Hardrock 100: (L to R) Stewart Johnson, PoDog Vogler, Stan Ferguson and Paul Schoenlaub

Hard Rock 100 - 2011 - By Chrissy Ferguson

To be a “True Hard Rocker” you must complete the race in both the clockwise and counterclockwise direction. Last year Stan ran the race in the clockwise direction in the time of 42:46:09, 67th overall out of 100 finishers. The applications for the 2011 race came out in early January and the lottery was to be held in mid-February of this year. I filled out an application with the intention of running since Stan was walking the fence on whether or not to put in for this year’s race. Stan was pretty adamant that I REALLY didn’t want to run the entire race. Stan finally gave in and signed up and when mailing his application he left mine out of the envelope.

On the day of the lottery we received word from Jamie Huneycutt that indeed Stan was pulled for the 2011 race. Stan and I took a short run that afternoon, he was sure to let me know that it was mostly my fault that he would have to run the race again. I told him he could give his spot to someone else. He replied “that would make me a limp dick, since I’m in, I’ll run”.

Like last year, I flew in and met up with Stan and my friend Frank Ives on the Wednesday before the race. The San Juan Mountains still had quite a bit of snow on them since they had received heavy late snow this year. The weather seemed cooler than last year and wetter. Stan had gone almost 2 weeks in advance to try and acclimate to the high elevation with Silverton (start/finish) at about 9700ft.

The race started at 6:00am Friday morning, the first crew aid was Cunningham at 8.6 miles. After the gun went off Frank and I went for a quick breakfast, packed up the car and headed for the aid station. Last year Cunningham was the last aid station so parking was not a problem, this year the cars lined the dirt road for what seemed to be almost a mile. I dropped off the stuff we would need in front of the aid station and parked the car down the road as Frank took the crew bag and chairs into the aid station. It was really cool to see all the runners racing down the mountain into the aid station on the steep switchbacks. Since it was only 8.6 miles into the run the runners were bunched together in big groups as they crossed the creek into the aid station. Stan arrived about mid pack looking fresh and settled in for a long day and night. Stan had a half of sandwich, bag of chips and took an Ensure with him out of the aid station. I walked down the road with him till he hit single track trail and watched him make the second climb of the race. We would not see Stan again till Grouse 41.5 miles. Frank and I drove back into town and took a long nap knowing we would be up most of the night crewing at Ouray and Telluride.

After eating a late lunch Frank and I packed up the car and headed to Grouse aid station. We arrived at about 5:00pm and settled in to watch the runners come and go through the aid station. Stan had given us projected times of when he thought he would come through each aid station, between 7:15 and 8:10pm was his projected time for Grouse. As the sun started to set and the clouds rolled in, we started to wonder when he would arrive. Finally at about 8:30pm Stan came down the mountain just as it started to rain. I followed him into the aid station tent and found him a place to set down. He looked terrible, tired and cold. I asked him what he needed and all I got was grunts or “I don’t know”.... It was so frustrating! Nothing I suggested seemed to be what he wanted and he wasn’t communicating at all. Thank God for Jimmy Sweatt! Jimmy would suggest the same things I did and Stan would say okay he would have or do that. Stan wanted to change into his tights for the night but it was raining and rain was forecasted till at least midnight. I told Stan he needed to change into his rain pants he fought me till Jimmy told Stan he needed the rain pants, I tried to get him to take his 5 hour Energy drink while he was in the aid station, Stan kept insisting he would take it later. He looked like crap and he really needed to take it then, Jimmy suggested he take half of it now he drank the whole bottle. Jimmy, Frank and I finally got him up and out of the aid station; again I walked up the road with him in the rain. By the time we drove back down the mountain road into town it was 11:00pm we would need to be on the road by about 1:30am to meet Stan at the next aid station Ouray (55.9 miles).

The alarm on my watch went off almost as soon as I closed my eyes at 1:05am. Frank and I made our way onto the road and drove the “Million Dollar Highway” to Ouray aid station. The

weather in Ouray (the lowest point of the race) was warmer (low 60's) and breezy. Frank and I visited with friends as we waited for Stan to make his way into the aid station. At 4:00am Stan staggered into the aid station, I'm not sure if he looked better or worse than he did at Grouse???. He sat down and complained that his stomach was upset and he couldn't eat anything. I made many suggestions but nothing seemed to sound good to him. Where was Jimmy, I really need Jimmy! Stan ate some noodle soup, part of a sandwich and drank a whole can of Mtn Dew. We finally got him up; he went to the bathroom and headed out of the aid station. Again I walked with him up the road while he drank the last of the Mtn Dew. He told me he was thinking about quitting at the next aid station (Telluride 72.0 miles). I told him that he couldn't quit he would be three fourths of the way through the race, that if it meant pacing him starting at Telluride to make sure he finished than I would start from there. Stan had a long climb up a good dirt road before hitting Virginia's pass. I asked him to try and eat and drink as much as he could on that section, he said he would try.

Frank and I left Ouray and drove about an hour to the Telluride aid station, last year finding parking in the city of Telluride was almost impossible. This year at 5:00am we drove into the parking lot and had our pick of just about any place we wanted. Frank and I parked and slept for about 3 hours while we waited, as I dozed off thinking what I am going to do to make sure Stan doesn't try and quit. We awoke at about 8:30am. I started to put on my running clothes and gather running pack, water bottles, jacket, gloves and whatever else I thought I would need if I started pacing from Telluride. I started to get antsy and headed up the road where the runners would be coming from. I met a guy sitting on a street corner I asked him what direction the runners would be coming? We started talking about each other's runner, I told him about Stan feeling bad and threatening to quit at the aid station and how I was suppose to pace him from Chapman to the finish. Another guy was close by and over heard our conversation, he had a friend that was going to pace starting at Telluride and his runners had dropped and maybe he would be up for pacing.... That was great! We went back to the aid station and he introduced me to Lew and yes Lew was up for pacing, this was prefect! Frank and Lew waited at the aid station; I headed down the road and up the mountain trail to see if I could find Stan. When I finally met up with Stan he looked much better than he did from the night before, I told him I had found him a pacer to take him to Chapman. He said "What if I don't want a pacer?" I said "Too bad you got one anyway!" Lew and Stan left the aid station and I felt better knowing there was no way he would quit now and that the next time we saw him I would be taking him to the finish.

Hard Rock had to make a course change just after Telluride which added 3 miles to the course so the next time we would see Stan and Lou would be at Chapman (84 miles). Frank and I loaded the car and again parked and slept for a bit. I gathered all I would need for the rest of the race knowing that it could be as long as 12 hours to the finish. When we left the Chapman aid station I was looking forward to hearing all about Stan's race up to this point and telling him all about ours.

Side Note: A few years back Paul and Cindy Scheonlaub and I did a hike around Leadville, Colorado. The trail we took fizzled out to a scree field to the top of the mountain. Cindy and I went up as far as we could and Paul just kept going up, Cindy and I both thought Paul was nuts! Later Paul told me that there was a climb called Grant Swamp Pass in Hard Rock that was just as hard or harder. I told him that I was never going to do that.... I was just about ready to eat those words!

As we left the aid station Stan pointed out the mountain we would be climbing off in the distance. You could see the trail and the switch backs and then there was nothing – The rest was scree! We walked and climbed for a couple of hours as we take the long way around it seemed to get to the mountain. We crossed snow fields, bolder fields and came so close to the edge of drop offs that it made you hug the side of the mountain for fear you might fall to your death with one wrong step. Finally we were at the scree field/snow. I had one hiking pole and I'm not sure how runners would make it to the top without it but some choose not to use them. When we finally made it to the top the view was incredible with the valley on the side we had just climbed and a bowl and mountain lake on the other side with much more snow to descend on. I told Stan that it wasn't as hard as I thought it would be. I ate those words too! As we descended down the steep mountain in the snow and mud I spent more time on my ass than I did on my feet. The next aid station was 7 miles from where I started pacing and it took forever to get there. Just before we got into the aid station it started to rain/sleet and the wind was blowing hard. Stan started to dry heave as he did I held the back of his shirt so that we wouldn't tumble down the steep side of the mountain.

Finally we reached KT (91 miles) aid station which was nestled on a road between some rock with a tarp above our head to keep the rain and wind off of us. I thanked the volunteers for being out there and was thankful it wasn't me stuck out there all night long in the cold, wet weather. We zipped our legs on our pants and headed out for the last climb of the race. As we left the aid station one of the volunteers told us we would be crossing a creek just a ¼ mile down the road. The creek crossing was more like a raging stream with water mid thigh and moving very fast. I crossed first and was almost swept away. Another runner and pacer crossed next and I wouldn't let them go on till Stan had crossed safely. On the other side there was mud, mud and more mud - I hate mud! We climbed on the muddy trail. As it rained, it made the trail even muddier. The last mountain climb was up and over Porcupine Ridge with steep, grassy mountain ridge and no trail. The only way you knew which way to go was to look for the reflective markers using your flashlight from one marker to the next. More than once I found myself not sure where to go as we looked for the next flag. At what we thought was the top of the mountain I told Stan we were on our way down and on the home stretch.... not so fast – Up in the distance I could see flashlights way up high on another mountain, I pointed them out to Stan. He said that they weren't part of the race, REALLY its 2:00 in the morning so what are people doing out climbing in the dark at 2:00am? We're going to make another climb – Crap! More climbing with no trail and it's even steeper than the last section, this was harder then Grant Swamp Pass by far.

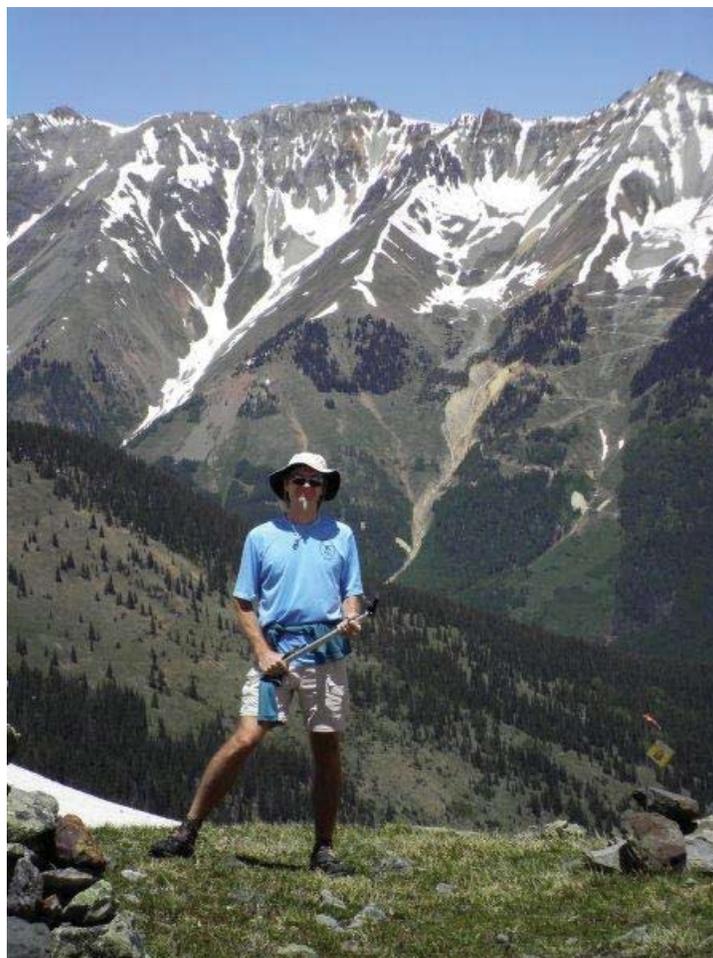
We reach the last aid station Putnam (97 miles). The rest of the trail would be down hill (I hoped). At the aid station we were told we had 6.7 miles to the finish and 3 hours and 30 minutes to complete it under the 48 hour time limit AND it would take the average runner 3 hours to do this section. Wow, we didn't have much time to spare! Stan picked up his pace as we walked down the steep, muddy and rocky trail. As we descend you could hear the roar of water in the distance. The aid station volunteer was right about how long it would take to get down the mountain; it was a technical very rocky trail. Stan turned and said something about how bad the trail sucked; finally I could say something since I had only been with him since mile 84. "Hell yeah it sucks!" Stan started dry heaving again, bummer!

The roar of the river got louder and louder and then there it was, overwhelming, deep and fast. I told Stan I couldn't cross it, it was too deep and fast! He said I really didn't have a choice and that he would go first. There was a guy at the other side of the river yelling out what he wanted us to do to get across over the roar of the river. I was so scared, I felt sick to my stomach and Stan started to cross. I watched thinking I really can't do this, now it's my turn, SH*T! I got in the water and grabbed both rope lines and started shimmying across the river. I held on so tight that my forearms hurt the next day. As I crossed, I prayed to God that I would get across without being swept away to my death. On the other side I didn't let go till the guy grab me. As I got out of the water, I was shaking. He said "You must be freezing?" I said "No, I'm F*cking scared!" As we made our way down the trail I started to cry telling Stan "I'd rather run into a burning building then cross that river again!"

We had 2.5 miles to the finish on good dirt and asphalt roads ahead, so we picked up the pace. Stan crossed the finish line in 47:23:10, 76th out of 80 runners. I was VERY proud of Stan for gutting it out. Thanks to Frank Ives, Jimmy Sweatt and all the volunteers that helped Stan become a "True Hard Rocker". I can honestly say that's the hardest thing I've ever done in my life and I have no intentions of ever running the whole race..... Stan you Rock!



AURA brother, Jimmy Sweatt, in the foreground, assists in marking the Hardrock course prior to the start



Stan Ferguson poses for a Hardrock picture

2011-2012 ULTRA TRAIL SERIES

UTS applications and current participant list can be viewed at www.runarkansas.com

2011 - 2012 UTS Schedule

#1	7-16-11	Full mOOn 50K	8:00 p.m. start. Lake Sylvia
#2	8-27-11	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park
#3	9-10-11	Bartlet Park Ultras(50K,40M,50M)	Bartlett, TN
#4	10-1-11	Arkansas Traveller 100	Perryville, Arkansas
	10-22-11	<i>Devil's Den Trail Run (Tentative)</i>	<i>Devil's Den State Park</i>
	11-12-11	Bona Dea 50K	Russellville, Arkansas
	12-10-11	Lake Ouachita Vista Trail Run	Mt Ida, Arkansas
	1-7-12	Athens-Big Fork Trail Marathon	Big Fork, Arkansas
	2-4-12	White Rock 50K	Cass, Arkansas

The complete UTS Schedule will be finalized by October. Note: this schedule is subject to change.

Full mOOOn 50K and 25K

“Midnight Run”

July 16, 2011

Lake Sylvia Recreation Area, AR

50K Men

Place	Name	Time
1	Charlie Duke	4:19:38
2	Brian Roberson	4:23:46
3	PoDog Vogler	4:35:13
4	Joel Perez	4:38:39
5	Mark DenHerder	4:53:24
6	David Joseph	5:02:05
7	Ryan Holler	5:05:10
8	Shannon McFarland	5:07:49
9	Billy Shelton	5:15:59
10	Victor Fleitas	5:16:37
11	James Holland	5:17:34
12	Steven Preston	5:27:30
13	Jacob Wells	5:30:23
14	Ron Phillips	5:30:27
15	Richard Williams	5:31:16
16	Alan Hunnicutt	5:33:23
17	Matt Kirkpatrick	5:35:06
18	Chad Yocum	5:36:38
19	Reid Landes	5:43:33
20	George Peterka	5:45:53
21	Eddie Moran	5:48:09
22	Kim Howard	5:48:10
23	Tim Eraker	5:51:45
24	Travis Owens	5:54:00
25	Charles Hurst	6:29:30
26	John Kelly (FPG)	6:42:14
27	Pat Riley	6:58:21
28	Mark Riley	6:58:22
29	Jim Sweatt	7:01:15
30	Sammy Barnes	7:13:01
31	Patrick Barker	7:17:00
32	David McLean	7:24:56
33	Russell Bennett	7:38:20
34	Nicholas Norfolk	7:45:12
35	Pete Ireland	7:49:13
36	Herb Jarrell	7:49:15
37	Greg Bourns	8:28:48
38	Mark Cato	8:45:12

50K Women

Place	Name	Time
1	Karen Martin	5:18:42
2	Deb Baker	5:33:22

3	Jenny Weather	5:46:12
4	Stacy Shaver	5:46:12
5	Janet Kinder	5:47:18
6	Jody Lirebeck	6:11:04
7	Shanda Rogers	6:28:45
8	Leslie Tucker	6:28:45
9	Jamie Huneycutt	6:34:12
10	Bridget Imboden	6:35:45
11	Betty Ann Hurt	6:35:50
12	Diane Bolton	6:46:32
13	Karen Hayes	6:49:33
14	Leslie Howard	7:12:37
15	Andi Stracner	8:51:18
16	Lisa Gunnoe	8:51:24

25K Men

Place	Name	Time
1	Aaron Batey	1:47:09
2	Dustin Mettler	1:47:09
3	Brock Hime	1:47:09
4	Ryder Pierce	1:53:07
5	Eric Fox	2:02:30
6	Imari Dellimore	2:04:44
7	Lee Epperson	2:04:47
8	Warins Porter	2:05:46
9	Renarold Romez	2:07:09
10	Michael Gerrard	2:13:06
11	Ross Duncan	2:13:06
12	Jose Rodriguez	2:13:27
13	Stan Ferguson	2:16:13
14	Cory Johnson	2:18:39
15	Stormy Phillips	2:19:14
16	Christian Loeschel	2:25:47
17	Chuck Clawson	2:25:52
18	Alejandro Torres	2:27:19
19	Don Morgan	2:28:52
20	Rob Siebert	2:30:12
21	John Muir	2:33:16
22	Blake Williams	2:33:17
23	Jeff Thostenson	2:34:50
24	Jon Honeywell	2:34:58
25	Bert Finzer	2:36:15
26	David McCormick	2:38:29
27	Adam Servies	2:39:32
28	Ray Burch	2:40:08
29	Rich Kelly	2:40:30
30	Dale Johnson	2:40:30
31	Greg Eason	2:44:09
32	Scott Devlin	2:44:50
33	Bruce Keisling	2:47:40
34	John Hazen	2:47:43
35	Ladell George	2:47:58
36	Steve Giles	2:48:35

37	Dylan Morton	2:49:03
38	Brent Bishop	2:50:03
39	Greg Massenelli	2:50:50
40	Maurice Robinson	2:50:58
41	Jeff Elbert	2:51:33
42	Matt Johnson	2:54:54
43	Sam Sellers	2:56:28
44	Glen Kerr	2:58:05
45	Allan Woiwood	3:00:15
46	Nate Smith	3:00:17
47	John Hunnicutt	3:00:30
48	Larry Brower	3:02:30
49	Josh Bornhorst	3:04:46
50	Unknown	3:05:17
51	Don Preston	3:09:12
52	Mike DuPriest	3:09:45
53	Will Parish	3:10:32
54	Jared Friemel	3:11:06
55	Brian Morris	3:11:46
56	Ron McCaffert	3:13:21
57	Adam Eisan	3:15:05
58	Robert Harrell	3:16:14
59	Billy Maledy	3:18:49
60	David Maroney	3:21:40
61	R.C. Fason	3:22:40
62	Sloan Cooper	3:22:46
63	Brad Simpson	3:22:46
64	Jason Dudley	3:25:11
65	Alex War	3:25:48
66	Michael Harmon	3:34:00
67	James Erwin	3:36:00
68	Gordon Kopps	3:42:08
69	Fletcher Smith	3:44:00
70	Ernie Peters	3:47:38
71	Randy Tolbert	3:47:38
72	Michael Erwin	2:57:44
73	Ronald Gimblet	4:01:05
74	Cliff Pittman	4:04:00
75	Jim Jones	4:04:06
76	Gary Lewis	4:05:00
77	Robert Chandler	4:09:00
78	Micah McKedy	4:12:14
79	Steve Harvey	4:12:18

25K Women

Place	Name	Time
1	Robin Tolbert	2:05:46
2	Whitney Kerth	2:09:05
3	Kenzie Bloom	2:16:44
4	Erika LaCrois	2:16:46
5	Kelly Driebelbis	2:21:46
6	Heather Ladd	2:33:42
7	Mary Jones	2:40:30

8	Rachel Regier	2:45:45
9	Micah Felkins	2:46:54
10	Blair Dean	2:46:54
11	Dulcinea Groff	2:49:50
12	Bryinna Schelbar	2:51:13
13	Amelia Elbert	2:51:33
14	Viny Malady	2:56:04
15	Andrea Mallard	3:00:29
16	Nicole Riley	3:01:29
17	Andrea Sayers	3:04:21
18	Brenda Ransom	3:04:22
19	Maria Risner	3:04:23
20	Josie Monkberg	3:04:46
21	Syvia Felder	3:12:25
22	Rebecca Zaworotko	3:15:11
23	Gabrielle Peoples	3:16:19
24	Deann Deatherage	3:18:29
25	Ivy Pearsall	3:18:54
26	Rhonda Ferguson	3:19:02
27	Francesca Tronchin	3:19:06
28	Emily Hartman	3:25:48
29	Becky Humes	3:25:48
30	Brenda Hansen	3:25:48
31	Janna McKedy	3:25:48
32	Kimmey Riley	3:29:08
33	Trina Bright	3:34:05
34	April Lubani	3:36:40
35	Robin Bond	3:38:20
36	Elizabeth Quinn	3:38:55
37	Felicia Detherage	3:49:17
38	Catina Norman	3:52:47
39	Kathy Wilson	3:52:47
40	Heather Larkin	3:59:00
41	Kathy Robinson	3:59:00
42	Jodi Magnotti	4:09:00
43	Laura Qualman	4:12:14
44	Julie Severns	4:12:15
45	Judi Harvey	4:12:20
46	Jane Gunter	4:12:23
47	Linda Fason	4:24:04
48	Susan McCorr	4:25:14
49	Nancy Collins	4:25:19

Other Participants

Randall Davis	Night Rider (bike)
Bob Hays	2:06:24 7 mi.
Corky Zaloudek	2:51:20 10 mi.
Tom Zaloudek	2:51:20 10 mi.
Hobbit Singleton	4:21:32 12 mi.
Mike Metzler	4:21:32 12 mi.
Leah Pearce	4:21:32 12 mi.
Tom Singleton	?:?:?? 8 mi.
Kim Fisher	4:12:00 (hike-a-bike)

The Midnight 50K

A poem by Karen Hayes, AURA sister

*(With apologies to Edgar Allen Poe . . .
and to Lou Peyton, one of four women to complete
ultra running's Grand Slam in 1989 — the first year
this feat was accomplished by a female)*

Once upon a Midnight Fifty
As I wandered, hot and gritty
Many a mile from Sylvia's shore

While I pondered, almost napping
Notions strange came gently tapping
Rapping at my brain's small door

Sleep-deprived illusions bleary
Rattled me with doubt and query
Arcane questions by the score:

Could knee problems be explained?
Would it cool off if it rained?
Would someone care if I complained?
 Quoth Lou Peyton: Nevermore

Walking nightmares came to haunt me
Long-lost races seemed to taunt me
Finish lines from days of yore

Marathons with muscle cramps
Traitorous battery-dead head lamps
Nagging pains one can't ignore

Wrong turns taken, trail run falls
Bonking, barfing, hitting walls
Face-plants rife with livid gore

Gatorades I could not drink
My intestines in a kink
Wond'ring would I swim or sink
 Quoth Lou Peyton: Nevermore!

I began to cheer a bit
Even though I felt like \$%!#
And it was long 'til I could snore

I dreamed of 26.2
Good grief! I know I could BQ
. . . Without a doubt by 84 . . .

I raced Badwater, Western States
I smoked the greatest running greats
My Barkley finish, ultra lore

I told Pike's Peak to kiss my ass
Stan Ferguson said I was fast
Could all of this yet come to pass?
 Quoth Lou Peyton: Nevermore

I startled from this happy view,
A chunk of gravel in my shoe
My brain befuddled, body sore

It seemed the night, much like my verse
Could only go from bad to worse
The clock ticked ever on t'ward 4:00

The cutoff loomed, I still might make it
If I could find a leg and shake it
Tho' quads and glutes were both done for

When had I passed the last aid station?
Were these phantoms aberrations?
Symptoms of my dehydration -
 Dazed, confused, forevermore?

Then . . . a sound . . . so small and manic
Filled me with a nameless panic
Chilled me to my very core

On my wrist a tiny chime
Had been beeping for some time
Its urgent call had been ignored

My little nap, begun at noon
Had lasted 'til the rising moon
My hope to finish was no more

I'd slept right through the starting gun
My PR lost ere I'd begun
But could I still run 31?
 Quoth Lou Peyton: Nevermore

Thus ends my cautionary fable:
Run your race when you are able
To wake up and hit the floor

If you sleep, perchance to dream
Your race may not be all it seems ~
First you must make it out the door

Slings and arrows you may suffer
But DNS, I vow, is tougher
Than any DFL you score

So I bid you each adieu
I wish for you your favorite GU's
And that you waken when you snooze

Arkansas Traveller Update

Heart of the Traveller Training Runs

September 3rd and 5th, 2011

Held over Labor Day weekend, the Heart of the Traveller training runs offer the opportunity to view about half of the AT100 course. Highly recommended for first time Traveller entrants--especially those doing their first 100-miler. For perspective, refer to the AT100 course map. No application or entry fee is required.

Lake Winona Run

Saturday - 6:30am

Distance: 25+ miles

Course (same as the last two years): Starting from the Lake Winona park, just above the intersection of FSR 114 (Lake Winona Road) and FSR 778, this out-and-back run starts out FSR 114 going North, following the AT100 course through the Rocky Gap (FSR 212), Electronic Tower, and Pumpkin Patch aid stations, and continuing to the intersection of FSRs 132C, 132, and 152--where you turn around and retrace your route.

Support: Water will be placed every several miles. Lunch will be provided at the finish.

Rules for Lake Winona Park:

- #1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.
- #2 Keep Off the spillway and levy.
- #3 No bike riding is allowed in the park except in the parking lot and drive.

Directions: Meet at Lake Winona park. Please keep noise to a minimum when you arrive--to not bother the park superintendent. Driving directions from Williams Junction (intersection of highways 10 and 9) : Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive.

Smith Mountain Loop

Monday - 6:30am

Distance: 23-24 miles

Course: The start is near the Turnaround aid station of the AT100 (mile 58) and the route covers approximately 15 distinct miles of the race course, including about four miles on un-maintained 4-wheeler road over Smith Mountain. The remainder of the run is on well-maintained forest roads.

Support: Water will be placed every several miles.

Directions: The run starts at the intersection of Forest Service roads 114 and 2. Recommended driving directions to this location from Williams Junction (intersection of highways 10 and 9) : Go west on Hwy 9 for approximately 3 miles. Right on FSR 132 (aka Winona Scenic Drive). Follow approximately 11 miles. Go left on FSR 75. Follow about 2 miles, and turn left at the intersection with FSR 114. It's less than a quarter mile to the FSR 2 intersection. Plenty of free parking there. If you look on a map, taking FSR 114 looks inviting, but many people have been trained not to take that road because of the odds of winding up with a flat tire.

AT100 Up-Date cont'd

Smith Mountain Clean-Up: If you are interested in helping clean up Smith Mountain, the date is August 26th, Friday. The time has not yet been decided but it will probably be 8:00 under the power lines. There will be a bush hog doing the heavy work but boots on the ground are needed to trim back branches and remove debris. If you are interested, contact Chrissy at Stanchrissy@earthlink.net.

Confidential to AURA Number 138 – The BS has a very strong feeling that this will be your Arkansas Traveller. To assist you he has found a poem that needs to be your mantra. In the dark of night as you leave out of the Powerline Aid Station tired and weary with a 50k to cover before noon, repeat these lyrics as often as needed.

When in Despair
Just slick back your hair
And run another mile
For in your grief
You'll find relief
If you'll hang on a little while
(Unknown Author)

Club Running magazine

Each AURA member should be receiving ***Club Running***, the RRCA's quarterly magazine. There may be some delay in receiving it if you are new to the club. It is also available online; just go to www.rrca.org and click the "Publications" tab.

RETREADS

Retired runners meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. Join us in the Lobby for the pat-downs. At 11:30 a.m. sharp we dash to the food line. Wear a T-shirt from the past for conversation and reliving the glory days. If you come late, look for the table with the balloons.

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The AURA – A Kayce Anthony free zone
A member of the RRCA since 2001

It is finished!