

ARKANSAS ULTRA RUNNING ASSOCIATION

THE ARKANSAS ULTRA RUNNER
July/August 2014
The Newsletter For Members of the
Arkansas Ultra Running Association
AURA Website - runarkansas.com

Message from the President

A couple weeks ago was the Mt. Nebo Trails Run. I wish to thank Tom Aspel and his volunteers for putting it on. We had 86 finishers. It was a nice race until I got to the bottom and had to go back up. It was hot by then and it took me forever to get up that mountain. I'm sure some of you know what I'm talking about.

I wish to thank all the people who helped clear the trails for the Traveller. We cleared Smith Mtn. Friday before the Mt. Nebo race and 132C the following Friday. Both of these sections were heavily overgrown. Fortunately we had the bush hog on Smith Mtn. 132C was not nearly as bad and we did that with lawnmowers and weed-eaters.

On the first Heart of the Traveller Training Run the weather cooperated. It was relatively cool and on top of 212 and around Electronic Tower there was fog. Running through that fog was nice and refreshing. It didn't get hot until about the last hour. The horse flies were bad though once it got hot.

Well, the Arkansas Traveller is getting close. Most of the club members are involved with the Traveller in some way, either running, pacing/crewing, or working. If anyone is available we can always use more help.

The Ultra Trail Series has had its first 2 races. The points and miles totals are on the website. As I mentioned in the last newsletter, Athens BigFork will be in the series. We will have a new race in the series, the LOVIT 100k. Some of you ran it last year. It is on the Lake Ouachita Vista Trail just like the LOVIT Trail Marathon but it goes all the way east to Brady Mountain. Also registration for the Swampstomper UTS race opens on October 15 at 6:00 am. This is a very popular race so it's best to register early.

Well that about wraps it up. I'm looking forward to seeing everyone at the Traveller. For the people running, don't forget to taper and rest up well before the race and don't get injured. Remember it is always better to start a hundred miler slightly under trained, than slightly injured. For the people pacing or crewing, don't let your runner quit. Be prepared that they may want to. For the people volunteering, You are the real stars of this race. It couldn't happen without you and we all owe you thanks. For the first timers, remember the finishing percentage is higher for first timers.

Best regards,

George Peterka

With a Lot of Help from My Friends by George McDonald

Tala Hill, Lisa Luyet, and I were eating dinner before the Sylamore 50K in February, when they began to talk about running Pikes Peak. This triggered a call that many of us have heard over the years. "Zebulon is calling". So, on March 12th at 1400 I hit the computer "enter" key trying to beat other eager runners to get registered. Success! Then, I had to wait three weeks for official confirmation. As spring entered summer I did repeats at Emerald Park, running trails and biking. All was well until the first week of July when my training fell off due to many issues. As August approached I was concerned. Two weeks prior to race weekend I did two loops of the Harney Peak trail, a mountain in South Dakota's Black Hills. It is the tallest mountain east of the Rockies until you reach the Pyrenees in Europe. After finishing this I knew I could finish, but *it wasn't going to be pretty*. I would have to run smart and use all the help I could get.

On Friday evening before the race I went to the Silver Saddle to take a picture with the Arkansas Pikes Peak Society. Everyone was excited and ready for the challenge. Saturday morning I went to watch the start of the ascent. The skies were clear and it was a great day for the race. We got pictures of the ascent folks and called the Hogs. After the two waves of runners were off it was time to rest and relax for the next day's battle. Sunday was another beautiful day with 60 degrees at the start line and 41 degrees at the top of the peak. Many of the ascent runners were there to cheer us on. Christine Meroney was especially energized from her ascent finish and was getting all of us excited for what was ahead. I got my picture made with Arlene Pieper, the first woman to officially run any marathon, who won in 1959, and also six- time Pikes Peak winner, Steve Gachupin. After pictures and calling the Hogs we took our places and prepared our minds for the mountain as it loomed in front of us. After the singing of *America the Beautiful* we toed the line, the cannon went off, and we were on our way to battle the mountain.

As we ran up Manitou Ave. to Ruxton Ave. I began to analyze how I felt and prepared my mind for the ascent. We passed the cog railway and began a 13.4% grade for 3 miles, the steepest grade of the race. Leaving the pavement we intersected the Barr Trail and began the narrow, single-file hike up Manitou Mountain. Many people get impatient on

this stretch, but I know there are better places to make time than to pass folks on this section. The lady in front of me was wearing some bright, leopard-print gators. I made a comment that the scenery of this part of the trail doesn't change much as we concentrated on avoiding the feet in front of us. She was Jennifer from Erie, CO and this was her first "double." She finished the ascent the day before and was concerned about making the cut-off at A-frame. Frank, a Navy medical technician from Aurora, CO was behind me. This was his second marathon ever and he was concerned about finishing. I was concerned about it all! Since I was the flat-lander, I knew if I could work with them I could make it to the top. As we worked our way up Manitou, we discussed kids, races, and Pikes Peak. We reached No Name Creek in 1 hour and a half and I felt we were on track. As we got our first real view of the peak I was glad we were working as a team.

Arriving at Barr Camp, I felt the burn in my calves, but was excited that we were still moving well. After 8 miles we began the part of the trail with lots of big rocks. This slowed us down, but we maintained our unit. At almost 12,000 feet in elevation, we approached A-frame and were just below the tree-line. Oxygen at the top is 42% less than the bottom. *If there's not enough oxygen to support trees what do you think that does to runners?* We made the cut-off. I took time to really hydrate and took some dehydration tablets, but this extra time caused me to lose contact with my team. I didn't want to push too hard as the last 3 miles to the top was above tree-line and I wanted to make sure I made the top before the cut-off.

It was a struggle as I dodged downhill runners, but tried to keep moving. As I reached the last mile to the top I was really fading. The altitude was slowing me down and I was getting concerned about the cut-off. As I reached the *16 golden stairs*, which are really 32 short switch-backs I had four-tenths of a mile and 30 minutes to make the turn at the top. I just didn't think I had it in me. Half-way up the stairs I heard Christine cheering me on. Then I caught up to Jennifer. She encouraged me to go on as Frank was already on his way down. We both arrived at the top before cut-off! A quick refill and we were on our way down. Jennifer cruised on and as I left behind the *16 golden stairs* I caught up to Tom from Atlanta, GA and Nichole from Odessa, TX. They were discussing airplane connections. Nichole thought she would be done by 3 PM, get in her rental, drive to the airport, and go home... but, we were not going to make 3 PM. Tom was giving her advice on how to re-schedule her flight and not lose her ticket. As I joined the group, Tom and I discussed what we would need to do to finish before the cut-off. We arrived at A-frame and still had a good chance to finish.

The next 2 miles were rough trail and rocks. As we reached the *8 miles to go* sign we had just over two hours to finish. Averaging 15 minute miles sounds easy, but after 8 hours on a mountain and still above 10,000 feet in elevation, it was questionable. We arrived at Barr Camp and made a quick stop. Shortly we reached *7 miles to go*; a 14-minute mile. My lack of distance training was beginning to affect my running and I knew I would have to back off the pace or not finish at all. As Tom and Nichole moved on I struggled by myself. With less than 6 miles to go I was really struggling when a voice behind me began encouraging me. I suspected it was the sweeper and asked, "Are you the

ambulance?” She giggled and said, “No.” She and her mom had camped at Barr Camp and worked the aid station for race weekend. Bri was from Colorado Springs and began to inspire me to press on. As we worked our way down the mountain, her prodding and encouragement worked. I began to run more and with more determination. As we passed through No Name Creek we began the steep descent of Manitou. I knew this would be a challenge as my quads were beginning to tighten up.

Time became essential as we moved through the switch-backs. Bri ran right behind me and was constantly boosting my morale. With 2 miles to go she offered me some water. That’s when I first realized she was running with a hiker’s backpack! Wow! That really encouraged me! As we made the push off Barr Trail, Arlene was there encouraging runners. I knew if we could maintain that pace we might finish. As we transitioned to the pavement, my calves started to cramp. Bri became my cheerleader as we passed the cog, then she ran beside me to push me on. People on the street also offered a lot of encouraging words. As we reached the final two blocks, Bri turned up the pace and moved to the sidewalk to finish running me in. We turned the corner and saw the finish line. I ran to finish in 9 hours and 52 minutes. What a race! I was exhausted, but the medal around my neck reminded me of all the people who helped me throughout the day. I knew I needed help to finish the race, but never expected all the help I received...especially those last 6 miles! Thanks to everyone who was there for me, especially my new friend Bri, who was willing to help when I needed it the most. See ya on the roads!

"Who Am I?" number 5: Bill Coffelt

Not as many ultras on the list, outside of the beautiful state of Arkansas, but Bill’s finishes do include Western States (24:28:13) and Leadville (24:43:11). The BIG result for Bill... he holds a record at the Pike’s Peak Marathon.

Anybody want to know what record he holds? Sure you do, Bill holds the Longest Marathon Streak – 31!!! So, think about that for a minute or two, 31 straight Pike’s Peak Marathons. Eleven of those years, he doubled and did the Ascent, followed by the Marathon. **THIRTY ONE...**

I don’t know about you guys, but I’ve only been running/race for 20 years. I thought at one time I had a good streak going, but looking at Bill’s number, I wasn’t even a 1/3 of the way there... WOW!!!

Bill is also the reigning Masters King of the Trail.

Now on to our next person...

This person has completed the White Rock 50K 10 times, including 5 in a row
This person has completed the White Rock 25K 2 times
This person has completed the Midnight 50K 16 times, including 9 in a row
This person has completed the Midnight 25K 4 times
This person has completed the OT50 6 times, including 4 in a row
This person has completed the OT50K 6 times, all in a row
This person has completed the Sylamore Trail 50K 7 times
This person has completed the AT100 11 times, including 6 in a row
This person has been at 3 Days Of Syllamo on numerous occasions, including a stage finish
This person has been King/Queen of the Trails in one form or another 12 times
So...
“Who I Am?”

Mount Nebo Trails Run

August 23, 2014

Dardanelle, Arkansas

14 Miles (+/-) (2014-2015 UTS Race #2)

Place	Name	Age	Sex	City	Time
1	Wesley Hunt	31	M	Little Rock	1:37:47
2	PoDog Vogler	48	M	Russellville	1:38:34
3	Jon Bitler	43	M	Fayetteville	1:44:38
4	Paul Turner	51	M	Conway	1:47:37
5	Stan Ferguson	50	M	Maumelle	1:48:45
6	Andy Capel	38	M	Little Rock	1:49:59
7	David Joseph	23	M	Fayetteville	1:51:55
8	Marc Gill	37	M	North Little Rock	1:51:57
9	Tommy Griffin	31	M	Mountainburg	1:54:56
10	Rick Estep	61	M	Russellville	1:56:25
11	Erich Washausen	24	M	Russellville	2:03:20
12	Ricky Utley	46	M	Beebe	2:04:31
13	Black Stallion	45	M	Danville	2:05:10
14	Paul Buch	49	M	Conway	2:05:10
15	Mark DenHerder	49	M	West Fork	2:05:45
16	Rafal Olan	40	M	Little Rock	2:07:03
17	Alison Jumper	39	F	Fayetteville	2:07:04
18	Deb Baker	52	F	Little Rock	2:07:15
19	Jim Tadel	58	M	Monticello	2:09:10
20	Scott Newbrough	38	M	Skiatook, OK	2:16:22
21	Hank McLaughlin	56	M	Ozark	2:19:16

22 Greg Eason 39 M Conway 2:19:46
23 Jason Bliss 30 M North Little Rock 2:20:35
24 David McCormick 59 M Dardanelle 2:20:58
25 Alan Hunnicutt M Berryville 2:22:23
26 Evan Johnson 32 M Fayetteville 2:23:18
27 Bredon McDermott 40 M Fayetteville 2:23:19
28 Ben Mansur 42 M Little Rock 2:23:20
29 John Conn 47 M Little Rock 2:23:20
30 Kurt Hauser 49 M Hot Springs 2:24:19
31 Ronnie Daniel 44 M Little Rock 2:30:57
32 Dave Hochstedler M Hot Springs 2:34:50
33 Tisha Deen 32 F Little Rock 2:35:00
34 Alex Wan 38 M Little Rock 2:35:19
35 Dave Murdorff 56 M Little Rock 2:39:09
36 Steven Preston 32 M Little Rock 2:39:15
37 Kevin Robins 37 M MB 2:40:12
38 Phil Brown 47 M Little Rock 2:41:08
39 George Peterka 54 M Hot Springs 2:42:32
40 Melanie Baden 45 F Little Rock 2:42:46
41 Phillip Hall 46 M OK 2:42:48
42 Darron Tytler 48 M Conway 2:45:03
43 Bill Elmore 55 M Little Rock 2:46:51
44 Kyle Deen 32 M Little Rock 2:47:51
45 Chrissy Ferguson 53 F Maumelle 2:50:45
46 Angie Stewart 33 F Clarksville 2:51:02
47 Melissa Martin 50 F Conway 2:52:38
48 Misty Brown 37 F Little Rock 2:54:29
49 Dawn Horn 37 F Vilonia 2:54:45
50 Betty Sobeski 66 F Mena 2:54:45
51 Teresa Blumenberg 50 F Conway 2:55:44
52 Ben Walters 34 M Little Rock 2:56:48
53 Kim Johnson 45 F Harrison 2:57:13
54 Amber Smith 28 F Little Rock 2:58:15
55 David Whitmore 53 M Springdale 3:00:39
56 Katherine Williams 26 F Dover 3:00:46
57 Alan Lucas 61 M Conway 3:02:14
58 Dale Powell 63 M Mena 3:02:42
59 Pete Johnson 66 M Mena 3:02:42
60 Paul Mattocks 66 M El Dorado 3:08:44
61 Heather Bush 37 F Conway 3:09:54
62 Mira Evans 41 F Conway 3:09:54
63 Lisa Mullis 46 F Little Rock 3:10:26
64 Dennis Baas 68 M Little Rock 3:10:52
65 Shona Osborne 49 F Conway 3:11:15
66 Earl Simpson 66 M Conway 3:11:15

67 Andi Stracner 41 F North Little Rock 3:14:58
68 Skip Smith 56 M Little Rock 3:15:02
69 Yoneko Johnson 38 F Benton 3:21:18
70 Judy Massingill 55 F Conway 3:21:29
71 Josh Drake 45 M Hot Springs 3:23:09
72 Kathleen Grubbs 37 F Little Rock 3:23:10
73 Rhonda Ferguson 59 F Little Rock 3:23:55
74 Diane Burnett 64 F North Little Rock 3:29:42
75 Bill Brass 75 M North Little Rock 3:40:20
76 Susan McCourt 37 F Fayetteville 3:43:00
77 Elaine Gimblet 67 F North Little Rock 3:51:24
78 Lisa Gunnoe 48 F Judsonia 3:51:48
79 Bill Dobbins 47 M Little Rock 3:53:01
80 Dan Belanger 70 M Little Rock 3:54:27
81 Greg Bourns 74 M Mena 3:55:14
82 Johnny Eagles 62 M Little Rock 4:03:54
83 Melissa Henshaw 47 F Little Rock 4:07:15
84 Ron Gimblet 66 M North Little Rock 4:09:44
85 Jim Culhane 53 M Memphis, TN 4:22:45
86 Charlie Hoag 60 M Farmington 4:50:03

Other Participants

Bryon Murders 32 M Russellville 1:51:48 10 miles
Thad Hinkle 47 M Dover 1:51:48 10 miles
Wesley Leach M 2:08:36 10 miles
Kelly Stovall 46 F Hot Springs 2:33:50 10 miles
Cassandra Ticer 34 F Little Rock 2:33:00 11 miles
Jean Noble 38 F Maumelle 3:01:25 10 miles
Frank Massingill 56 M Conway 3:26:26 13 miles
Rebecca McGraw 45 F Conway 3:28:35 12 miles
Monica Ritchie 44 F Sherwood 3:20:14 12 miles

Upcoming AURA events



2014 Arkansas Traveller 100 Application

October 4-5, 6:00 AM

Lake Sylvia Recreation Area, near Perryville, Arkansas

Presented by the Arkansas Ultra Running Association

Proceeds benefiting the Williams Junction Volunteer Fire Department

For entry information visit <http://www.runarkansas.com/AT100.htm>



The 5th Annual **Bona Dea 50K**

Saturday, November 15, 2014

Russellville, AR

8:00am start

Part of the 2014 - 2015 AURA Ultra Trail Series

Introduction:

Ultrarunning made an appearance in the Arkansas River Valley back in the early 1980's with the Arkie 50 (miler), conducted on the Bona Dea Trails in Russellville. Over 25 years later, ultrarunners returned for the first Bona Dea 50K, in 2010. With the flat course and cool weather, many PRs were set over the multi-lap course on hard surface trail. Put it on your calendar for 2014 and come see what you're made of!!

Directions:

Take Exit 81 off I-40 in Russellville. West-bound traffic will have to turn left on Aspen Ln, then take an immediate left onto Arkansas Ave (AR Hwy 7). East-bound traffic will exit onto Arkansas Ave, and should turn right. Once on Arkansas Ave, drive south and take the first right turn onto Dyke Rd/Lake Front Dr. Continue west on Dyke Rd/Lake Front Dr until reaching the Bona Dea Trailhead parking lot.

Details:

The race will utilize a 3.4 mile loop on paved trail: nine complete loops, then a short out and back at the end. An aid station will be available at the completion of each loop. If you have a drop bag for special supplies, it can be left at the aid station. Times will be captured on each lap.

Entry:

There will be no entry fee or advanced registration this year, but if you will let Tom Aspel at tasel@atu.edu or Stan Ferguson at Stan@RunArkansas.com know if you plan to attend it will help in knowing how many runners to plan for.

6/12/24 Hour Endurance Run

Fourth Annual

Sunset 6/12/24 Hour Endurance Run

Friday and Saturday November 28 –29, 2014

Race #5 in the 2014-2015 Ultra Trail Series

Location

Sunset Lake, Benton

Coming from Little Rock and points farther away, take westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge, turn right and go down to the frontage road. Turn left on the frontage road and go just over 3/10 mile west. You will pass Holland Chapel Church and the Saline County Fairgrounds. Turn left on Fairfield Street which is just past the fairgrounds. You will pass the National Guard Armory on your right and then you will see Sunset Lake on your right. Park anywhere around the lake except the upper parking lot next to the dog park. From eastbound I-30, take the Sevier Street exit (Exit 116). Bear left on the frontage road. Turn right on to Fairfield Street which will be the first right after you enter the frontage road. Stay on Fairfield Street to Sunset Lake.

Times

The 24 hour run will begin at 7:30pm on Friday, November 28.

The 6 and 12 hour runs will begin at 7:30am on Saturday, November 29.

Check-in will be 30 minutes prior to the start time of the event you are running.

Course

The course will follow a one mile paved loop around Sunset Lake
(The actual distance is 1.015 miles.)

There will be lighting on *part* of the trail loop after dark but

it is recommended that the 24 hour runners bring a flashlight or headlamp unless they are comfortable running in the dark.

Entry Fee

None (*donations will be gladly accepted to help offset costs*)

No Fees, Few Frills

Water, Gatorade and soft drinks will be provided along with chips, cookies, crackers, peanut butter, bananas, boiled potatoes, and soup. Runners are welcome to bring any other desired personal food items for themselves or to share.

Runners are encouraged to bring a water bottle and/or another personal container either marked with their name or carried with them to minimize the use of disposable cups, thus avoiding unnecessary trash.

We will have Overall, Masters, Grand Masters, and Seniors male/female first place (only) awards for each event.

Other

No DNFs – Runners will be credited with the total number of miles completed regardless of how long they run. Runners may stop at any time they decide they have had enough fun! However, runners who change to a different run category will not be eligible for an award.

Runners are welcome to bring someone with them to help count laps, crew, or just cheer them on.

Although there is no entry fee, *advance registration is encouraged* so that we will have some idea of the number of people to prepare for.

This form may be submitted by e-mail.

There will be a waiver for all participants to sign on race day.

Coming from Little Rock and points farther away, take westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge, turn right and go down to the frontage road. Turn left on the frontage road and go just over 3/10 mile west. You will pass Holland Chapel Church and the Saline County Fairgrounds. Turn left on Fairfield Street which is just past the fairgrounds. You will pass the National Guard Armory on your right and then you will see Sunset Lake on your right. Park anywhere around the lake except the upper parking lot next to the dog park.

From eastbound I-30, take the Sevier Street exit (Exit 116). Bear left on the frontage road. Turn right on to Fairfield Street which will be the first right after you enter the frontage road. Stay on Fairfield Street to Sunset Lake.

Questions may be referred to Pete Ireland at pirel@prodigy.net

Paper app below or go to <http://salinecountystriders.com>

Registration Form

4th Annual Sunset 6/12/24 Hour Endurance Run

November 28 - 29, 2014

24 Hour - 7:30pm Friday

6 & 12 Hour 7:30am Saturday

Race #5 in the Arkansas Ultra Trail Series

Entry Fee: None (Donations welcome)

mail to:

Saline County Striders

P. O. Box 866

Benton, Arkansas 72018

or

e-mail to pirel@prodigy.net

Name: Last, First, MI: _____

Date of Birth: _____ Age on 11/28/14: _____ Sex: M
F

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____ (please print
clearly)

Event: _____ 6 Hour _____ 12 Hour _____ 24 Hour

Waiver

I know that running an endurance run or race is a potentially hazardous activity. I know I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by any decision of a run official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the running surface, 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 Saline County Striders Road Runners Club, run officials and volunteers, the City of Benton, the County of Saline, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race.

I grant permission to use any photographs or any other record of this event for any legitimate purpose.

Signature _____ Date: _____

Parent Signature if under 18 years _____

Date: _____

NOTE: For those entering by e-mail (and probably for everyone) there will be a waiver to sign on race day when you pick up your race number.

LoVit Trail Marathon
(Lake Ouachita Vista Trail)
Saturday, December 6th, 2014 - 8:00am

Miscellaneous Information

Distance: 26.2 miles (approximate)

Location: Shangri La Drive on Lake Ouachita, near Mount Ida

Directions:

Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida off of Hwy 270. You will turn onto Shangri-La Drive and make the first left which is OLD HWY 270. Look for signs posted for the run. Registration will be set up 500 ft down OLD HWY 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.

Aid: There will be a total of 6 aid stations set up along the trail; all will have water and Gatorade, along with various goodies. Drop bag service will be available.

There is no application or entry fee. There will be a waiver to sign and a can for donations to cover run expenses.

Please keep your own time and check in at the finish.

Race contact Phil at bpcarr13@gmail.com

Check out more information on the Lake Ouachita Vista Trail:

<http://lakeouachitavistatrail.com/WP/>

Recent AURA times out of state:

Squamish 50 at Squamish, British Columbia

Chris Ho 10:07:19.9 (37th overall)

Tina Ho 13:40:38.0 - In Tina's words nothing to brag about. Sorry Tina, it is something to brag about. Congrats to you and Chris on a fine performance.

RETREADS

(Retired Runners Eating Out)

WE meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd.

The food lineup begins sharply at 11:30 a.m.

Come early to the lobby for a time of "Touching and Feeling"

Wear something to identify you as an old runner. T-shirt, medallion, etc.

Call Charley or Lou Peyton 680-0309 if you have questions.