

THE ARKANSAS ULTRA RUNNER

May 2014

The Newsletter For Members of the
Arkansas Ultra Running Association

AURA Website - www.runarkansas.com

!!!!AURA News Flash!!!!

Club meeting will be held after the Catsmacker, so be sure to hang around for that and the 2013-2014 Ultra Trail Series awards ceremony.

Message from the President - George Peterka

At the last club meeting, March 29th at Pinnacle Mountain, we had an election of officers. After many years of service to the club, Stan stepped down as president and was replaced by me, George Peterka, formerly vice-president. The club owes Stan a great deal of thanks for being president, handling the website, handling the Ultra Trail Series as well as directing several of the main races. Deb Baker was elected vice-president and has offered to handle the UTS. Lisa Gunnoe remained secretary and Charley Peyton remained treasurer.

I feel that we are very fortunate to have the AURA club. When I think back on all the AURA races I have run, all the joy I received from it, I just think it's the greatest thing. This year, the Ouachita Trail 50 marked my 10-year anniversary of running. I have run a lot of AURA races in those 10 years and loved every one. This club is dedicated to the ultra distances whereas in other running clubs, the focus seems to be on 5k/10k road races and ultra runners don't really fit in.

As the club's new president I will try to keep our club going and growing. Stan will be a tough act to follow and I hope to not disappoint anyone. The sport of ultrarunning is rapidly growing. For example, the Full Moon 50k has tripled in size in the last 10 years. Many of the major races in the US now have lotteries or fill up within minutes. Our club has also grown to about 160 members. I've thought for years if it wouldn't be easier to manage if everyone renewed their membership at the same time rather than everybody doing it on a different month. So we have decided to implement that and it is described in detail later in this newsletter.

I am honored at being chosen as president and I look forward to seeing all the existing members at future races and welcoming new ones.

At the last club meeting we discussed that doing AURA memberships by paper forms and with a different renewal date for each member is cumbersome and inefficient. Keeping track of which month each member has to renew his membership and sending him reminders is a pain. It was decided that we would transition to a model where all members have the same renewal date, and provide membership application and renewal online.

Also, to try and bolster interest in the Ultra Trail Series and encourage participation, we decided to align the membership period closely with the UTS schedule and enable sign-up for both at the same time.

During this transition, many members have had their memberships automatically extended and will not be due until next year. Going forward, what we plan is a membership drive in late May and June of each year. Starting next year, those not renewing will be dropped from the roster at the same time.

To illustrate how we plan to conduct this transition, here are the membership scenarios:

- Members who have joined/renewed since Oct 1, 2013. These members' renewal dates have been extended to June 30, 2015.
- Members who joined or renewed Sep 30, 2013 or before. These members are due for renewal by June 30, 2014, but will NOT be officially dropped until at least their original renewal date. If they renew, their membership will be effective through June 30, 2015.
- For new members who join, their membership will extend through June 30th of the year following the calendar year in which they join.

For new members and those wishing to renew, the online signup is available at <http://www.runrace.net/findarace.php?id=14365AR&tab=a3> A copy of the new renewal form for mailing is also available in this newsletter.

For those whose membership is not due this year but want to sign up for the 2014-2015 UTS, stand-alone sign-up for the series will open soon.

The Solitude of a 50K **By George McDonald**

Ultra-Distance trail marathons give you a lot of time to yourself. The Ouachita Trail 50 is one for that opportunity. Chrissy Ferguson does a great job directing the race. It's up to runners to entertain themselves for the chosen distance of 50 miles or 50K. I knew I wasn't ready for 50 miles so the choice was easy, 50K. This year was the largest sign up of 223 eager runners. Race morning was a nice 51 degrees with a forecast to be clear and warm. Arriving at 0500 the starting area was abuzz with excitement as we were all anxious to start. After retrieving my race number it was time for final preparations for a long day on the trail. At 0540, Chrissy was blaring out on a bull horn, "*5 minutes until the race briefing*". We all gathered close as she colorfully informed us of the rules of the day and what you should do to avoid being called (a colorful adjective). At 0600 we were off. Most were thinking of the climb up the east side of Pinnacle. I've been there before and it's only a 20 to 22 minute hike up the mountainside. I had the rest of the day to think about other things. Shortly after the start there was a near accident with a car driving with the lights off nearly hit a runner. At least everyone took to the side of the road. After a few miles of pavement the real day began as we turned onto the Ouachita trail near the Pinnacle Visitor Center.

We had spread out enough for a nice, single file line of runners. As the sun rose it bathed Pinnacle Mountain in a nice reddish hue and revealed a mountain of rocks. As we reached the foot of the mountain our first aid station workers were excited to see and encourage us. A quick refill and off to the top! 22 minutes later I reached the top for an awesome early-morning view and a quick picture by Black Dog. Too bad I had to take off to the bottom. I was careful on the way down as I had a long way to go and it was too early to fall or beat up my quads. Back around the base trail to the east side aid station. Time to really fill up as the next aid station was Vista Point, almost an hour away. Popping out of the base trail on Highway 300 was the flattest part of the race as we ran across the old bridge and crossed Maumelle Creek, then back on the trail and parallel to the creek to the spillway. The sound of the water was a calm sound and made for some blissful thoughts. Shortly I heard the sound of a radio. It was too soon for an aid station and turned out somebody was blaring it on a deck. I guess they didn't know some folks enjoy the quiet of the early morning!

As I left the path near the spillway, the long trail began. I was making good time and enjoying the morning. The shadows on the path revealed spring had finally sprung and the leaves were almost completely open to give us a nice shade. As I reached Vista Point, I was still pleased with my time and enjoyed the kids who were there, *because of a parent*, but they seemed happy to serve us. They were having a good time. As the morning wore on, I became aware of the rising heat and the feeling this wasn't going to be my day. The medication I had been taking for 3 weeks for a sinus infection had worn off and breathing was not good. (Self-analysis of the situation; continue at a slower pace, quit, (never an option) or just continue till I can't go anymore.) Those thoughts were depressing, so I guess I will just run and walk until I'm done! After a little over an hour I reached Bob

Marston's Hash aid station. Glad to see him and get some ice. I knew the turn-around wasn't too far. I struggled down the trail and reached the turn at North Shore, this station was the separation of 50 milers and 50K folks. As the heat was taking its toll, quite a few 50-miler folks had already made the turn and dropped to the 50K distance. I was in struggle mode and glad I only had 13.1 miles to go!

As I worked my way back, I stopped at Bob's station and sat in the dreaded "chair monster". It's usually the kiss of death to sit down in an ultra. I knew the risk, but really needed to get some small rocks out of my shoes. After getting Rodney Declure to give up his seat, I fought cramps trying to find a comfortable position to extract rocks and not roll onto the ground with a knot in my calf muscle. I managed to get upright and grab a much-needed iced down Coke. Now to play the mind game. The solitude of running can be interesting. Thoughts ramble and my pace became more of a march. The sound of the woods was peaceful as the noonday sun reached me; it became evident all the birds and animals were down for an afternoon nap. That seemed like a good thing to do, but no soft grass was calling my name! The only sounds were my labored breathing, the steady cadence of my marching feet and the occasional bass boat accelerating on Lake Maumelle in search of another log to cast some piece of plastic at it. The patchwork shade was a comfort as each ray of sunlight reminded me it's hot and you are not a mad dog or British! A slight breeze began to stir the upper sections of the trees and was a welcome visitor to my trek.

As I reached the Vista Point Ann Moore had just arrived and struggling. Her day was done. After reloading I knew I had just under 8-miles to go. It had been quiet and I felt like I had the woods to myself; only an occasional "gazelle" came by and drifted into the distance. Knowing the flattest part of the course was approaching, it encouraged me to move forward. As I approached the spillway, my thoughts drifted toward soaking my head and body in the water. The only thought of not doing it was that I might not be able to climb back up to the trail! As I paralleled the inviting sounds of the flowing water, I resisted the call to "come and soak your weary soul and rest!" Reaching the pavement of Highway 300, Johnny Eagles came by and we exchanged our thoughts for the day. As he crossed the bridge in front of me I knew I was never going to catch him. Back to my thoughts of surviving. Reaching the solitude of the trail and the comforting shade, I knew the final aid station was on the east side of the mountain. It was encouraging to see Pete Ireland and his crew who were eager to get us back on the trail. I took a short break in the chair and reloaded for the final push to the end.

At least most of what remained was flat! As I approached the final climb off the trail at the base of the visitor center, I struggled with leg cramps and looked for some easy way to get around the steep stairs of railroad ties. As I struggled to the top I was glad *Arkansas Online* wasn't shooting pictures at the top of the stairs like last year, as I knew I looked a lot better last year! Finally back on the pavement, I meandered down the road and began to chase the shade on both sides of the road. The temperature was 84 degrees and was trying to bake me into the pavement. I knew I was going to finish, I just had to keep moving. I felt relief as the corner turn sign came into view and I reached it with enough

left in me to jog to the finish! 9 hours and 41 minutes of thought provoking fun! The folks at the finish were awesome as they really helped me recover enough to drive home. It was tough, but I survived. It was great seeing the number of younger runners. It's encouraging to see the younger generation coming on to take their place next to us "well-seasoned" runners! Thanks to everyone who helped make this race a success! See ya on the trails!



George McDonald approaching the East Pinnacle aid station

Thoughts of the AURA 2014 Ouachita Trail 50 By Marvin Fisher

Like most folks attending the Ouachita Trail 50, it was an early morning start. I actually started planning like most, months before. The OT 50 isn't something you just decide to do the day before or the morning of the event, no matter which participating role you choose, Runner, Volunteer or Supporting a Runner. Some of us fall into Volunteer and Supporting Runners. Most don't participate in all three during the event when they lace up in the morning. More on that later, for the rest of the story.

Famed Race Director, Chrissy Ferguson requested that I "work" the East Pinnacle Aid Station several months in advance like any good RD would do. As a Volunteer, I locked the date into my schedule to be on time and in place to help with the event. Yes, anytime a group of runners are willing to pay hard earned money to run trails thru the woods, I consider it an Event. If you are an ultra-runner, I don't think you run for the T-Shirt or the Awards. Remember I'm not an ultra-runner, just a volunteer that supports my wife, Angie Orellano-Fisher in her ultra-running quest so this is a big assumption. I base this assumption on the fact that my wife has been running for 24 years, has plenty of T-Shirts and awards.

Why would someone want to be an ultra-runner? What drives a runner to turn into an ultra-runner? By my accounting of the difference between a runner and an ultra-runner is determined by the distance normally ran that is a minimum of 31 miles. The unexplainable phenomenon is quite simple to see, yet quite difficult to understand, until you have the opportunity to peek into the minds of the ultra-runner. My answer has been found on the scenic trails of the Ouachita National Forest each year by a growing number of runners. They have peeled back the layers of modern civilization and technology to the simple desire to compete, in a friendly rich environment of fellow runners, determined to push the limits of what they personally can achieve with body, mind, and soul against a time limit.

I've noticed that the FINISH is more important than the T-Shirt or awards and has little to do with what is in the mind of an ultra-runner. A positive mind set geared toward finishing must be in the ultra-runners race packet prior to the race briefing. The race courses' terrain of rocks, roots, hills, creeks, limbs, boulders, stumps, streams and mountains are all important elements to the runner. Questioning what's the weather going to be like during the race? Is there a gentle breeze wafting thru the forest, a wet freezing howling headwind or blistering hot humid temperatures? What does an ultra-runner need in a drop bag 10, 15 or 25 miles from where the event starts? What and where are the cut off times to continue toward accomplishing the ultimate goal of finishing? Making the correct or incorrect small choices ahead of time can have rewarding or disastrous consequences. The terrain and weather has just as much to do with the success of an ultra-runner as the training building up to the START / FINISH line.

Most people enjoy going to the beach but no two beaches are the same. The same is true for ultra-running, no two ultra-races are the same. Ultra-runners are always seeking to challenge the best race courses in the country. Welcome to Arkansas Ultra Runners Association www.runarkansas.com. I'm partial to the Ouachita Ultra-runners scene even though I've been involved in the fabric of the running community for many years. Why would the Ouachita Trail 50 or the Arkansas Traveller 100 become a race destination for ultra-runners? The Ouachita Trail 50 and the Arkansas Traveller 100 are part of the journey of finding the best of the best. The 'Pinnacle' of ultra-running is found right here in Arkansas. Pinnacle Mountain is part of the Ouachita Trail 50 where 'whiners cry and winners fly'. The challenge of the course is second to none yet rewarding to reach new heights mentally, physically and spiritually.

The soul of the Ouachita Trail 50 is the hard work behind the scenes laced into an organization that delivers the streamlined experience of the dedicated volunteers. Without volunteers the heart and soul of the race course would change, where normal obstacles would become almost unbearably extreme to most if not all ultra-runners. The volunteer's jobs are many and then a few more, greeting everyone with a great outdoor smile, feeding foraging hunger, hydrating thirsty throats, filling bone dry bottles, directing disorientated runners, capturing the Kodak moment, encouraging with countless gifts of love and kindness. If you have never volunteered at a race account of always running, I suggest you take your experience as an ultra-runner, marathon runner or mid to beginning runner and

find a race to become a volunteer. Don't wait to be asked. Call the race director and tell them you want to help. You won't be disappointed with your volunteer experience. You will experience the rewards of being a trail angel. You may even earn your wings. The ultra-runner's trail angel is the ARKANSAS VOLUNTEER.

I enjoy attempting to be the non-typical volunteer when and where I can. During the Ouachita Trail 50, I was volunteering at the East Pinnacle Aid Station wearing a tuxedo. I hope I made you smile and your experience was as pleasantly positive and rewarding as it was for me. I enjoy supporting and cheering on my wife and the running community as a whole. In the past few years if you've ran many races in the Little Rock area you may have seen me carrying around a sixteen foot flag pole flying the American Flag. During Saturday's race, I had posted the flag near the aid station without making a big deal about it and started taking pictures of the runners. Without warning one of the volunteer C.A.R.E.N radio operators started singing the national anthem. It truly was an inspiring, unexpected moment I hadn't experienced while displaying the flag.

Occasionally, I dressed up as Spiderman, Captain America, wear a tuxedo or patriotic tie, hat and clothes while displaying the flag. Once in a while I have the opportunity to request that the Pledge of Allegiance be recited prior to the start of a race. To me it is an HONOR to have the opportunity to carry and display the American Flag. Many Americans have fought to defend our freedom to be Americans. Our God given freedom allows us to be the home of the brave.

To be an ultra-runner you must be free to run and brave enough to take up the challenges of a being dedicated athlete, willing to face all odds against success, run over the stepping stones to achieve your pinnacle, ultra-running experience at the Ouachita Trail 50. Run Safe, Run Arkansas Strong!

For the rest of the story, Saturday after the Official Finish Time had passed there were a couple of runners still out on the race course. The last place runner had made the last cut off time for the 50 miler but had become over heated and had slowed to a concerning pace. Other runners had dropped out behind him. I was determined to help him finish and succeed in his 13 plus hour quest to complete the Ouachita Trail 50. I volunteered to run the last two miles with him to make sure he would have the right to say I'm an Ouachita Trail 50 Mile FINISHER.

Thank you to the RD and the ultra-runners for allowing this volunteer to have so much fun. The heart and soul of the Ouachita Trail 50 is Race Director, Chrissy Ferguson at the finish line presenting her custom made finisher medals, high fives, hugs and awards along with the volunteer trail angels.

Article by Marvin Fisher, Race Director of the Hills and Hollows Half Marathon, 5K Event in Valmeyer, IL Please review the website www.HillsandHollows.net. The Hills and Hollows RRCA is a non-profit 501©3 organization. Please consider joining me Sept. 27, 2014, 8:00 A.M. at the 10th Annual Melvin J. Fisher Hills and Hollows Half Marathon, 5K Event in memory of my twin brother. I'll be wearing a tuxedo ;-)



Angie and Marvin post race

Below are a few of the notes Chrissy received from runners from this year's OT50K/M

Subject: Great Run!

Hey Chrissy,

I just wanted to thank you and all of your volunteers for such an enjoyable race atmosphere. From packet pickup to finish-line cookout, everyone was very friendly and helpful.

I especially want to thank the volunteers at the Lake Vista Rd aid station.

I was bonking badly when I reached the station on the inbound leg. They gave me a place to sit, brought me something to eat and drink, and let me recover. When I left I was starting to feel better, but was still kinda out of it and I didn't thank them. Please let them know how much I appreciate their kindness!

God Bless,

Mark

#183=

Subject: Your Volunteers

Hi Chrissy Ferguson,

I just want to drop you a quick note about your race. It is fun to say that this was not my 1st ultra and I am not even a novice anymore when it comes to the sport. I only say that to

tell you the complement I am about to give about your volunteers and your race is coming from someone who has seen a few to compare.

Your volunteers were by far the nicest and most competent volunteers I have ever seen. They were helpful, cheerful, and seemed to just know what each racer needed. I ran with a friend who was attempting his first 50 miler. It was a long day for him lol. When we finally got back to the North Shore aid station after being in the woods alone for so long my friend was completely wrecked. He had been talking about dropping for the last 6 miles. Your volunteers saw he was in trouble and in horrible spirits, they got him reloaded and back in some kind of state of mind where he could try and move forward again. We were in the aid station for 10 minutes and 2 ladies never left his side. One even got his drop bag and changed his shoes and socks for him. I don't mean helped him change his shoes and socks, I mean she did everything while the other got him drinking and back into the right state of mind. He got back on his feet and started moving when I thought for sure it was over for him.

I had another friend that finished 9th in the 50K and he said he was in trouble at the finish line and a volunteer stayed with him for almost an hour to make sure he was ok.

I can't say enough good things about the race. It was a magical trail, great people, and a great day. I hope to see you again very soon.

P.S. I love my hand made award. :)

Brian B. Williams, CFP®, MBA

Subject: Re: Ouachita Trail 50

Chrissy,

Thank you again for another wonderful race. I've been coming to the Ouachita Trail 50 for seven years and have never been disappointed.

Your volunteers are some of the nicest people I've ever met at a race. Always friendly, helpful and motivating; please thank all of them for me.

See you again next year (and at this year's Traveller),

Randy West

Subject: OT 50

Thanks again for all of the hard work you put into the OT50. To have so many runners come back to run and/or volunteer year after years says ALOT about a race.

For the past few years I have run the 50 miles and have not hung out afterwards because it's late and I'm too tired. This year I decided the 50k was for me!

I really enjoyed sitting at the finish watching friends and first time 50k'rs coming across the finish line. One person really stood out during the 6 hours I spent at the finish line. Kelly Frantz was volunteering at the finish getting food and drinks for the finishers. I watched her working non-stop for six hours asking people what she could get them to eat or drink. Nobody even had to get up from their chairs, she was taking orders and serving us where we sat. Who knows how many time she ran back and forth. I'm sure she was

doing this long before I got back to the finish. Her big smile never faded and she really made a difference being out there. Please let her know how much she was appreciated!! Can't wait until next year!

Deb B

This was posted on facebook.... From one of the OT50 runners Perspective" or "Jesus is Sneaky": This past weekend I ran the Ouachita 50, a 50 mile ultra-marathon. After only few miles in the course gets roughed; up the East side of Pinnacle Mountain and down the West. You cross rocky paths, ford waist-high streams, and navigate a network of trails. Like in life, sometimes the idea of finishing seems ridiculous. In those moments we look at our scrapes, and poison Ivy exposures, feel the weight of our fatigue. The idea of quitting seems logical; perhaps even profound. If you're not ready for those self-told lies, you will fail. Unless, of course, you have help at just the right moment.

In an Ultra, help comes in a variety of forms. The first is other competitors. Unlike other sports that encourage participants to "kill" the other team. Runners, by contrast, tend to encourage each other as much as possible. Races like this are less about proving value, and more about sharing value. Which brings me to the second form, volunteers. Like the other runners they give encouragement and support. However, they also serve. Every interaction was calculated to propel the runners forward. Some acts of service were obvious and immediate others were invisible and gradual. The third form is aid stations. These are stocked with real food; sandwiches, water, cookies etc. Watermelon can go a long way to making things seem brighter.

As the race is run, and the finish is complete the race director Chrissy Ferguson asks one question as she presents the finishers medallion. "Would you do it again?" Through the pain, fatigue, and doubt, hope is persistent and help is sufficient. It's hard not to see Jesus at every turn. The answer to her question is "yes". I like running, but I love Jesus, and He still has a lot to teach me.

Subject: RE: Ouachita Trail 50 feedback

Dear Chrissy,

Hope all the locals are safe, overall the trip was really nice. I left around 1pm on Sunday so I guess I just missed all the hard stuff.

The race crew was super friendly and helpful. Kelly at the post-race area really made me feel welcome and like I was a star athlete! The aid stations were appropriately spaced and were awesome! Plenty of happy helpers, fuel and drink options and other items (Vaseline). I thought the course was extremely well marked. They also had some great BBQ and chili at the post-race area. I would definitely recommend this race to others and have been looking at other races to sign up for since Sunday.

The run was amazing. The route was a beautiful, scenic route that was tough in waves but

had plenty of well worn paths too. Spring was in full effect so it was a lot greener there than it is here. Perfect weekend for the run. Climbing the Pinnacle mountain in the beginning was a nice touch too making the first five miles probably the hardest and most technical miles I've ever done. This wouldn't be nearly as fun if it were raining though. I did the 50K and the fact that it was an O&B wasn't annoying because of the technical difficulty and amazing views. Also it was nice to get to cheer for the other runners. My total time was about half hour slower than I thought it would be so I was relatively happy since it was my first Ultra.

Thanks!
Mike Pearson
St. Louis, MO

"Who Am I?" number two: Lou Peyton

I only had one response this month, from Patrick Barker. And, yes... since I called him out, he gave the correct answer.

As with last month, here is some additional information:

Lou has completed over 50 ultras, include some not listed in last month's "Who Am I?" She has finished Rocky Raccoon 100 - 3 times, Vermont 100 - 2 times, Leadville 100 - 2 times, Western States 100, Angeles Crest 100, and Old Dominion 100.

She has finished the Mississippi Trails 50M twice, and 50k once. Along with the Sun Mart Texas Tails 50M, she has a couple of finishes at the Strolling Jim 40.

The Grand Slam of Ultra-running first appeared on the scene in 1986, with one finisher. It was followed in 1987 and '88 with 2 and 3 finishers respectively. The numbers jumped in 1989 to 11 finishers, including 3 Arkansans, of which Lou was a member (Larry Mabry and Max Hooper were the other two Arkies).

She was one of 4 women who completed the Slam that year, the first Arkansas women to finish the Slam, and was about 1 hour and 25 minutes from being the 1st woman to finish the Slam. Her total Slam time was 117:06:25!!

As you guys know, that is 4 100's in 3 months, well Lou capped the summer off 21 days later with a finish at Angeles Crest 100! Five 100's between June 24th, 1989 and September 30th, 1989. Pretty dang tough, for a women... ;)

Lou is not running as much these days, but is still getting in 3 days a week, along with cross training (walking/biking/swimming/kayaking). She mentioned to me the other day, that all that made her happy; however, she followed it up with... I would trade it in a nano second for more of those 50-70 miles per week but...I'm extremely happy to be doing what I'm doing and still seeing all of my ultra-friends... Well Lou, know that we LOVE seeing you out there as well, whether it's running or working an aid-station and cheering us on!!!

Now on to our next person...

This person has completed the White Rock 50K 2 times, winning on both occasions.

This person has completed the Sylamore Trail 50K 5 times, including winning 4 years in a row

This person has completed the Midnight 50K 5 times (ok, once when it was a 60K), including 4 victories, 3 of those in a row

This person has completed the OT50 5 times, with 3 wins in 4 years, including an old course record

This person has completed the AT100 7 times, including 3 victories back to back to back

This person has 2 AURA Trail Series King/Queen titles

So again we ask...

“Who I Am?”

I think this is a tough one, so please, send in your guesses/answers. If you don't get it correct, I'll not call ya out (well, maybe... depends on who you are). Always at

runninpt@gmail.com

PAUL D TURNER

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Ouachita Trail 50

April 26, 2014 – Little Rock, AR

50 Mile Results

1	Brian Hurley	M	33	AR	7:47:13
2	Kyle Grady	M	40	TN	8:47:00
3	Troy Potter	M	50	TX	9:19:17
4	Ryan Holler	M	45	AR	9:24:43
5	Stephen Baumgartner	M	41	TX	9:26:40
6	Michael Poole	M	33	TN	9:32:50
7	Erno Lindner	M	37	TN	9:35:30
8	Gia Dawn Madole	F	33	OK	9:38:41
9	Stan Ferguson	M	50	AR	9:42:51
10	Robert Trnavsky	M	27	KS	10:12:15
11	Leo Warmuth	M	44	TN	10:21:55
12	Jeff Foes	M	48	MO	10:37:54
13	John Stanfield	M	29	OK	10:39:02
14	Paul Turner	M	51	AR	11:24:41
15	Paul Schoenlaub	M	54	MO	11:24:42
16	Jessica Amy	F	30	LA	11:22:17
17	Teddi Schneider	F	42	LA	11:22:17
18	Stan Sanford	M	51	LA	11:25:12
19	Josh Scherrey	M	41	AR	11:30:49
20	Tina Ho	F	49	AR	11:34:02
21	Mike Bonnette	M	53	LA	11:42:54
22	Aaron Dickens	M	33	AR	11:54:16
23	Sharon James	F	47	OK	12:02:15
24	George Peterka	M	54	AR	12:03:40
25	Christopher Baldwin	M	40	AR	12:08:52
26	Von Ralls	M	38	MS	12:10:57
27	J.T. Patillo	M	31	AR	12:15:50
28	Courtney Munson	F	28	TN	12:16:17
29	Brian Williams	M	42	TN	12:17:42
30	Tisha Deen	F	32	AR	12:23:11
31	Ronnie Daniel	M	44	AR	12:25:49
32	Rich Brown	M	52	AR	12:26:54
33	Gene Carter	M	52	TN	12:31:40
34	Eunsup Kim	M	61	TX	12:32:53
35	Jen Freilino	F	30	AR	12:38:34
36	Jonathan Young	M	32	AR	12:42:27
37	April Flanigan	F	34	TN	12:44:14
38	Matthew Pearson	M	31	AR	12:46:08
39	April Henderson	F	39	TN	12:48:32
40	Tammy Walther	F	42	AR	12:53:52
41	Stephen O'Neal	M	35	AR	12:54:34
42	Chad Crank	M	39	AR	12:55:43
43	Cliff Ferren	M	58	AR	12:56:38
44	Jody Hodges	M	37	AR	13:04:09
45	Kurt Hauser	M	49	AR	13:41:27
46	Mark Roth	M	52	AR	13:41:28

50 Km Results

1	Thomas Chapin	M	36	AR	4:35:35
2	Jake Anderson	M	32	AR	4:35:40
3	Chris Ho	M	39	AR	4:44:20
4	Trapper Pressler	M	33	TN	5:22:15
5	Matt Walker	M	40	AR	5:24:27
6	Rachel Furman	F	31	AR	5:31:24
7	Andy Capel	M	38	AR	5:35:11
8	Kyle Jacobson	M	27	TX	5:43:05
9	Trace McIntyre	M	37	TN	5:45:52
10	Eric Jones	M	37	TN	5:52:28
11	Matthew Pickard	M	33	AR	5:52:35
12	Scott Irwin	M	49	TN	5:56:53
13	PoDog Vogler	M	47	AR	6:04:15
14	Malcolm Smith	M	51	TX	6:06:17
15	Christina Payne	F	43	TX	6:08:28
16	Chet Dycus	M	40	AR	6:12:37
17	Christine Rutlen	F	25	AR	6:16:18
18	Jason Schloss	M	27	AR	6:21:05
19	Ben Mansur	M	42	AR	6:23:55
20	Greg Eason	M	39	AR	6:23:56
21	Joy Harwood	F	37	AR	6:28:58
22	Eric Burch	M	39	AR	6:29:00
23	Hadyn Huckabee	M	39	AR	6:31:43
24	Carla Branch	F	62	AR	6:32:54
25	Brenda Bonner	F	53	AR	6:32:54
26	Kiran Hanumaiah	M	37	TN	6:34:32
27	Lance Biggers	M	32	AR	6:37:16
28	Nancy McAllister	F	47	TN	6:38:27
29	Christi Potter	F	43	TX	6:39:28
30	Hillary Hunt	F	35	AR	6:39:39
31	Phil Brown	M	47	AR	6:41:01
32	Kelly Henson	F	44	TN	6:42:36
33	Beaux Pilgrim	M	43	LA	6:47:29
34	Nate Smith	M	49	AR	6:48:39
35	Stacy Cox	F	37	AR	6:49:33
36	Brant Bishop	M	30	AR	6:52:47
37	John Hall	M	30	AR	6:52:59
38	Kevin Verkamp	M	53	AR	6:53:50
39	Justin Cloar	M	42	AR	6:54:50
40	Mark Evans	M	58	FL	6:57:50
41	Deb Baker	F	51	AR	7:03:50
42	Adiel Looney	F	38	AR	7:04:04
43	Chris Mangin	M	41	LA	7:07:10
44	Todd Blanchard	M	42	LA	7:07:11
45	Chris Hartley	M	40	AR	7:07:54
46	Colleen Pasley	F	19	TN	7:13:13
47	Arun Jaganathan	M	33	LA	7:15:46
48	Brett Bassham	M	53	TX	7:17:48

49	Andy Halfhill	M	34	AR	7:19:25
50	Joshua Bornhorst	M	39	AR	7:27:40
51	Lauren Pasley	F	48	TN	7:27:53
52	Aaron Ledford	M	32	TX	7:29:03
53	Paul Endacott	M	49	KS	7:29:05
54	Brian Cockrell	M	37	LA	7:30:58
55	Danari Fowlkes	M	41	TN	7:33:21
56	Cristina Guibao	F	38	TN	7:33:42
57	Salli Scott Young	F	41	TN	7:36:17
58	Tony Bernard	M	46	AR	7:36:26
59	Eunika Rogers	F	43	TN	7:37:46
60	Davis Wade	M	30	TN	7:38:50
61	Mark Williams	M	53	AR	7:41:30
62	Katie Schorgl	F	19	AR	7:47:06
63	Tim Mason	M	53	AR	7:49:36
64	Kimmy Riley	F	53	AR	7:49:37
65	Randy West	M	57	AL	7:50:45
66	Kim Johnson	F	45	AR	7:55:45
67	David Stroud	M	34	TX	7:58:03
68	Christopher Payne	M	44	TX	8:01:29
69	Jim Sweatt	M	58	AR	8:02:06
70	David Baker	M	51	AR	8:02:26
71	Michael Pearson	M	38	MO	8:03:09
72	Johnathan Ward	M	37	NE	8:14:06
73	Steven Petersen	M	59	OR	8:14:06
74	Paul Becker	M	54	AR	8:16:27
75	Frank (Jim) Ingalls	M	69	TX	8:22:21
76	Lisa Mullis	F	45	AR	8:24:10
77	Bill Elmore	M	54	AR	8:26:44
78	David Meroney	M	43	AR	8:27:07
79	Angie Orellano-Fisher	F	63	AR	8:38:12
80	Regina Dennis	F	42	AR	8:47:29
81	Scott Provencher	M	42	AR	8:47:30
82	Shauna Veazey	F	43	AR	8:48:06
83	Missy Ezel	F	41	AR	8:48:06
84	Michael Symonanis	M	47	TN	8:49:24
85	Andi Stracner	F	41	AR	8:50:42
86	Johnny Eagles	M	62	AR	9:14:20
87	Tala Hill	F	54	AR	9:24:10
88	Skip Smith	M	56	AR	9:25:24
89	Steve Melton	M	59	TN	9:26:11
90	David Whitmore	M	52	AR	9:27:13
91	Scott Tyler	M	45	AR	9:27:13
92	Rebecca McGraw	F	45	AR	9:33:36
93	Lisa Warmuth	F	44	TN	9:39:40
94	George McDonald	M	61	AR	9:41:12
95	Randall Davis	M	46	AR	9:45:52
96	Pamela Messenger	F	48	AR	9:59:32
97	Jim Messenger	M	49	AR	9:59:32
98	Susan McCourt	F	37	AR	10:00:39
99	Libby Jones	F	33	TX	10:02:50
100	Cruz Pitre	M	45	TX	10:02:50
101	Dottie Rea	F	61	AR	10:10:23

6	Shannon McFarland	18	20	53			20.45	33	37				181.5
7	Caleb Ault	68	59			51							178
8	Paul Turner		48		43	34						48	173
9	Malcolm Smith	28			51			21			33	29	162
10	Jonathan Young	6		31		6	58.13	29	5			19	154.1
11	Tyler Wilkerson		42	47	25				39				153
12	Cliff Ferren	15	17		7	22		17	11		25	27	150
13	PoDog Vogler		36		60	12						35	143
14	Patrick Barker	9	9	18	15	9	25.84	8	31	9		6	133.8
15	Kurt Hauser		11	24				23	15		13	21	113
16	James Holland	40			71								111
17	N. Wesley Hunt				98								98
18	Ronnie Daniel	8					53.83					31	92.83
19	Chris Ho					40						46	86
20	Bill Coffelt	34			37								71
21	Johnny Eagles			8	11		23.73					23	65.73
22	George McDonald		8			3	36.91					17	64.91
23	Joshua Drake	4	5				41.52	11	2				63.52
24	Jason Armitage	12		30	20								62
25	Rich Brown		14								19	25	58
26	Kevin Dorsey	7		42									49
27	Ron Gimblet	3	4			2	27.99					11	47.99
28	Arland Blanton						29.07						29.07
29	Stephen O'Neal											13	13
30	Greg Weidenhoffer			12									12
31	Joe Milligan		7										7
32	Bob Marston		6										6
33	Jeff Underwood										6		6
34	Dennis Baas	5											5
35	Greg Bourns	2	2										4
	Bill Brass		3										3

Masters Division - Women

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	OT	Total
1	Deb Baker	41			87	56	48.49				41	53	54	380.5
2	Andi Stracner		26	32	73	22	62.35			51		31	43	340.3
3	Tina Ho			43	103				52				54	252
4	Cymer Gieringer		43	51		34	61.39		41					230.4
5	Stacey Shaver	52		54		45					52		26	229
6	Elaine Gimblet		32			16	57.2						32	137.2
7	Chrissy Ferguson		54			28						42		124
8	Lisa Gunnoe			26			20.14							46.14

Masters Division - Men

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	OT	Total
1	Mark DenHerder	62	43	51	110	46	27.03	55	46	52	46			538
2	Stan Ferguson		37		47			44	57		57	54	56	352
3	Cliff Ferren	34	31		21	35		27	23		35	32	22	260
4	Malcolm Smith	40			80				35			43	44	242
5	Paul Turner		65		67	57							45	234
6	PoDog Vogler		54		94	29							55	232
7	Patrick Barker	22	15	33	33	23	27.13		17	41	17			228.1
8	Kurt Hauser		19	44				33	29		23	26	16	190
9	Jason Armitage	28		55	39									122
10	Bill Coffelt	51			56									107
11	Ronnie Daniel	16					56.52						34	106.5
12	Johnny Eagles			21	27		24.91						33	105.9
13	George McDonald		12			17	38.75						27	94.75

Christine Rutlen	14		31	45
Bob Marston	14		31	45
Dennis Baas	31			31
Greg Weidenhoffer		31		31
Jeff Underwood			31	31
Arland Blanton		27.41		27.41



David Meroney heading up to the East Pinnacle Aid Station



Elaine & Ron Gimblet after their day at the OT50K



Tom Chapin leaving the Lake Vista aid station on the way to a victory in the OT50K



Brenda Bonner & Carla Branch on their way to another finish



“Reverend Bob” McKinney & Rosemary Rogers

Mount Magazine Trail Run
8:00am - Saturday, May 17, 2014
Mount Magazine, Paris AR
2013 - 2014 AURA Ultra Trail Series Event

Mount Magazine State Park, a natural “island in the sky,” looms over the Arkansas River Valley, and is home to Signal Hill, the highest point in the state, elevation 2,753 feet. Magazine is home to magnificent bluffs which make for breathtaking scenery, provide spectacular views, and make it popular for hang gliders and climbers alike. Magazine also offers numerous trails for hiking atop the mountain and into the valley below. It’s now time to enjoy those trails as runners.

Come join us for the 3rd Mount Magazine Fun Run. We’ll start just north of the visitor center and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top. For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

This is a fun run and there are no entry fees or advance applications required. However,

please contact PT if you intend to run--so we know how many runners to prepare for. Food will be provided after the run. Please carpool if possible, as this will help with parking.

Directions:

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion – across the highway from the visitor center.

Many thanks to Mt Magazine State Park, and the Forest Service (Mt Magazine RD) for helping to make this possible.

For lodging and camping information at Magazine go to <http://www.mountmagazinestatepark.com/>

For more information on the race please contact PT at runninpt@gmail.com



Stan Ferguson on the way to another OT50M finish

The Catsmacker



2014 Fun Run

Lake Winona Park
Saturday, May 31, 6:30 am
Distance: 23 miles (+/-)

Features:

Terrain: Gentle hills
Surface: Ouachita Trail, forest roads and 4-wheeler trails
Also a 12-mile Kitty Run option
Fun!!

Queens and Kings of the Trail!

The 2013-2014 Ultra Trail Series awards ceremony will be held after the run.

To get there:

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 (first two miles are blacktop, last two miles are gravel) 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 so as to not disturb the park superintendant.

No entry fee, no frills; there will be a waiver to sign morning of run. Water will be available every 4 to 5 miles, and there will be one aid station with minimal aid near the halfway point. You are encouraged to carry a water bottle and any snacks you want. For more information, contact Stan at Stan@RunArkansas.com

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.



Retreads photo from May 7, 2014

Retreads

First Wednesday of the month at Franke's Cafeteria

11:30AM

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



Lou Myers sent this to us to share with everyone.

On the way to a special service at Westminster Abbey, the other chap is my personal trainer.

Lou

It looks as though the personal trainer is going great work with you Lou. You look awesome.

Personal thoughts from the editor. Saturday, April 26th was another great day in Arkansas. I was able to work for Aid Station Captain John Russell at the East Pinnacle aid station that morning. It was a beautiful day on the trail and enjoyed by all of us working the aid station. The day was made even more memorable by one of the radio guys singing the National Anthem after Marvin Fisher planted Old Glory in the woods near the aid station. Little did we know that the next day would bring death and destruction to nearby communities. The Ouachita Trail was not spared from some of the destruction (photos to follow) near the Lake Vista aid station. It will be strange running through that area after is completely cleaned up since there will be trees missing and some trees dead and twisted. But it will heal over time and long after we are gone the area will grow back to what it once was. Please remember the folks that have lost loved ones and homes caused by the storm.

Run long and prosper my friends,

Harold



Jack Evans and Harold Hays just below the East Pinnacle Aid Station



Stan and Chrissy post OT50.



Ouachita Trail damage



Ouachita Trail damage