

# AURA Meeting and Potluck

Sunday, March 20th, 2011, 4:00 p.m.

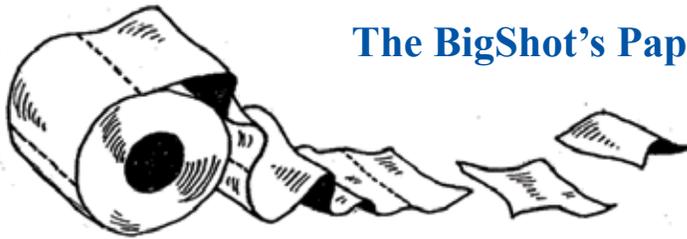
## **THE (e)ARKANSAS ULTRA RUNNER**

March 2011 – The Ultra Warrior Edition

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - [www.RunArkansas.com](http://www.RunArkansas.com)

AURA Forum/Message Board - [www.ArkRRCA.com](http://www.ArkRRCA.com)



### **The BigShot's Paper Trail**

## **AURA Potluck/Meeting/ Election of Officers**

Sunday, March 20th, 2011 – 4:00 p.m.

**Broadmoor Subdivision Clubhouse at 19 ½ Belmont Drive, Little Rock**

With regards 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 guest together. I hope to see you there.

Directions: South on University Avenue to 21st street. Turn right at the light onto Broadmoor Drive. Go a short distance (1/4 mile +/-) and turn left onto Belmont Drive. 19 ½ will be on the left and the Clubhouse is down a sidewalk near the lake.

At the beginning of the new year our AURA brother, Tom Holland, relocated to Arizona to be nearer to his son and family. Tom was one of the original 1991 AT100 volunteers and captained the 212 Aid Station. In 1992 he completed the AT100 in 24:41:24. He is a veteran of ultra runs around the country which includes numerous Pikes Peak Marathons and the 1993 Leadville 100. We wish Tom well in his new venue.

The AURA welcomes a new member this month: Melanie Baden, of Stuttgart, Arkansas.

Without getting too deep into hyperbole, working the Gunner Pool Aid Station at the Sylamore 50k last weekend was a magical experience. There were personal records set and, something I never thought I would see, a new course record. It was great to see the

first time ultra runners on their quest for a finish. It was also a nice place to see AURA members whom I had not seen in a long time. On the drive home I thought about seeing these old friends and an Etiquette Column I wrote back in 2007. I believe that it would be appropriate if I printed it again.

### **AURA Etiquette - *Senior Moments***

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

This brings Mr. Manners to the subject of AURA Etiquette and Senior Moments. With approaching cataracts and other system failures involving our AURA seniors, Mr. Manners wishes to address a sensitive subject: **RECOGNITION**. When one has been away for an extended time, one’s appearances might change. New running attire, a new hairdo or a weight gain/loss might not mean much to the younger set; however to the “senior”, recognition keys are important. If in one’s salutation to our senior brothers and sisters one senses a mental stall, don’t be alarmed. What is probably happening is that the one in question is spinning through their mental index of names and faces attempting to connect your face and features with your name. Mr. Manners has a way to overcome this “freeze” and assist our elder statesmen out of this embarrassing situation. The solution: As you approach the party in question just say, “Hello”, followed by your name. Example of the correct method: “Hello Big Shot, John Smith here”.

Just saying your name should remove the recognition impediment.

From Liz Kirk: Hello Friends! It’s that time again when we head to Mountain View to enjoy the Ozarks, spend time with you and put on a little race called the **3 Days of Syllamo**. I want you to know that we would not have this race if not for the support we get from you. If you have any time available March 11, 12 or 13 please let me know and I will use you and not abuse you. Contact Liz Kirk at [lizkirk@gmail.com](mailto:lizkirk@gmail.com)  
501 416-6615

### ***AURA Confidential - Your AURA Numbers at Work***

*The Good, the Bad and the Ugly*

P.I.N. 23 - Think about it! Love is always pretty when it's new.

P.I.N. 48 - Your sophistication and charm will deflect any “darts” hurled at you by a rival training group.

P.I.N. 88 -You’re in a hole so stop digging. Find a way to climb out!

P.I.N. 13 - To be a Big Shot you must beat the Big Shot. There is only room for one at the top.

In the service of Truth/BS

## ULTRA CORNER

Report your Ultra times to [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com). Race reports are always welcome.

The Power Room received a recent post from AURA soldier, David Samuel, of Percy, Arkansas. David wrote that his scheduled training run was aborted by the recent cold and snow. In its stead he browsed through some of the old Little Rock Road Runner newsletters that are now on line at the club's website. He copied and sent to me two race reports that I had written back in 1989 and 1990. The first concerned the Trail Series run called the Mobil Marathon. (I have been telling you people that the Little Rock Marathon was not the first marathon in Little Rock.) I will save this report for another opportunity and concentrate on the second trail run called the "**Bear Run**". It was organized by Bill and Teresa Lasiter and began at William's Junction. The run started at the junction of Hwy 10 and Hwy 9 and went south on Hwy 9 for a couple of miles and then took a left and followed a network of forest roads all the way to Pinnacle Mountain State Park. This is the forested area that is south of Hwy 10 across from Lake Maumelle. At that time period it was owned by Deltic Timber Company and open for anyone to use it. Perhaps 30,000 acres worth. In the mid 90's Deltic began to lease their land to hunting clubs and this put it off limits to all of our trail runs. Several runners have tried to go back in but all have been escorted out and not treated very cordially. An exclusive, and very secretive, golf course is now directly across from Lake Maumelle that sets squarely in the middle of what we called the "**Three Mountain Run**". It is reported to have armed security patrolling its perimeter.

Getting back to David's post. I have never forgotten that run but I thought others had. The most notable about the run was the cold. At the start there was not a breath of wind stirring. The actual air temperature was a minus one degrees.

January 1990, the **Bear Run**. The temperature was -1. Eleven hardy souls started and seven finished. David Horton, our eastern correspondent, was first and yours truly was last. Friends, if you can do this, you're tough. My thanks to Bill and T-Bear for their planning and effort, especially to T-Bear, who met us with water at several points. The run started with a caravan to Williams Junction and then 25 miles over frozen dirt roads and iced-over creeks. It's been long time since I've had such satisfaction from finishing. However, several of our ultra runners, most notably, James Hicks, didn't make it due, in part, in my opinion, to their participating in the Maumelle 60K the week before. T-Bear found several runners riding out of the run on the back of a long truck. Wonder what the wind chill was on the back of that log truck. I'll have to ask James.

David Horton	3:24:44	Nick Williams	4:46
Bill Laster	3:26:18	Lou Peyton	4:46
David Samuel	4:09:20	Harley Peyton	4:52 *
Scott McDermott	4:09:20		

\* Back in those days the BS went by the name "Harley". This was based on my habit of dressing up in Harley-Davidson Motor Cycle clothing and talking tough after a hard run.

Below is a picture of Arkansas native, David Horton. Photo taken in November at the 2010 JFK 50 Miler in Maryland. Now living in Lynchburg, Virginia, he returns to his home state every Christmas to visit his parents and friends and frequently talks about the Bear Run and how cold it was 20 years ago. He recently celebrated his 60th birthday.



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## **2010-2011 ULTRA TRAIL SERIES**

UTS Applications and current participant list can be viewed at [www.runarkansas.com](http://www.runarkansas.com)

### **Up Next!**

#### ***3daysofsyllamo***

March 11th, 12th and 13th, 2011

Allison, Arkansas (Blanchard Springs Campground)

Complete information plus application from the 3daysofsyllamo website [www.syllamo.org](http://www.syllamo.org)

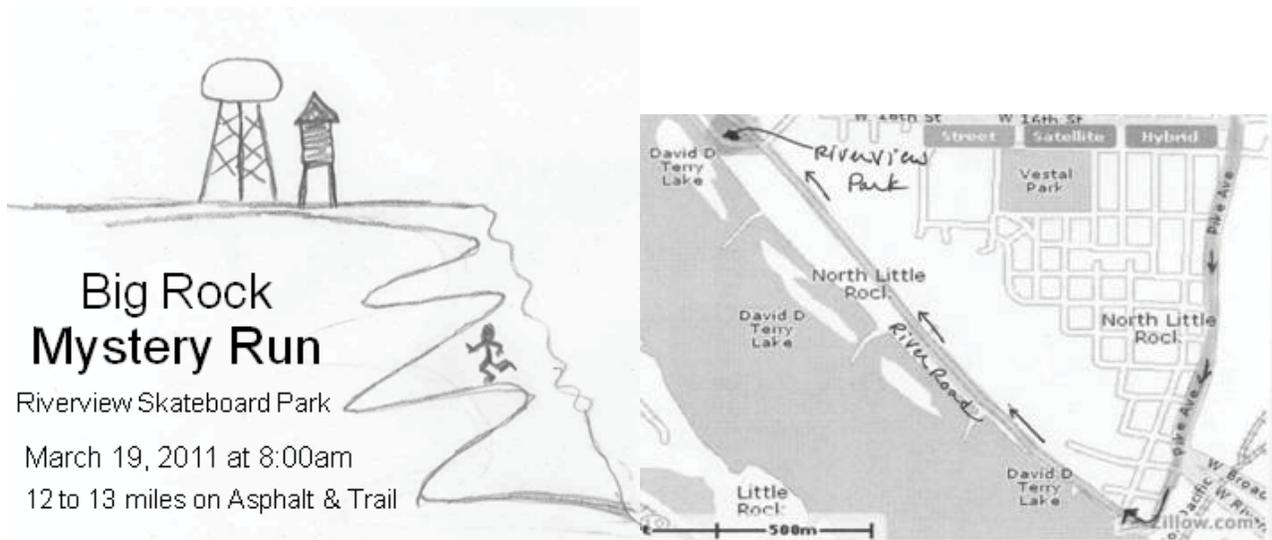
***Be kind to your Race Directors by registering early.***

## 2010-2011 UTS Schedule

#1	7-24-10	Full mOOn 50K	8:00 p.m. start. Lake Sylvia
#2	8-21-10	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park
#3	9-11-10	Bartlet Park Ultras(50K,40M,50M)	Memphis area
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-13-10	1st Bona Dea 50K	Russellville, Arkansas
#6	12-11-10	Lake Vista Trail Run	Mt Ida, Arkansas
#7	1-8-11	Athens-Big Fork Trail Marathon	Big Fork, Arkansas
	X-X-XX	White Rock 50K	Race Cancelled
#8	2-19-11	Sylamore 50K	Allison, Arkansas
#9	2-26-11	Traveller Mini-Loop	Lake Winona Picnic Park
#10	3-11/13-11	3 Days of Syllamo	Mountain View, Arkansas
#11	3-19-11	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

**On May 14th, 2011, the Ultra Trail Series Award Ceremony and Fun Run will be held at Mount Magazine State Park. More details as they are made available.**

## 2010-2011 UTS Race #11



Directions:

- Interstate 40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road, and follow 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

No entry fee; No advance sign-up

For questions, contact Chrissy, [stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net) or 501-329-6688

## Sylamore Trail Runs

February 19, 2011

Allison, AR

### 50K Results (UTS Race #8)

Place	Name	Sex	Age	Time
1	David Riddle	M	29	3:31:44
2	BEN CREEHAN	M	35	4:12:17
3	Feb Boswell	M	34	4:12:37
4	Tom Brennan	M	39	4:21:16
5	Lullel Hickman	M	48	4:32:26
6	Jake Anderson	M	29	4:38:34
7	Steve McBee	M	45	4:38:35
8	Paul Schoenlaub	M	51	4:47:30
9	PoDog Vogler	M	44	4:51:45
10	Ryan Holler	M	42	4:56:13
11	Anna Assenmacher	F	42	4:56:17
12	Stuart Johnson	M	51	4:56:49
13	Tim Norwood	M	32	4:58:33
14	Mark DenHerder	M	46	4:59:08
15	Daniel J Shaffer	M	28	5:00:00
16	Dathan Atchison	M	41	5:01:06
17	Richard Easter	M	23	5:01:07
18	Darby Benson	M	40	5:03:19
19	richard williams	M	43	5:05:03
20	Paul Turner	M	47	5:07:03
21	Jon Bitler	M	39	5:13:18
22	Josh Wasmund	M	24	5:14:39
23	Caleb Manis	M	20	5:15:00
24	les Jones	M	52	5:17:20
25	Waring Porter	M	42	5:17:21
26	Angie Zinkus	F	34	5:19:34
27	John Carraher	M	44	5:19:59
28	Dave Wilgus	M	39	5:20:54
29	Zane Hartsell	M	25	5:21:46
30	James Holland	M	34	5:23:13
31	Alison Jumper	F	35	5:25:34
32	Louis Niewald	M	37	5:27:28
33	Farris DeBoard	M	30	5:27:30
34	Bobby Bevel	M	37	5:31:22
35	Will Landreth	M	24	5:32:23
36	Natalie McBee	F	37	5:33:53
37	Rich Brown	M	49	5:37:02
38	Shannon McFarland	M	34	5:37:27
39	Charles Flanigan Jr	M	36	5:37:40
40	Katie Helms	F	33	5:39:06
41	Nick Lang	M	28	5:39:28
42	Anna Winter	F	27	5:41:05
43	Stan Ferguson	M	47	5:42:57
44	A.J. Wolfe	M	36	5:42:58
45	Jeremy Pate	M	33	5:44:22
46	Jason Coleman	M	33	5:44:23
47	John Phillips	M	51	5:44:37
48	Joshua Giannini	M	31	5:46:01
49	Murry Chappelle	M	51	5:50:00
50	Marc Stokes	M	36	5:51:07
51	Michael Sylvester	M	40	5:51:33
52	mary jones	F	47	5:52:09
53	John Kelly	M	44	5:52:14
54	Greg Pettus	M	36	5:52:30
55	Michael Poole	M	29	5:52:47
56	John McCann	M	37	5:53:03
57	brandon prichard	M	39	5:54:56
58	Jenny Weatter	F	30	5:55:24
59	Alison Acott	F	35	5:55:36
60	David Adair	M	33	5:55:45
61	Tim Harrington	M	40	5:58:56
62	Joshua Bornhorst	M	36	6:00:18
63	Kenneth McKnight	M	30	6:03:19
64	Dulcinea Groff	F	27	6:07:31
65	Andrew Graham	M	33	6:07:32
66	Patrick Rice	M	39	6:10:18
67	Karen Martin	F	39	6:12:32
68	George Peterka	M	50	6:12:51
69	Jim Apple	M	43	6:14:12
70	Robert Chandler	M	48	6:14:48
71	Willie Roberson	M	38	6:16:10
72	Rodney DeClue	M	46	6:18:00
73	Jon Fagg	M	43	6:18:10
74	Melanie Baden	F	42	6:18:25
75	Kevin Wright	F	44	6:19:42
76	John Leonardis	M	28	6:20:04
77	Bo Hornberg	M	43	6:21:10
78	Lydia Hyatt	F	20	6:25:40
79	Laurie Euler	F	28	6:27:00
80	Jim Sweatt	M	55	6:27:07
81	Coleen Voeks	F	37	6:28:33
82	Michael Linkogel	M	40	6:29:38
83	John Hazen	M	57	6:29:57
84	emily conley	F	38	6:32:17
85	Shane Cantin	M	41	6:38:10
86	Von Ralls	M	35	6:42:23
87	Ben Mansur	M	39	6:42:57
88	Kimmy Riley	F	49	6:45:25
89	Jim Brown	M	39	6:45:54
90	Kiran Hanumaiah	M	34	6:49:11
91	Gena Bonini	F	47	6:49:58
92	Salli Scott Young	F	38	6:49:58
93	Charles Hurst	M	53	6:51:12
94	Kayce Hall	F	32	6:51:45
95	Carla Branch	F	59	6:53:25
96	Adrian Hall	M	36	6:54:55
97	Micah Rose	M	33	6:55:11
98	Rebecca Zaworotko	F	32	6:55:28
99	Adam Eisan	M	31	6:55:29
100	glenn phillips	M	48	6:55:54
101	Deborah Webster	F	51	6:58:00
102	Deb Johnson	F	51	6:58:01
103	Amy Martin	F	37	6:58:13
104	Ted Ferris	M	41	7:01:25

105	Larry Brower	M	59	7:01:48	10	Jeremy Newell	M	34	2:27:58
106	Jay Huneycutt	M	50	7:02:09	11	MELISSA BELK	F	36	2:28:56
107	Thomas Mayfield	M	72	7:03:30	12	Dave Sorrell	M	53	2:33:12
108	Patrick Barker	M	46	7:05:30	13	Scott Fader	M	42	2:33:29
109	Stacy Chick	F	28	7:05:37	14	Jason Mcghee	M	40	2:34:24
110	Ryan Craig	M	36	7:13:57	15	Rosie Laughlin	F	45	2:36:15
111	Melissa Craig	F	30	7:13:58	16	Cassie Malone	F	33	2:37:38
112	Andrea Loveless	F	25	7:15:12	17	Veronica Battaglia	F	38	2:39:07
113	Ted Bearden	M	42	7:15:50	18	Tiffany Gaulke	F	26	2:39:36
114	David McLean	M	38	7:16:15	19	Valerie French	F	48	2:40:09
115	Marla Wiggins	F	45	7:16:53	20	Brock Bigard	M	33	2:41:39
116	Laura Range	F	44	7:20:07	21	Thomas Garner	M	36	2:45:51
117	Jody Lingbeck	F	38	7:25:11	22	TODD BRIERLY	M	44	2:48:02
118	Cariann Hutchens	F	40	7:25:19	23	Connor Bevel	M	15	2:48:21
119	Vicki Prince	F	52	7:26:36	24	John Saxton	M	38	2:49:17
120	Rebekah Fletcherr	F	45	7:27:19	25	Ethan Schock	M	41	2:49:32
121	Carol Earles	F	41	7:27:37	26	Joe Coffelt	M	45	2:50:38
122	Jennifer Miller	F	36	7:30:04	27	Steve Wright	M	40	2:52:56
123	Kelly Farrell	F	34	7:30:05	28	Frazer Gieselmann	M	33	2:53:07
124	Darren Miller	M	50	7:30:07	29	Christopher Mueller	M	36	2:53:42
125	Brenda Bonner	F	49	7:32:35	30	Don Willingham	M	44	2:53:51
126	Phil Brown	M	43	7:35:56	31	Jarret Kinder	M	31	2:54:10
127	Aimee Spencer	F	41	7:39:35	32	Timothy Lowrimore	M	35	2:54:48
128	Fletcher Golden	M	62	7:40:11	33	Jacob Widmann	M	29	2:54:53
129	Jaron Tate	M	32	7:42:21	34	Mel Farrales	M	43	2:56:48
130	Ali Rush	F	36	7:42:22	35	Marc Fisher	M	40	2:58:09
131	George McDonald	M	58	7:48:46	36	Darrison Wharton	M	39	2:58:10
132	Mark Higginbotham	M	55	7:59:28	37	Bill Dillard	M	40	2:58:11
133	Jack Tucker	M	55	7:59:29	38	Richard Crenshaw	M	52	2:58:31
134	Francesca Tronchin	F	37	8:01:52	39	GARY BUCKLEY	M	58	2:58:49
135	Johnny Eagles	M	58	8:04:29	40	Derek McKinnon	M	53	2:59:42
136	Nancy Kirk	F	54	8:07:15	41	Angela Conley	F	29	2:59:58
137	Anna Tuttle	F	30	8:14:05	42	James Hook	M	35	2:59:59
138	Jeremy Evans	M	37	8:15:53	43	Nicole Burdge	F	36	3:00:05
139	Tala Hill	F	50	8:18:11	44	Brandon Coleman	M	33	3:00:05
140	David Caillouet	M	52	8:40:56	45	Brad Harriman	M	32	3:01:00
141	Hilde Haynes	F	67	8:42:53	46	Matthew Jackson	M	33	3:01:19
142	Lisa Gunnoe	F	44	8:47:22	47	WADE LEWIS	M	58	3:01:55
143	Johnny Mitchum	M	63	8:52:39	48	Adam Taylor	M	35	3:04:39
144	Ulla Mansdorfer	F	52	9:30:52	49	Frank Lawrence	M	42	3:05:02
145	Lorinda Cohoon	F	42	9:33:07	50	Bruce Keisling	M	42	3:05:52
146	Dottie Rea	F	58	9:35:37	51	Brent Staley	M	33	3:09:51
					52	Rick Bailey	M	33	3:10:57
					53	Jeff Hathaway	M	51	3:11:07
					54	Paul Hockett	M	48	3:13:56
					55	Jim Warren	M	44	3:15:28
					56	Brian Russell	M	40	3:15:28
					57	Andrea Sayers	F	31	3:15:56
					58	Ron McCrrey	M	63	3:16:26
					59	Jeff Shepherd	M	45	3:16:58
					60	LaDell George	M	37	3:17:45
					61	Amy Jaegers	F	27	3:18:12
					62	David Rhea	M	47	3:18:21
					63	Joe Zuber	M	25	3:18:52
					64	Joshua Spore	M	27	3:21:08
					65	Tim Seachris	M	46	3:21:26

## 25K Results

Place	Name	Gen	Age	Time
1	Charley Hogue	M	35	2:06:46
2	Andrew Oberst	M	31	2:07:38
3	Matt Pruitt	M	27	2:11:17
4	Eric Butze	M	39	2:12:46
5	Charlie Duke	M	30	2:14:13
6	Nick Curton	M	29	2:18:45
7	Jarred Thweatt	M	36	2:27:08
8	Scott Morrow	M	30	2:27:12
9	Cory Johnson	M	38	2:27:39

66	Amber Ragland	F	30	3:22:13	119	Kellie Cox	F	28	3:56:48
67	Dan Sobkoviak	M	48	3:23:56	120	Leshia Stevens	F	53	3:58:41
68	Adiel Looney	F	34	3:24:10	121	Brenda Ransom	F	47	3:58:45
69	Jacob Edge	M	35	3:24:12	122	Karen Hayes	F	57	3:58:46
70	Kevin Pybas	M	50	3:24:45	123	Nick Openshaw	M	21	3:58:51
71	Lee Forbes-Belue	F	36	3:25:30	124	Clint Powell	M	58	3:59:29
72	Matt Gresham	M	38	3:26:58	125	Kevin Webb	M	51	4:00:03
73	Jason Floyd	M	38	3:28:10	126	Tyler Webb	M	21	4:00:04
74	Jeff Frye	M	42	3:28:10	127	Andy Rabiner	M	51	4:00:33
75	Mike Phelan	M	33	3:28:17	128	Terry Bishop	M	66	4:00:44
76	ray wynne	M	52	3:29:32	129	Jason Schepman	M	34	4:03:26
77	Ryan Pigg	M	30	3:29:32	130	Tina Mitchell	F	37	4:04:59
78	janet mcghee	F	42	3:30:53	131	Doug Brass	M	47	4:05:05
79	Steve Giles	M	57	3:32:15	132	Brad Simpson	M	36	4:06:22
80	Amanda Galbraith	F	29	3:33:44	133	Randy Stepherson	M	58	4:06:44
81	Lee Johnson	F	26	3:34:08	134	Sloan Cooper	M	36	4:06:47
82	Todd Anderson	F	39	3:34:30	135	gordon koops	M	54	4:07:47
83	Darin Bridges	M	44	3:34:47	136	Bobby Martin	M	39	4:09:34
84	Chris Maples	M	44	3:34:48	137	Roger Williams	M	69	4:10:43
85	Marija Sokolov	F	29	3:35:03	138	Jeff Mize	M	33	4:11:21
86	Shawn Mckinney	M	26	3:35:24	139	Trudy Hardie	F	34	4:12:34
87	Craig Conley	M	40	3:35:42	140	Suni Shaefer	F	34	4:12:34
88	Andrea Orians	F	30	3:36:16	141	Kevin King	M	43	4:12:49
89	Gary McBride	M	46	3:36:30	142	Michael Candler	M	47	4:13:15
90	Paxton Roberts	M	35	3:37:33	143	Bob Marston	M	60	4:16:20
91	Patrick Conley	M	42	3:37:33	144	Becky Hern	F	56	4:19:59
92	Barbara Blum	F	46	3:37:34	145	Lee Tolleson	M	26	4:20:12
93	Lisa Sloan	F	38	3:37:35	146	Susan Hornberg	F	42	4:20:13
94	Josh Johnson	M	30	3:38:15	147	Patre Williams	F	37	4:24:23
95	Bob Hotchkiss	M	54	3:39:33	148	Ronnie Adkison	M	52	4:26:25
96	Robert Grant	M	37	3:39:44	149	Holly Judd	F	38	4:26:26
97	Carla Athen	F	43	3:41:10	150	Alex Harrison	M	28	4:27:37
98	Cindy Cloninger	F	49	3:41:39	151	David McLaughlin	M	43	4:30:48
99	Tony George	M	63	3:41:59	152	Bryan Bevel	M	41	4:36:21
100	John Spore	M	54	3:42:07	153	Amanda Walrod	F	39	4:41:17
101	Alan Cox	M	55	3:42:46	154	Dianne Seager	F	54	4:41:55
102	James Crabill	F	50	3:43:19	155	Alexis Giannini	F	31	5:03:22
103	Greg Graber	M	45	3:44:10	156	Kristyn Adair	F	36	5:03:22
104	Bryan Jones	M	37	3:44:23	157	Jennifer Adair	F	33	5:03:23
105	Maggie Lonadier	F	50	3:46:30	158	Susan Diggons	F	62	5:03:43
106	Robert Thompson	M	34	3:48:27	159	Donna Duerr	F	55	5:03:43
107	richie sessions	M	35	3:48:28	160	kristina grisham	F	42	5:10:42
108	Brian Athen	M	40	3:49:21	161	Bill Brass	M	71	5:11:57
109	tom webb	M	66	3:49:43	162	Lou Peyton	F	66	5:14:54
110	Misty Brown	F	34	3:50:19	163	Otis Edge	M	72	5:14:56
111	David Craig	M	40	3:50:32	164	Vince Cucco	M	37	5:21:30
112	Dennis Fugate	M	59	3:51:20	165	Pamela Gold	F	52	5:22:41
113	Reta Graham	F	33	3:52:37	166	Ulrike Reiss	F	48	5:22:42
114	Wendy Pruitt	F	47	3:52:38	167	Peggy Hill	F	46	5:44:03
115	Steve Hyatt	M	52	3:53:44	168	Carol Adkison	F	53	5:46:59
116	Wayne Conley	M	63	3:54:03	169	Kathy Weatherl	F	48	5:47:00
117	Nicki Riley	F	22	3:54:22					
118	Torrey Barnhouse	M	41	3:56:22					

## Sylamore Trail 50K Trivia

Below are the finishing times and places of the only two runners to complete all 19 Sylamore 50K's. The purpose of these statistics is not to compare them but to highlight the successes of both. Stuart is clearly the more aggressive and competitive while Jim has consistently strong finishing performances. I look forward to next year and their 20th finishes at the 2012 Sylamore 50K.

Stuart Johnson  
Age 51, Shawnee, Kansas  
AURA brother

Jim Sweatt  
Age 55, North Little Rock, Arkansas  
AURA brother

Year	Number Finishers/Place	%'ile	Time	Time	Place	%'ile
1993*	38/4th	92%	5:34	5:58	10	76%
1994	33/3rd	94%	4:58:49	5:22:40	6	82%
1995	37/4th	89%	4:42:02	6:42:00	24	38%
1996	30/2nd	96%	4:52:08	5:19:00	4	90%
1997	32/4th	92%	5:03:01	7:45:05	26	22%
1998	54/7th	89%	5:01:17	5:38:36	15	89%
1999	75/9th	89%	5:07:52	6:15:54	30	61%
2000**	62/4th	95%	4:45:48	5:39:44	14	89%
2001***	69/9th	88%	5:17:04	5:51:59	24	67%
2002	81/9th	90%	4:58:14	6:03:03	25	69%
2003	108/8th	94%	5:19:05	6:09:06	26	77%
2004	201/11th	95%	5:00:19	6:13:13	51	75%
2005	187/27th	86%	5:14:05	6:10:48	66	65%
2006****	143/18th	88%	5:36:05	7:11:56	76	48%
2007	164/28th	83%	5:36	6:29	60	64%
2008	117/20th	84%	5:15:51	6:30:27	64	46%
2009	110/19th	84%	5:21:00	7:57:50	88	20%
2010	137/20th	86%	5:16:24	7:14:26	91	34%
2011	145/11th	93%	4:56:49	6:27:07	79	46%

\* Race began in 1993. Organized by Bill and Teresa Lasiter

\*\* 2000: Randy and Bobby Davidson became Race directors

\*\*\* 2001: Course change due to high water on Sylamore Creek

\*\*\*\* 2006: Greg Eason became Race Director. In 2007 the 25K distance was added to the race.

### RETREAD WEDNESDAY

RETREADS (retired runners eating out) meet at Franke's Cafeteria on Rodney Parham Blvd. All you lady RETREADS it is almost Spring and time to get your hair set. You gentlemen might need a hair trim. It's pension celebration time again. Hope to see everyone in time for the 11:30 a.m. lineup in the lobby.

## AURA Post Race Interview

Lisa Gunnoe  
Judsonia, Arkansas  
AURA Sister

*Congratulations on your Sylamore 50 K finish. You also finished last year, too. What made the "PR" difference in 2011?*

After DNFing in the Full mOOn 50K last summer I started increasing my training mileage. I began to enjoy the races and my times started improving a bit. The Bona Dea 50K gave me more confidence because I was able to run instead of walk so much of that race. The 17 Mile Fun Run at Athens Big Fork Marathon redefined “hills” for me, so the ones on the Sylamore Trail were no longer big and scary.

Things still weren’t working as they should; my asthma was giving me grief and my nutrition was lacking. I started asking questions. Chrissy helped me get my nutrition in order and Murry helped me ramp up my mileage without injury and get my taper right. Nutrition is a HUGE key for me. I asked Chrissy what she did: No SODA! No processed foods, no junk food and no fast food. I can eat anything I want on race day! I added a gluten-free diet because I found out that it interferes with hypothyroid medication. This has been such a key. Since going gluten-free I can breathe!! Try running without being able to breathe - No Fun. So this has helped my asthma.

The improved nutrition has also helped with recovery. I’m at least a week ahead of my normal recovery after a race.

*Describe your running and training in you hometown of Judsonia.*

The frustrating thing about living in Judsonia is that I have to travel at least an hour in any direction to find a trail. Trails are much preferred to road running for me. I end up putting most of my miles in on local country roads or the bike path in Searcy. I would rather run on the roads as there are some monster hills out here in the country (hills make us strong!).

Most of my miles are solo. I have been blessed to have training partners from time to time and Wally the Trail Dog loves to help me defeat the trail monsters. But having to go it alone has shown me that, yes, I am a runner because I will get out and do it, even alone.

*As an ultra runner, what do you think your strongest asset is. If you could improve on something, what might that be.*

I think my strongest asset would be my unwillingness to give up. There is nothing in my genetics nor my life prior to 3 years ago that would indicate “runner”. But once the bug bit, I just don’t see myself quitting. The more I run the more I love running. I also read, study, and try to learn from those who are achieving what I would like to achieve.

My biggest improvement will come with weight loss, and continued proper nutrition. My goals are only achievable with determined weight management. I have to figure out how to fit more mileage into a busy life. I have to be willing to do the 2:00 am and run before being at work at 5am. I have to figure out how to fit ultra training into the lifestyle of a non-running family. I would like to go from just completing races to competing in my age group. I hope to do longer races and smile more when the race sucks!

*Can you share with us some of your running goals. Starting with the 2011 Sylamore and other events that you would like to do in the future.*

I made some goals that scare me a bit when I think about them. I'm running three 50K's in 56 days (Sylamore 50K, 3 Days of Syllamo 50K and Ouachita 50K). I have never run a race schedule like that. The plan is then to rest and recover in May, and then start ramping up the training again.

I would like to PR in Bartlett Parks Ultra 50K and then run in the Marine Corp Marathon on Oct 30th in Arlington VA. I have run one road marathon. While they aren't my favorite, it is time to do another. I have unfinished business with Full mOOn 50K and the LoVit Trail Marathon; as in finishing these races. Beyond 2011, I would like to try a 50 miler in 2012 and then consider longer distances after that.

*Let's get back to the Sylamore. Every one I've spoken to likes the Sylamore. You know -- the race the trail the locale. Tell us how you feel about it.*

Wow, how do I feel about the Sylamore!!! Chris, my husband, and I have a joke about the Sylamore Trail being my secret lover! Everything from training runs in the snow and ice to backpacking, hiking and camping; the Sylamore Trail is about my favorite place in AR.

In Feb 2009 the Sylamore 25K was my first trail race and, as of then, my longest race.

The race is amazing, not only because of the beautiful location but also the people involved. Everyone from racers to the race director to volunteers work to make this the grand race that it is... oh yes, there is that pesky creek crossing!!!

*So...Tell us how your race went.*

This race, for me, was about redemption because of my miserable race last year. I came in last, walking most of the second half, crying as well as walking. Susy swept me down the trail as she was sweeping the trail. She helped me realize that just finishing was a win. I told Susy that trail runners don't cry, she told me they do. I told her that trail runners don't whine, she told me they do that too. They just keep moving forward.

My goal was to finish this raced by the 9 hour finish time. That would be an improvement of 1 hour 37 minutes. My plan was to get to the turnaround at Barkshed without going out too fast. I got to the turnaround in 4:10, on schedule. I was getting excited and could see it happening. I ran back to Gunner Pool with a negative split; feeling awesome.

The next section is the hardest for me because my weakness is hills and there are some big ones. This was the longest dang five miles of my life. When I FINALLY got to Blanchard Springs I was still ahead of schedule though that section was my slowest. I knew I could make it in the 9 hour time limit at this point. So, I just ran. Every runnable downhill and every flat was run.

Chrissy was at the finish line waiting and ran in with me. What a victory!!

This race taught me that while I train alone, and while alone during most of the race, I'm not alone. My ultra running family is an email/phone call away and they are with me every step of the way

*Thanx Lisa! You are a true Ultra Warrior*

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### Recognize this picture?



It's the Green Wire Crossing on the Ouachita Trail a few miles past the North Shore Aid Station. You can see the snow on picture right.

## The Traveller Mini-Loop

February 26, 2011

Lake Winona, AR

### 25 Miles (UTS Race #9)

Place	Name	Sex	Age	Time
1	Caleb Manis	M	20	3:42
2	Mark DenHerder	M	46	3:43
3	Jason Auer	M	28	3:48
4	Rich Brown	M	49	3:58
5	Dustin Speer	M	29	3:59
6	Stan Ferguson	M	47	4:00
7	Thomas Chapin	M	33	4:0?
8	Josh Brown	M	22	4:17
9	Jenny Weatter	F	30	4:19:47
10	Cliff Ferren	M	55	4:19:51
11	Josh Bornhorst	M	36	4:23:49
12	Bill Coffelt	M	51	4:40:00
13	Kimmy Riley	F	50	4:51:37

14	Patrick Barker	M	47	4:55:38
15	Don Preston	M	55	5:13
16	Greg Eason	M	40	5:09:21
17	Stephanie Stewart	F	30	5:09:21
18	Jim Sweatt	M	55	5:24:21
19	Karen Hayes	F	57	5:43
20	Tammy Walther	F	39	5:43
21	Pete Ireland	M	70	5:44:15
22	Johnny Eagles	M	59	5:59
23	Sammy Barnes	M	54	6:27:11
24	Bill Brass	M	71	6:37:03

Participants taking the "Half" option:

Ann Moore	3:50
Bob McKinney	3:53
Lou Peyton	3:31
Otis Edge	3:31
Tom Chapin	3:31
Chrissy Ferguson	3:31

## AURA Picture Gallery



AURA members Pete Ireland, Patty Groth and Rhonda Ferguson show off the February 2011 snow fall at the new mountain biking trail at Pinnacle Mountain State Park.

## Ultra Trail Series (Leader) Standings

(For complete rankings go to the UTS section on [www.RunArkansas.com](http://www.RunArkansas.com))

### Open – Female

	Name	mOOon	Nebo	Bart	AT100	Bona	LOV	ABF	Syla	Mini	Total
1	Kimmy Riley	47	45	51	75	27	29	44	34	43	395
2	Jenny Weatter		56		105	55	35	33	45	54	383
3	Chrissy Ferguson	18	34		62	44	23	24			205
4	Katie Helms	30					57	55	56		198
5	Tammy Walther	12			89		17			29	147
6	Lisa Gunnoe		22	41		21			22		106
7	Karen Hayes	24		52						29	105
8	Dianne Seager				51			24			75
9	Jamie Huneycutt	36				33					69
10	Veronica Battaglia	58									58

### Open – Male

	Name	mOOon	Nebo	Bart	AT100	Bona	LOV	ABF	Syla	Mini	Total
1	PoDog Vogler	74		54	108	47	25	29	54		391
2	Mark DenHerder	52	45	54		58	46	17	43	61	376
3	Darby Benson	63	73				57	63	37		293
4	Rich Brown		11	43	92		34	13	19	39	251
5	Stan Ferguson	46	62				40	52	15	33	248
6	Jason Auer	13	39	43		36	12	3		50	196
7	Murry Chappelle	12	20	32	54	30	15	10	12		185
8	George Peterka	11	8	26	65	18	7	7	5		147
9	Jeffrey Graham	24	51				68				143
10	Paul Schoenlaub	8						41	65		114
11	Paul Turner	16.5					25	35	31		107.5
14	Steven Preston	16.5	17		37						70.5
15	Andrew Graham	14	23				18		6		61
16	James Holland	34							25		59
18	Matt Kirkpatrick		27					23			50
20	Joshua Bornhorst						9	4	9	21	43
22	Allen Plack	40									40
26	Steve Appleton	28									28
34	Matthew Jackson	9									9

### Masters – Female

	Name	mOOon	Nebo	Bart	AT100	Bona	LOV	ABF	Syla	Mini	Total
1	Kimmy Riley	55	55	51	103	32	43	53	54	52	498
2	Chrissy Ferguson	27	44		87	54	32	36.5			280.5
3	Lisa Gunnoe		27	41		26			32		126
4	Karen Hayes	33		52						41	126
5	Dianne Seager				73			36.5			109.5
6	Jamie Huneycutt	44				43					87
7	Judy Massingill	21	33				26				80
8	Deb Baker						54				54
9	Dottie Rea		21						26		47
10	Tala Hill								43		43



**UTS Miles** (High Mileage Club level = 299 miles)

Name	mOOn	Nebo	Bart	AT100	Bona	LOV	ABF	Syla	Mini	Total
Kimmy Riley	31	14	40	100	31	26	26	31	25	324
Murry Chappelle	31	14	40	100	31	26	26	31		299
George Peterka	31	14	40	100	31	26	26	31		299
Stan Ferguson	31	14		100	31	26	26	31	25	284
PoDog Vogler	31		31	100	31	26	26	31		276
Patrick Barker	31	14		100	31	26		31	25	258
Chrissy Ferguson	31	14		100	31	26	26		25	253
Jenny Weather		14		100	31	26	26	31	25	253
Rich Brown		14	31	100		26	26	31	25	253
Paul Turner	31			100	31	26	26	31		245
Mark DenHerder	31	14	40		31	26	26	31	25	224
Johnny Eagles			31	100		26		31	25	213
Joshua Bornhorst				100		26	26	31	25	208
Lisa Gunnoe		14	31	100	31			31		207
Bill Brass	31	14		100	31				25	201
Jamie Huneycutt	31			100	31			31		193
Jason Auer	31	14	40		31	26	26		25	193
Paul Schoenlaub	31			100			26	31		188
Karen Hayes	31		31	100					25	187
Tammy Walther	31			100		26			25	182
Pete Ireland	31	14		100					25	170
Mike Samuelson			50	100						150
Steven Preston	31	14		100						145
Dottie Rea		14		100				31		145
Frank Massingill		14		100		26				140
Maurice Robinson	31			100						131
Darby Benson	31	14				26	26	31		128
Dianne Seager				100			26			126
Katie Helms	31					26	26	31		114
James Holland	31		50					31		112
Andrew Graham	31	14				26		31		102
Elaine Gimblet				100						100
Kim Johnson				100						100
Rosemary Rogers				100						100
Eli Perez				100						100
Steve Appleton	31						26	31		88
Cliff Ferren						26	26		25	77
Alan Hunnicutt	31	14			31					76
Judy Massingill	31	14				26				71
Jeffrey Graham	31	14				26				71
Matt Kirkpatrick	31	14					26			71
Michael Harmon		14		25		26				65
Greg Bourns	31					26				57
Tala Hill						26		31		57
George McDonald						26		31		57
Dale Powell	31	14								45
Kevin Griffith	31	14								45
Don Pucik		14	31							45
Lisa Vorwerk		14			31					45



## 21st Annual Ouachita Trail 50 Mile and 50K

April 16, 2011, 6:00 AM  
Maumelle Park, Little Rock, Arkansas  
Presented by the Arkansas Ultra Running Association

*Proceeds benefitting Partners For Pinnacle*

Featuring a picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle, the course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail.

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. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

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: \$60 if post marked by April 4th. \$75 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

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

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

Address \_\_\_\_\_

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

e-mail \_\_\_\_\_ Age on 4/16/2011 \_\_\_\_\_ (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 \_\_\_\_\_

## (e)BONUS PHOTO



January 2011 - A frozen Big Maumelle Creek on the  
Ouachita Trail between Hwy 10 and hwy 9.  
Photo by Pete Ireland

23rd Edition; Number Two  
The AURA – None but the Brave.  
A Member of the RRCA Since 2001

### **AURA HOT FLASH!**

At the March AURA Meeting and Potluck, I have just received word that our Club's Vice President, Michael Dupriest, has offered to give a program on

***“Ultra Running from a Medical Perspective.”***

Don't miss it!

**It is Finished!**