

THE ARKANSAS ULTRA RUNNER
August 2012
The Newsletter For Members of the Arkansas Ultra
Running Association

AURA Website - www.runarkansas.com

AURA Forum/Message Board - www.arkrrca.com

Message from AURA President - Stan Ferguson

The last couple of months I've included mentions in this column about AURA brother Mike Samuelson and his Run Across America on Trail adventure. As of July 31st they are on day 63 of an 80 day plan, and have traveled well into Ohio on the journey from Washington state to Delaware. Mike also reached a very significant personal milestone a few days ago. I'll just offer my congratulations and admiration to him here (in case he sees this), and you can check out his updates if you don't know what I'm talking about. Once again, you can follow on the blog at <http://runacrossamericaontrail.blogspot.com/>

As expected, the Midnight Run last month was HUGE. Out of curiosity, I compared this year's results with those from ten years ago. In 2002 there were 25 finishers of the Midnight 50K. This year there were 108 50K finishers and 123 for the 25K. Oh, and for some reason I ran an hour slower. Maybe I can blame it on the crowded start? What's outstanding is three guys running four hours or better, and especially Nick Lewis lowering his course record by several minutes. I'm not sure what Nick has on his calendar for the rest of the year, but I hope he's getting tuned up for something big; I think he's ready!

If you haven't checked out Arkansas Outside, you really need to. They've been doing great coverage of a multitude of local outdoor sports (--not football, but stuff like WE do!) A story on the Midnight Run and a bunch of pictures can be found at <http://www.arkansasoutside.com/howling-at-the-moon-2/> But be sure to visit their home page to see all the stuff they're doing.

Something I'm excited about is the rise in participation with the 2012-2013 Ultra Trail Series. With it having just kicked off, there are already 61 folks registered—which is almost equal to the most that we've had since introducing the sign-up process for the series. I feel confident that we'll push this to be the biggest year yet. Of those signed up, 40 participated at the Midnight Run 50K, and several more UTS-ers did the 25K (I guess they are still getting warmed up prior to making their series debut). To me this is another great measure. Signing up is great, but for people to show up at the runs is what we really want. Not signed up yet? Do it! One more time: members registering online can use coupon code AURAUTS13 to get the discounted rate.

The next UTS event will be August 25th at Mt. Nebo. It's hard to believe, but this will be the 8th running of the Aspel hill-top classic. Tom has made sure to keep the course identical each year, so you can look back and see exactly how you match up with past combatants. For those racing with an attitude, here are the winners' and some other top times from previous years:

Time	Men	Age	Origin	Year	Place (Overall)
1:37:14	James Bresette	46	Clinton	2007	1
1:37:50	Darby Benson	39	Fayetteville	2009	1
1:37:59	Darby Benson	40	Fayetteville	2010	1
1:38:31	Darby Benson	36	Fayetteville	2006	1
1:39:42	PoDog Vogler	43	Russellville	2009	2
1:40:13	Darby Benson	37	Fayetteville	2007	2
1:40:46	PoDog Vogler	45	Russellville	2011	1
1:40:57	Chris Block	28	Conway	2009	3
1:41:48	PoDog Vogler	41	Russellville	2007	3
1:42:08	Paul Turner	46	Conway	2009	4
1:43:24	Paul Turner	45	Conway	2008	1
1:43:45	Sandbagger Mills	45	Russellville	2007	4
1:43:50	Mark Riley	26	Fayetteville	2011	2
1:43:53	Chuck Campbell	42	Russellville	2005	2

Time	Women	Age	Origin	Year	Place (Overall)
1:41:53	Aoife Cooke	18	Russellville	2005	1
1:55:21	Olivia Campbell	19	Russellville	2011	9
1:56:07	Erin Harper	28	Kentucky	2008	9
1:57:21	Katie Helms	33	Fayetteville	2011	12
1:58:13	Kim Morton	33	Maumelle	2005	11
2:03:01	Alison Jumper	34	Fayetteville	2009	13
2:04:25	Natalie McBee	33	Fayetteville	2006	11
2:07:17	Katie Helms	29	Fayetteville	2007	14
2:08:18	Aoife Cooke	19	Ireland	2006	15
2:09:56	Jenny Brod	29	Maumelle	2010	19

It will be interesting to see if PoDog can defend his title at Nebo—one week after Leadville. It will be interesting to see if I can go down and up Mt Nebo without completely ripping my Achilles from my heel. Those and other stories will unfold later this month in River Valley land. That's it for now. See you "out there"!
Stan

Speaking of PoDog below is a very special message from the Dog!

Hey everyone, I know it's a scary thought, but I'm the new person in charge of getting the Traveller course in shape to run. And yes it's that time of the year again. I was hoping people would be free Friday, August 24th. We'll meet at about 9:00 at the powerline aid station and clear trail around the Smith Mountain area of trail. Bill Walther has agreed to bring out his bush hog and with the dry weather we have been having, the trail should not be too over grown. Good items to bring include: gloves, protective eye wear, bug spray, weed eaters, lopers, hedge trimmers, hand saws etc..., but you do not have to bring anything. Also, you should bring a hydration pack of some sort because it will probably be hot. We'll provide lunch for after.

If you do plan to come, please drop me an email so I have an idea of how many people to expect. robertvogler@netscape.net

Thanks for all your help in advance. Remember that many hands makes for light work, so bring a friend and it will only take a couple of hours. We usually have a pretty good time, so come on out.

PoDog

Full mOOn 50K
Saturday, July 14, 2012
Full mOOn Run Comes of Age

PERRYVILLE, AR – Turns flowered, glow sticks hung, water dropped, the 2012 Full mOOn 25K & 50K was ready to go. More volunteers came to help than any year in the past including my best friend and right-hand man, Grant Davis, *the* Finish Line Diva herself, Linda House, Frankie Parks and his Ham Radio crew, Kimberly Morton and the Little Rock Hikers club, horse-wounded ultra runner Lisa Gunnoe, Big \$hot & Birthday Girl Mama Lou heading to the 50K turnaround aid station as well as Birthday Mom, Elaine Gimblet and Wife Supreme Jayme Sturgeon heading to the ever-boisterous 25K turnaround aid station.

God save the Queen if you give me a bullhorn, but those Ferguson's do every year. I stepped up to the start/finish line and spit terse instructions into the horn to get the early starters starting. Singing Happy Birthday was invaluable for creating mood and blowing another 60 seconds before the start. Dottie Rea and Rhonda Ferguson and some random guy I didn't know were the objects of the impromptu sing-along. Then they were off! Then the fun began. As Cookie GD put together the most elaborate and electrical finish feast ever, 243 of my closest friends and favorite people piled in line to get registered and numbered for the Party Run. And what a party it was.

If you're reading this having missed the event, or never done the Full mOOn 50K, let me explain "Party Run." Just as any adoring husband of an ultra marathon pioneer queen, The Big \$hot, Charley Peyton started the Midnight 50K as a birthday party fun run for Lou in something like 1884. Chili Pepper King, Rocky, cooked a breakfast feast for the runners who would hang around telling stories, catching up and cheering in finishers. I first ran the 25K in 2005 after a gnarly trail triathlon that morning. In 2006, I set my 50K PR on the humid & hilly course. In defiance of any disability, I made an appearance and walked something like 1.8 miles of it in 2007 donning a rubber neck brace having broken my neck two weeks before. I retired from ultra running in 2008, so Stan approached me to take over the Midnight Run. Thinking, "It's just a fun run with a few dozen runners," I said "Sure!" And away we went. Growing from about 80 runners in 2007 to 243 this past month has been a long strange trip. I'm always amazed at how far people come to run Full mOOn: Texas, Mississippi, Louisiana, Tennessee, Missouri, Oklahoma, Arizona and this year California. Ham Radio crews were amazed at the number commenting that it was nearly twice that of the Arkansas Traveller, while calling in 100 runners at a time from the 25K turnaround station.

Never wanting to stray from the original spirit of the Midnight Run, I kept as close as possible to Charley's course, start time, no-fees, no-frills birthday bash. I listed the event in a couple of online calendars and we began to grow until I found myself cheering at the finish line last month

as a record number of finishers passed by. Groups of runners clustered around the red glow of the race clock rising to their feet for their running buddies and strangers alike. Most runners stayed all night, actually, even the super fast and winners like Leah Thorvilson (4-time winner of the Little Rock Marathon who loves to party). Until the very last runner strode to the finish with just two minutes to spare before 8 a.m. Vincent Ma, an ultra running maniac, had flown from California to Missouri to run a 50K at 6 a.m. in Kansas City that morning, then rented a car and drove 6.5 hours to Lake Sylvia to run the Full mOOn 50K starting 50 minutes late. The crowd that gathered to cheer him in brought an exhausted smile to all our faces. I remember thinking, this is what it's all about – a community of runners enjoying a trail run and each other, each finish a finish for all of us.

New Next Year

In 2011, the event was so big, the park built us an additional parking lot (ok, not really). However, this year was the last time the Forest Service would grant us a free permit because of our growth. The 2013 Full mOOn run will be Saturday, July 20, same time, same place with an actual full moon. Because of our status with the FS, there will be pre-registration with a modest entry fee. I'll be hanging up the Pee Wee Race Director status I've enjoyed to this point and have to do some actual work to put on the event. This will also be the first year we have race T-Shirts and finisher awards. While I'd rather maintain the format we've had so many good times with, I'm excited to see what this new chapter brings for our running community and friends and know we'll keep the party rockin' & runnin'!
Lil' B. Susy P.

Midnight 50K and 25K

July 14, 2012

Lake Sylvia Recreation Area, Arkansas

50K Run ([2012-2013 UTS Race #1](#))

Men

- 1 Nick Lewis 3:43:00! New Course Record
- 2 Charlie Duke 3:53:36
- 3 Bryan Roberson 4:00:00
- 4 Chris Moutos 4:12:18
- 5 Tom Brennan 4:16:18
- 6 Zach Perry 4:21:11
- 7 Thomas Chapin 4:26:24
- 8 Mark DenHerder 4:30:26
- 9 Erno Lininer 4:34:35
- 10 Brian Novak 4:34:35
- 11 James Holland 4:47:23
- 12 Walker Higgins 4:50:26
- 13 David Joseph 4:56:04
- 14 Ed Melancon 4:57:41
- 15 Ashley Hook 4:59:30
- 16 Kevin Leathers 5:04:49
- 17 Bill Coffelt 5:07:16
- 18 Jake Anderson 5:13:39
- 19 Brian Cockrell 5:14:52

20 Paul Turner 5:15:35
21 Rob Seibert 5:23:08
22 Alan Hunnicutt 5:25:49
23 Rich Brown 5:26:01
24 Jason Jeffers 5:26:25
25 Ryan Cope 5:26:26
26 George Peterka 5:34:37
27 Dustin Speer 5:34:37
28 Jason Auer 5:36:34
29 Todd Blanchard 5:38:04
30 Joel Perez 5:40:26
31 Scott Sander 5:40:37
32 Philip Lawrence 5:42:08
33 Stan Ferguson 5:47:40
34 Steve Appleton 5:51:01
35 Robert Williamson 5:54:38
36 Josh Broome 5:54:48
37 Armano Centanni 5:54:50
38 Brian Wright 5:56:02
39 Ryan Westin 5:58:13
40 Gary Kowalski 5:59:14
41 Chuka Bible 5:59:14
42 Chris Baldwin 6:00:42
43 Shannon Taylor 6:05:20
44 Michael Montgomery 6:05:54
45 Chris Phillips 6:05:54
46 Reid Landes 6:08:29
47 Mark Fetters 6:08:41
48 Ragan Sutterfield 6:11:27
49 Rob Philip 6:16:56
50 Jacob Wells 6:18:33
51 Malcolm Smith 6:20:02
52 Brad Rogers 6:21:57
53 Clellan Brown 6:24:46
54 Chris Ho 6:25:48
55 Jonathan Young 6:25:48
56 Daniel Shaffer 6:29:02
57 Michael Poole 6:29:02
58 Frank Massingill 6:36:49
59 Mark Roth 6:36:49
60 Brian Neal 6:39:55
61 Jeff Soileau 6:39:55
62 Russell Bennett 6:42:00
63 Emon Mahoney 7:11:14
64 Brent Morrison 7:12:36
65 Audy Swaim 7:15:44
66 Joe Milligan 7:20:48
67 Austin Cathey 7:22:07
68 Cameron Hardwick 7:22:07
69 Nicholas Norfolk 7:31:55
70 David Meroney 7:31:55
71 Phil Brown 7:46:18
72 Vincent Ma* (7:06:51) 7:55:51

*Late starter

Early Starters

- 73 James Norris 6:18:58
- 74 Daniel Goh 7:10:35
- 75 Josh Drake 7:26:48
- 76 Herb Jarrell 7:35:47
- 77 Greg Bournes 8:18:38
- 78 Mark Cato 8:36:30

Women

- 1 Jeanne Claire-white 4:37:15
- 2 Deb Baker 5:10:59
- 3 Stacy Shavers 5:25:25
- 4 Jenny Brod 5:39:33
- 5 Rose Deal 5:04:25
- 6 Karen Hayes 5:58:10
- 7 Erin Vratil 6:00:16
- 8 Chrissy Ferguson 6:11:18
- 9 Christy Payne 6:20:02
- 10 Rachael Speer 6:24:57
- 11 Tina Ho 6:25:48
- 12 Jana Young 6:25:48
- 13 Becky Humes 6:40:59
- 14 Angie O. Fisher 6:46:00
- 15 Kimmy Riley 6:49:59
- 16 Carol Earles 6:53:19
- 17 Stephanie Stewart 6:55:33
- 18 Hillary Looney 6:55:33
- 19 Laura Earley 6:55:33
- 20 Melinda Kruger 7:02:29
- 21 Shannon Humphrey 7:02:29
- 22 Judy Massingill 7:21:06
- 23 Belinda Jared 7:21:26
- 24 Lori Dather 7:21:26
- 25 Tara Knight 7:35:37
- 26 Katy Lemasters 7:35:50
- 27 Angie Stewart 7:35:51
- Early Starters
- 28 Debra Reynolds 7:13:40
- 29 Andi Stracner 8:17:44
- 30 Tara Knight 8:36:37

25K

Men

- 1 Aaron Batey 1:39:04
- 2 Matt Pruitt 1:39:50
- 3 Josh Holt 1:40:34
- 4 Barrett Lerth 1:50:12
- 5 Gary Taylor 1:51:13
- 6 Rodney Sasse 1:55:00
- 7 Chris Brock 1:55:18
- 8 Imari Dellimore 1:55:37
- 9 Adam Servies 2:01:12
- 10 Aaron Ochoa 2:06:28
- 11 Trace McIntyre 2:07:09
- 12 Erik Heller 2:09:34
- 13 Chris Montgomery 2:09:54
- 14 Phil Davidson 2:10:07

15 Andy Karlin 2:10:40
16 James Reeves 2:13:34
17 Tim Hall 2:13:53
18 Cory Johnson 2:14:20
19 JJ Mayo 2:16:15
20 Don Erbach 2:16:15
21 Caleb Ault 2:16:46
22 Eric Jones 2:21:52
23 Jon Honeywell 2:23:50
24 Bryan Kizzire 2:23:51
25 Mitch Boeckman 2:23:36
26 Kevin Navin 2:25:52
27 Greg Eason 2:26:34
28 John Krillenberger 2:27:13
29 Don Morgan 2:28:22
30 Glenn Lance 2:29:11
31 Dave Mundorf 2:29:24
32 Brandon Allen 2:29:30
33 Michael Robbins 2:31:04
34 John Greene 2:32:31
35 George McDonald 2:36:42
36 Earl Simpson 2:40:24
37 David Newman 2:40:40
38 Brian Hunter 2:41:01
39 Nate Smith 2:43:38
40 Brent Robinson 2:44:42
41 Jeremy Sasse 2:44:48
42 Joe Cordi 2:45:58
43 Scott Higgins 2:49:50
44 ??? 2:52:23
45 James McManners 2:52:24
46 Alex Wan 2:52:25
47 Nick Ortego 2:52:26
48 Dan Curriden 2:58:20
49 Jon Tilp 2:58:20
50 Patrick Barker 2:59:54
51 David Fauchenaux 3:05:50
52 Robert Chandler 3:08:23
53 Blair Parker 3:08:24
54 Roger Williams 3:19:45
55 Cory Adams 3:19:55
56 David Edwards 3:30:42
57 Fletcher Smith 3:31:45
58 Cody Johnson 3:35:49
59 Don Preston 3:38:40
60 Bill Dobbins 3:38:53
61 Sam Barnes 3:42:32
62 Pete Perkins 3:46:05
63 Randy Tolbert 3:52:32
64 Ernie Peters 3:53:06
65 Raphael Van 4:03:58
66 Terje Stoneman 4:20:08
67 Dan Belanger 4:23:08
68 Jerry Bratton 4:33:40
69 John Quinn 4:39:32

70 Jessie Riley 5:54:16

Early Starters

71 Jason Stracner 3:22:37

72 Michael Erwin 3:23:12

73 Brian Sirak 3:24:15

74 Earl Simpson 2:41:24

75 Ron Gimblet 2:50:52

76 Johnny Eagles 3:56:02

77 Bill Brass 4:03:30

78 Bryan Day 4:04:09

79 Eric Fritschie 4:32:09

Women

1 Leah Thorvilson 1:51:13

2 Whitney Kerth 1:55:41

3 Meghan Lewis 1:55:44

4 Kenzie Bloom 1:56:40

5 Stephanie Spurgat 2:20:12

6 Misty Brown 2:21:20

7 Jenny Wilkes 2:23:50

8 Tori Copeland 2:25:26

9 Jen Freilino 2:25:35

10 Vicki Artenburn 2:34:48

11 Melanie Baden 2:36:16

12 Katie Routh 2:41:09

13 Jody Lingbeck 2:45:28

14 Amy Centanni 2:48:02

15 Gabby Loubiere 2:52:27

16 Kayce Hall 2:54:50

17 Nicole Hobbs 2:55:03

18 Holly Hensarling 3:00:02

19 Shannon Bloom Hills 3:06:59

20 Kim Johnson 3:07:59

21 Rhonda Ferguson 3:07:59

22 Wendi Neal 3:08:22

23 Lisa Mullis 3:17:24

24 Lena Manning 3:18:58

25 Whitney Ross 3:19:24

26 Ravan Lawson 3:22:13

27 Deann Ditherage 3:24:07

28 Lacey Kelley 3:29:50

29 Kayla Espey 3:39:05

30 Linda Ault 3:47:28

31 Alexis Tolbert 3:52:32

32 Robin Tolbert 3:53:07

33 Alexis Defilippo 4:03:56

34 Kim Morton 4:20:09

35 Elizabeth Quinn 4:39:34

Early Starters

36 Marie Gardner 2:54:43

37 Misty Brown 3:22:20

38 Sarah Jensen 3:24:14

39 Robin Ballhumer 3:38:55

40 Dottie Rea 3:38:57

41 Melissa Martin 3:41:24

42 Patty Groth 3:56:01
43 Gina Pharis 3:04:08
44 Sara Fritschie 4:32:10
Other Distances Time
Patre Williams - 20 m 5:19:00
Tom Zaloudek - 10 miles
Corky Zaloudek - 10 miles
Jason Abernathy misc. 1:59:00

Invite from Becky Humes President of the Little Rock Roadrunners Club

LRRC Olympic Track Meet

<http://www.littlerockroadrunners.com/index.php?main=trackmeetregistration>

As the newest president of the Little Rock Road Runners I cordially invite you and all your club members to join us for our Olympic Track Meet on August 18th, 2012 @ Scott Field Forest Heights Middle School. Above is the link to sign up for the events and you can pay at the event. The LRRC All-Comers Track Meet is free for members of the Little Rock Roadrunners Club! If you are not a Little Rock Roadrunner, the entry fee is \$5 (this covers any and all events). Non-members can use this form to register, but will need to bring \$5 in cash or check on the day of the meet.

***Or, non-members can now sign up for the Little Rock Roadrunners Club and the Track Meet for just \$10 to take advantage of our "Olympic Special". Go to <https://register.macsrts.com/Register/?event=2785> to sign up for the LRRC (only \$10 for the rest of 2012). Once you are registered for the Club, return to this page, fill out your registration and owe nothing on the day of the meet. New members to the LRRC will also receive a free club t-shirt!

It will be Olympic themed so bring your tents and your banners and let the Arkansas Games BEGIN!!!

Look forward to seeing you!!!
Becky Humes

Retreads

First Wednesday of the month
Franke's Cafeteria
11121 N. Rodney Parham Road
(Market Place Shopping Center)
Dutch Treat
Wear something to show
you are one of the gang -- shirt,
hat, scarf, finisher medal, etc.
Just show up and look for the Old
Runners: Retreads. For more
information contact Charley or Lou
Peyton at 225-6609 or
chrlypytn@gmail.com

2012-2013 Ultra Trail Series Standings

[Open](#) - [Master](#) - [GrandMaster](#) - [Senior](#) - [SuperSenior](#)

[UTS Race Schedule](#)

Open Division**Women**

Rank	Name	Midnight	Nebo	Total
1	Deb Baker	62		62
2	Stacey Shaver	51		51
3	Jenny Brod	40		40
4	Karen Hayes	34		34
5	Chrissy Ferguson	28		28
6	Tina Ho	22		22
7	Angie Orellano-Fisher	16		16
8	Judy Massingill	12		12
9	Lori Dather	9		9
10	Katy Lemasters	6		6
11	Angie Stewart	3		3
12	Debra Reynolds	2		2

Men

Rank	Name	Midnight	Nebo	Total
1	Tom Brennan	77		77
2	Thomas Chapin	66		66
3	Mark DenHerder	55		55
4	James Holland	49		49
5	David Joseph	43		43
6	Bill Coffelt	37		37
7	Brian Cockrell	31		31
8	Paul Turner	27		27
9	Alan Hunnicutt	24		24
10	Rich Brown	21		21
11	George Peterka	18		18
12	Dustin Speer	17		17
13	Jason Auer	16		16
14	Todd Blanchard	15		15
15	Stan Ferguson	14		14
16	Chuka Bible	13		13
17	Malcolm Smith	12		12
18	Chris Ho	11		11
19	Jonathan Young	10		10
20	Michael Poole	9		9
21	Frank Massingill	8		8
22	Joe Milligan	7		7
23	Nicholas Norfolk	6		6
24	Joshua Drake	5		5
25	Herb Jarrell	4		4
26	Greg Bourns	3		3
27	Mark Cato	2		2

Master Division**Women**

Rank	Name	Midnight	Nebo	Total
1	Deb Baker	59		59
2	Stacey Shaver	48		48
3	Karen Hayes	37		37
4	Chrissy Ferguson	31		31
5	Tina Ho	25		25
6	Angie Orellano-Fisher	19		19
7	Judy Massingill	13		13
8	Lori Dather	9		9
9	Debra Reynolds	6		6

Men

Rank	Name	Midnight	Nebo	Total
1	Tom Brennan	67		67
2	Mark DenHerder	56		56
3	Bill Coffelt	45		45
4	Paul Turner	39		39
5	Alan Hunnicutt	33		33
6	Rich Brown	27		27
7	George Peterka	21		21
8	Todd Blanchard	17		17
9	Stan Ferguson	14		14
10	Chuka Bible	11		11
11	Malcolm Smith	8		8
12	Frank Massingill	7		7
13	Joe Milligan	6		6
14	Joshua Drake	5		5
15	Herb Jarrell	4		4
16	Greg Bourns	3		3
17	Mark Cato	2		2

Grand-Master Division**Women**

Rank	Name	Midnight	Nebo	Total
1	Deb Baker	56		56
2	Karen Hayes	45		45
3	Chrissy Ferguson	34		34
4	Angie Orellano-Fisher	28		28
5	Judy Massingill	22		22
6	Debra Reynolds	16		16

Men

Rank	Name	Midnight	Nebo	Total
1	Bill Coffelt	58		58
2	Alan Hunnicutt	47		47

3	Rich Brown	36		36
4	George Peterka	30		30
5	Frank Massingill	24		24
6	Joe Milligan	18		18
7	Herb Jarrell	12		12
8	Greg Bourns	8		8

Senior Division

Women

Rank	Name	Midnight	Nebo	Total
1	Angie Orellano-Fisher	51		51

Men

Rank	Name	Midnight	Nebo	Total
1	Joe Milligan	53		53
2	Herb Jarrell	42		42
3	Greg Bourns	31		31

Super-Senior Division

Men

Rank	Name	Midnight	Nebo	Total
1	Greg Bourns	51		51

If you suspect errors in these standings, please reference the [UTS Rules](#) and individual [race results](#). If you still think there is an error, contact the [AUJA Ultra Trail Series coordinator](#).

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Congrats to AURA Sister Stephanie Steward. Stephanie ran and won the women's division of the Tatur's Midnight Madness 50 miler at Tulsa, Ok back in July with a time of 9:28:27. I hope to have write up from Stephanie on her run in the September newsletter. AURA Brother Cliff Ferren ran 11:59:43 at the Midnight Madness 50. If I left out any other AURA finishers let me know I will get you in the next newsletter.

Good luck to AURA Brothers George Peterka, Paul Turner, and PoDog Vogler at the upcoming Leadville 100 (next weekend---8/18 & 19/2012).

Upcoming AURA Series Races

Mount Nebo Trails Run Saturday, August 25th, 2012 - 7:00am Miscellaneous Information

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.

Race contact: Tom Aspel 479-857-4527

Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served.

You might want to bring drinks.

Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

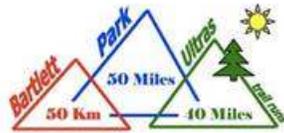
Camping and Lodging Information:

Campsites with water and electricity - \$18; Bench trail camping with no facilities - \$6.

Cabins are also available, \$85 to \$130. Capacities from 4 to 8 people.

Contact Mt. Nebo: mountnebo@arkansas.com or 1-800-264-2458 or (479) 229-3655

The Barlett Park Ultras

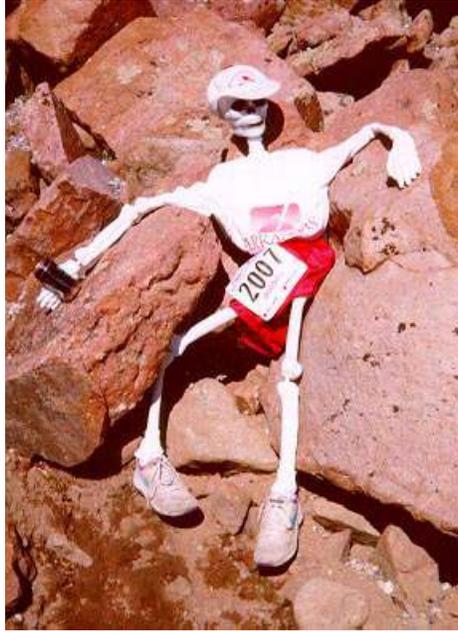


Location: Nesbit Park 5760 Yale Rd Bartlett, TN

Race Date: September 22, 2012, 7:00 AM

The race registration link is:

http://www.racesonline.com/index.cfm?fuseaction=public.race_detail&race_id=6684



Don't forget to hydrate on your run or you will end up like the guy above..