



THE ARKANSAS ULTRA RUNNER

December 2016

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: runarkansas.com

Message From President George Peterka



I am writing this on Dec. 24th so naturally - Merry Christmas Everyone! You won't get this till after Christmas but enjoy the Holidays and have a Happy New Year.

I wish to thank Phil Carr and all his volunteers for putting on the Lake Ouachita Vista Trail Marathon. The race went well in spite of the rain. It rained lightly the whole day - but at least it didn't pour like 2 years ago.

On January 7th we kick off the new year with the Athens Big Fork Trail Marathon. The trail is in great shape so let's just hope the weather cooperates. The following weekend is the Swampstomper 50K/25K in Memphis.

Anyone who has signed up for the Ultra Trail Series and has run a marathon since May 1st 2016, email me at advdesinc@sbcglobal.net your time and I will enter it in the Runner's Choice Marathon and you will get UTS points. I know a few people have run marathons but I never got their time.



ATHENS BIG FORK TRAIL MARATHON

Jan 7th
8 am

ABF Community Center
(if you can't find it then this race is not for you)

Race #7 of the 2016 - 2017 AURA Ultra Trail Series

Entry Fee: No entry fee, however, a donation of \$10 per runner is encouraged to support the Big Fork Community Center, which is opened for the event, and to cover the cost of aid station supplies.

Course: The course is an out and back course. You first run 2-1/2 miles on roads - paved and gravel up to the start of the trail. Then you enter the Athens-Big Fork Trail - White Blazes. Follow the trail over 8 mountains. The 8 mountain crossings on the trail are:

1. Missouri
2. Hurricane Knob
3. McKinley
4. Brier Creek
5. Leader
6. Brushheap
7. Brushy
8. Big Tom

You pop out of the trail and need to go about a half mile down the gravel road to get your full 13.1. Then you turn around and go back. It's that easy!

The 17 Mile Blaylock Creek Fun Run only gets to run half of the hills. You will turn around at the Aid Station just across Blaylock Creek.

Max Elevation: 1850

Min Elevation: 1050

Climbing Elevation Gain: 4600 feet

Climbing Distance: 7.10 miles

Average Grade: 12%

NOTE/WARNING: THIS EVENT IS NOT FOR TRAIL NEWBIES

If you are not an experienced trail - or ultra-runner (or adventure racer), we happily invite you to one of the other UTS runs, **BUT NOT THIS ONE**. This is a difficult event on a difficult trail that presents many opportunities for one to get lost, injured, exhausted, or incapacitated--with sparse access for rescue.

Please do not be enticed into trying this run because of the difficulty warning--it is merely an honest attempt at preventing the run organizers from having to find and rescue someone ill-equipped for the event.

A cut-off time of 10:30am (2.5 hours) will be enforced at the turn-around (half-way) point for the 17-mile run. Runners reaching that point after 10:30 must turn around (--NOT proceed on the marathon course).

Registration Link: <http://www.runarkansas.com/AthensBigFork.htm>

Race Info: <http://www.runarkansas.com/ABF/index.htm>



Sunday January 15, 2017

50K start - 7:30AM 25K start - 8:30AM

Race #8 of the 2016 - 2017 AURA Ultra Trail Series

Race start location: Poplar Tree Lake Nature Center GPS Coordinates- 35.306107,-90.067424

Race Weekend Information:

Packet pickup will be from 3:00 PM to 4:30 PM Saturday January 14th at the start/finish at the Poplar Tree Lake Nature Center. Packets can also be obtained race morning at the start/finish line from 6:45 AM until the 50K start at 7:30 AM and from 7:40 to 8:30 AM for the 25K start.

Aid Stations:

Aid is provided at miles: 3.0, 4.7, 9.6, 13.3, 16.3 (25K finish), 19.3, 21.0, 25.9, 29.6 32.6 (50K finish)

Restrooms:

In addition to the heated restrooms at the start/finish, there will be a portalet at each aid station.

Cut Off Times: If you are doing the 50K, you must start the second loop by noon. Runners must then leave the Mississippi River Group Camp gate turnaround aid station by 2:30 pm. Transportation back to the start/finish will be provided for those who don't meet the cutoff time at the turnaround.

No arguing with race officials.

Post Race Food: Post race food will be provided to runners and volunteers. Available to crew and spectators for small donation to Friends of the Forest.

Ever wondered why this race is called the SwampStomper?

Unfortunately, the 2007 and 2010 participants found out. Rains prior to and during those races flooded the low areas of the trail. Yes, the 2007 and 2010 races were truly swamp stomps. If the trail is dry, the race will be a gorgeous trail run in western Tennessee.

The SwampStomper benefits the Meeman-Shelby Forest State Park Friends of the Forest – a non-profit organization. Feel free to visit the Friends website at www.shelbyfriends.org. Thanks for participating in the race. May you run well on race day and have fun with your fellow trail runners.

For more information and course map visit the Swamp Stomper website:
<http://runacrossamericaontrail.blogspot.com/p/swampstomper.html>

2016 Sunset 6/12/24 Hour Endurance Run

-By *Pete Ireland*



Our sixth Annual Sunset Lake Endurance Run drew a total of 61 runners.

Putting on a race of this type offers a greater challenge than most races, other than ultramarathons, in terms of obtaining volunteer support. The 24 hour duration, plus set-up and take down, means we need a lot of people over a long period of time. Tracking runner laps is a challenging and critical aspect, especially during the 6-hour event when there can be 50 or more runners on the course, and sometimes several of them are bunched together.

This year we planned to use our chip timing system for the first time in any race, but having had no experience with it we thought it wise to have lap counters just in case. That proved to be a good decision. We did have some issues arise, possibly as a result of the duration. The problem started about the time the internal battery would have run down although we did have an auxiliary battery attached. In the long run (no pun intended) this system should make life much easier for races such as this.

A big thank you to all the Strider members who came out to help along with a couple of personal friends, as well as to the runners who participated. The weather was decent running weather, though not always ideal for the volunteers sitting around counting laps. While chilly at night it was not as cold as it has been on occasion for this race, but it did get foggy. The Saturday forecast for sunny and 60 never really materialized. The sun finally made an appearance about 4:30 in the afternoon, and it warmed slightly, but for most of the day it was cloudy and in the low 50s at best.

We had some impressive performances, highlighted by Tammy Walther's 100 laps of the 1.015 mile course for first place overall. Tammy has gone over 100 miles all four times she has done this race. Maurice Robinson ran his age (75 this year) for the fifth time and added a couple of extra laps for good measure. He was first overall male. Eugene Bruckert, from Illinois, covered 51 miles at age 81. In the 6 hour, Chris Ho set a new course record with 42 laps and Daniel Arnold tied the old course record with 41.

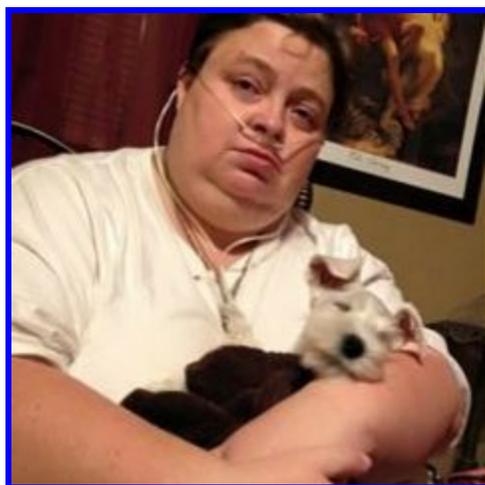
2016 Amanda's Journey *A Story of Weight Loss and Conquering Her First Ultra*

-By Amanda McElmurry Williams

I was 37 years old and 375 lbs. I was depressed all the time. I was in pain and losing my mobility. I had high blood pressure, high cholesterol, and swelling of my hands and feet. I had asthma and needed steroid inhalers, oral medications, and a rescue inhaler. I required a CPAP to sleep at night. In the evenings when I would come home from work, I would have to have my husband and daughter pull me up the ONE step into our house. I wasn't even comfortable sitting on my couch. I knew it was time to

do something, or I was going to die.

I did some research and was soon preparing for a Gastric Bypass. My surgery went well, but a few days



after my surgery, I started experiencing great pain. I went back to the hospital, and they began doing a lot of tests to find the cause of the pain. Every test came up negative. My doctor had me prepped for exploratory surgery. At the last minute he sent me for one last test. It was confirmed that I had pancreatitis. I had an answer, and medicine for the pain. BUT... All those negative tests had done damage. I was in acute kidney failure and was on oxygen around the clock. I was eventually released from the hospital, and gall bladder surgery was scheduled for a few weeks later.

I immediately began being as active as possible. I started walking and carrying my bag of oxygen. I even did a 30 minute mile. It wore me out, but I kept at it every day. Eventually I sped up and worked on just doing whatever I could do in that 30

minutes. Then, I pushed for a mile and a half and then on to 2 miles. I am convinced that this exercise is what got me off of my oxygen over a month before my scheduled appointment to see the pulmonologist.



Then, I took part in the Race for the Cure 5K. That began my love of races. I took part in a 5K a month. I joined Women Can Run as a walker. I finished my first 10K, and then I set my eyes on a bigger goal. I decided that I wanted to participate in a half marathon. I trained and prepared. At the end of October I finished Soaring Wings. I walked the whole time and finished in about 3 and a half hours.

Since October of 2015 I have completed numerous 5Ks, a few 10Ks, many 12 mile trail runs, and 18 half marathons. **I completed 31 miles at the 12 hour Endurance Run.**



I completed my first full marathon at 3B26.

Next, I have my eyes set in the Ouachita Trail 50K. I have lost 175 lbs. I have discontinued all prescription medications. I no longer require the use of a CPAP while sleeping at night, and I have kicked my asthma in the ash. I am working on running intervals.

I am slow. I get frustrated easily, because I am competitive and want to be as fast and have the endurance that others have. I often find myself emotional during my walks and runs. Running/ walking is a solo sport for me. I have not found anyone who is a compatible partner. Being alone gives me a lot of time alone in my head. I can be very hard on myself. I tell myself that I am not good enough and never will be. I tell myself

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that I shouldn't participate in that group run, because I will hold them back like the kid sister that must be looked after, or everyone will take off and I will be alone. I tell myself that I can't participate in that race, because I will be too slow and they will close the race course down on me.

My greatest struggles are not from physical limitations (though I have had some of those). I am more often limited by fear and self doubt. How many times have I missed out on something that I might have really enjoyed, because I was too scared to try? We have to find a way to see past all those objections in our own heads to move towards freedom, health, and happiness.

When my own criticism starts beating me down, I find I have to remind myself how far I have come. I couldn't walk up one step, and now I can run. I cut out the troublesome silence in my head and focus on my music, my breathing, and the sound of my feet hitting the concrete or trail. I set another goal and work towards completing that goal. I register for another race.

Throughout my experience I have found a wealth of support. The people here in the running community are my family and my motivation. They have stood by me in my proudest moments and hugged me in my weakest moments when I cried. They have cheered me on from the water stops, the sidelines, and as they have passed me during the race. They have made me feel like I was a runner and belonged regardless of my size or pace. These people I have met are what keep me going.



Before & After



Above:

Amanda with Erin & Gary Taylor of Go! Running

Right: Amanda running and conquering her 1st 50k at Sunset Lake even with her left leg wrapped. The Picture of Perseverance!!!!



Amanda & Her Hubby

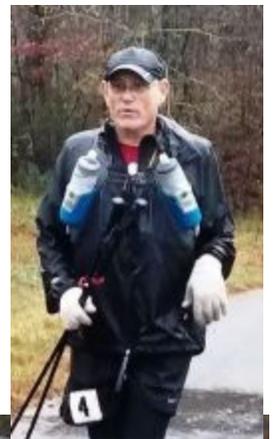
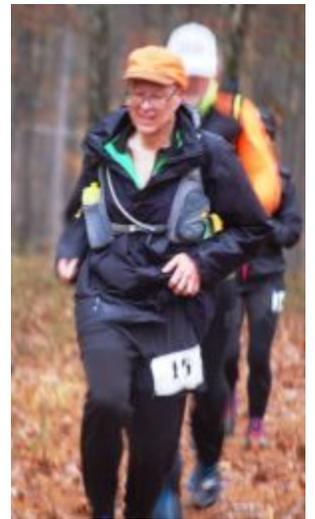
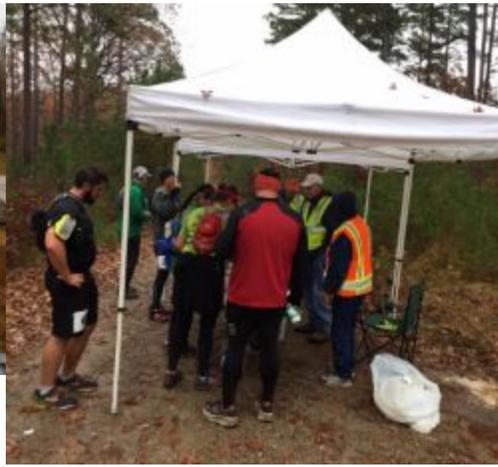
2016 Lovit Trail Marathon



LAKE OUACHITA VISTA TRAIL
THIS PEACEFUL SITE IS
IN LOVING MEMORY OF
GENE AND DOROTHY HIAVKA
OF GLENWOOD, ARKANSAS



2016 Lovit Trail Marathon



2016 Sunset 6/12/24 Hour Endurance Run Results

2016-2017 Race #5

24 Hour - Female				24 Hour - Male			
Name	City, State	Age	MILES	Name	City, State	Age	MILES
1 Tammy Walther	Little Rock, AR	45	101.51	1 Maurice Robinson	Benton, AR	75	78.15
2 Michelle Posey	Little Rock, AR	47	70.03	2 Jesse Riley	Mabelvale, AR	53	70.03
3 Cymber Gierenger	Pine Bluff, AR	45	65.97	3 Eugene Bruckert	Arlington Heights, IL	81	51.76
4 Brittany McCaslin	Hot Springs, AR	33	42.63	Wesley Leach	Oppelo, AR	61	51.76
5 Thaveep Leach	Oppelo, AR	62	31.47	5 Ben Walters	Rock City, AR	36	51.76
6 Tiffany Jones	Sallisaw, OK	19	13.21	6 Johnny Eagles	Little Rock, AR	64	46.69
7 Mariah Shull	Greenwood, AR	17	13.21	7 John Lowery	Madison, WI	69	6.09

12 Hour - Female				12 Hour - Male			
Name	City, State	Age	MILES	Name	City, State	Age	MILES
1 Susan Beckwith	Lonsdale, AR	48	31.47	1 Eddy Light	Judsonia, AR	54	31.47
Lisa Gunnoe	Judsonia, AR	50	31.47	2 Erik McCaslin	Hot Springs, AR	33	4.06
Krystal Quetant	Cabot, AR	31	31.47				
Monica Ritchie	Sherwood, AR	46	31.47				
Amanda Williams	North Little Rock, AR	40	31.47				
6 Tina Mitchell	North Little Rock, AR	43	26.39				

6 Hour - Female				6 Hour - Male			
Name	City, State	Age	MILES	Name	City, State	Age	MILES
1 Stacey Shaver-Matson	North Little Rock, AR	44	32.48	1 Chris Ho	North Little Rock, AR	41	42.63
Chrissy Ferguson	Maumelle, AR	55	32.48	2 Daniel Arnold	Benton, AR	31	41.62
3 Tisha Deen	Little Rock, AR	34	30.45	3 Stan Ferguson	Maumelle, AR	53	38.57
Kristin Parker	Maumelle, AR	31	30.45	4 David Mitchell	Hot Springs, AR	34	37.55
5 Dottie Rea	Vilonia, AR	64	22.33	5 Jonny Digby	Little Rock, AR	34	35.53
Tia Stone	Searcy, AR	37	22.33	6 Patrick Barker	Little Rock, AR	52	30.45
7 Renee Brock	Conway, AR	28	20.30	7 Cliff Ferren	North Little Rock, AR	61	28.42
Krista Buck	Benton, AR	49	20.30	Jordan Pestell	Maumelle, AR	35	28.42
Rose Ann Foster	Maumelle, AR	52	20.30	9 Marc Gill	North Little Rock, AR	39	26.39
Marilyn Lattin	Maumelle, AR	58	20.30	Derrick Hendrix	Maumelle, AR	45	26.39
11 Brooke Oliver	Conway, AR	26	19.28	Dennis McCarthy	St. Louis, MO	57	26.39
12 Ann Moore	Little Rock, AR	75	18.27	Brett Nguyen	Fort Smith, AR	47	26.39
13 Maegan Cochran	Maumelle, AR	25	17.25	Jim Tadel	Monticello, AR	60	26.39
Aerith McCaslin	Hot Springs, AR	13	17.25	14 Manfred Galatowitsch	Little Rock, AR	68	24.36
15 Sheila Galatowitsch	Little Rock, AR	57	16.24	15 Greg Davis	Benton, AR	39	20.30
16 Kelli Harris	Heber Springs, AR	39	14.21	Everett Elam	Little Rock, AR	28	20.30
Alice Jones	Benton, AR	66	14.21	John Martin	Alexander, AR	31	20.30
Natalie Ragsdale	Pangburn, AR	36	14.21	18 Paul Noble	Benton, AR	59	15.22
19 Rebecca McGraw	Conway, AR	47	9.14	PoDog Vogler	Russellville, AR	50	15.22
				20 Justin Jenkins	Benton, AR	32	13.21
				21 Robert Misener	Hot Springs, AR	46	11.16

2016 Lovit Trail Marathon Results

2016-2017 Race #6

Marathon Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Nick Lewis	Memphis, TN	M	29	3:27:42
2	Daniel Arnold	Benton	M	31	4:02:52
3	John Haddock	Springdale	M	50	4:13:22
4	Matthew Pickard	Conway	M	36	4:26:49
5	Stan Ferguson	Maumelle	M	53	4:26:52
6	Billy Simpson	Roland	M	61	4:27:40
7	Bruce Wood	Sherwood	M	54	4:41:50
8	Paul Turner	Conway	M	53	4:45
9	Faye McConnel	Fayetteville	F	23	4:45:10
10	Nate Smith	Alexander	M	52	4:49:38
11	Aaron Baka	Benton	M	25	4:53:53
12	James Fountain	Jessieville	M	43	4:54:17
	Darin Anderson	Pearcy	M	45	4:54:17
14	Reid Landes	Maumelle	M	45	5:05:18
15	James Dow	Solgohachia	M	41	5:05:40
	Stacey Shaver-Matson	N. Little Rock	F	44	5:05:40
17	Brett Nguyen	Fort Smith	M	47	5:10:58
18	Jeremy Harrison	Meeker, OK	M	38	5:11:32
19	Jim Tadel	Monticello	M	60	5:16:46
20	Jesse Shearin	Benton	M	54	5:20:43
21	Cliff Ferren	N. Little Rock	M	61	5:36:20
22	George Peterka	Hot Springs	M	56	5:39:20
23	Joell Gill	Little Rock	M	37	5:47:54
	Randy Windle	Hot Springs	M	37	5:47:54
25	Shelley Sparks	Farmerville, LA	F	44	5:51
26	Tabatha Park	Royal	F	48	5:51:42
27	Josh Bornhorst	Little Rock	M	42	5:58:56
28	Sara Pilgrim	Conway	F	26	6:01:06
	Charles Redditt	Conway	M	48	6:01:06
30	Jim Sweatt	N. Little Rock	M	60	6:10:10
31	Kimmy Riley	Mabelvale	F	55	6:13:27
32	Beth Walters	Fort Smith	F	49	6:20:50
33	Missy Ezel	Bauxite	F	43	6:25:26
	Shauna Veazey	Benton	F	46	6:25:26
35	Lorena Moody	Benton	F	54	6:25:40
	Christy Wells	Benton	F	47	6:25:40
37	Paul Noble	Benton	M	59	6:30
38	Stephen Rush	Jonesboro	M	35	6:32:55
	Stacy Walz	Jonesboro	F	39	6:32:55
40	Kelly Farrell	Little Rock	F	40	6:33:48
	Dan Sobkoviak	Maumelle	M	54	6:33:48
42	Pamela Messenger	Hot Springs	F	51	6:54
43	Chris Chalfant	Russellville	M	36	7:26:18
	Louis Chalfant	Hot Springs	M	41	7:26:18
45	Wesley Leach	Oppelo	M	61	7:32:19
46	Lisa Gunnoe	Judsonia	F	50	8:22:53
47	Tammy Walther	Little Rock	F	45	8:25

Half Marathon Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Christian Wilkerson	Hensley	M	16	2:39
2	James Helms	Royal	M	45	2:41
3	Ty Lester				2:42
4	Lance Biggers	Little Rock	M	34	2:44
5	Erin Brunner	N. Little Rock	F	27	2:46
6	Jeff Maxwell	Hot Springs	M	60	2:58
	Sarah Ross	Hot Springs	F	24	2:58
	Jay Lester				2:58
9	Josh Stewart	Sheridan	M	39	3:03
10	Chris Davis	Hot Springs	M	43	3:05
11	Robert Misener	Hot Springs	M	46	3:09
12	Dawn Horn	Vilonia	F	39	3:19
	Elizabeth Kimble	Little Rock	F	30	3:19
	Jerry Oliver	Conway	M	33	3:19
15	Steve Griffin	Dallas, TX	M	59	3:27
16	Thaveep Leach	Oppelo	F	62	3:31
17	Tammy Thomas	Bernice, LA	F	40	3:42
18	Shari Misener	Hot Springs	F	46	4:12
	Brianne Norton	Pearcy	F	36	4:12
	Debbie Rigsby	Lonsdale	F	60	4:12
21	Eva Bailey	Benton	F	49	4:15
22	Susan Beckwith	Lonsdale	F	48	4:31
23	Teressa Houston	Conway	F	46	4:50
24	Renee Brock	Conway	F	28	5:40
25	Geoffrey Simpson	Sand Springs, OK	M	42	7:10:04
	Rebecca Thompson	Sand Springs, OK	F	38	7:10:04

For Your Reading Pleasure

Paul Gigliotti wrote an article for ATRA last month as part of their "Trail Town" series. Mountain Home is the featured town and the article highlights David's Trail, Pigeon Creek National Recreation Trail, as well as the many endeavours of our very own Jake Anderson. Check out the link below. I think you are sure to Enjoy It!

<http://trailrunner.com/trail-news/featured-trail-town-mountain-home-arkansas/>

Message From The Editor - Stacey Shaver

2016 has been a very tough year for my family with great illnesses with my mom, sister, 2 uncles, and grandmother. Luckily my husband, kids, and I are healthy. Trying to be the dutiful daughter, sister, niece, etc... on top of normal training, work, and household duties made it a little more challenging to get the news out every month and a few times it was later than I would have liked but nobody complained. Thank You All For Your Understanding!!!



Thank you also to those who took the time to send cards or messages expressing your thanks and appreciation. They were very touching and special!

I would also like to thank every runner who offered their voice in this years newsletter. The articles you wrote are the meat and bones of what I do. Your race reports offered insight and inspired. You never know how far reaching your words can go. You may never know whose lives you changed or touched.

Most of all I would like to thank the volunteers, the trail angels who make racing possible. You greet us with a smile, make sure we are well fed and hydrated before sending us on with tons of encouragement. You guys and dolls are like the mail carriers only better - *"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds"* USPS I think I speak for all of AURA when I say Thank You from the bottom of our hearts. You Are Amazing!!!

Ok members, if you can't make the upcoming races then please consider volunteering. Consider having a turn at being a trail angel!

**Merry Christmas & Happy New Year
May 2017 Bring Health & Happiness To All**

Link to UTS Calendar- <http://www.runarkansas.com/UTSaces.htm>

~Stacey Shaver-Matson~
mverunnergirl@gmail.com

RETREADS

(Retired Runners Eating Out)

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

The food lineup begins sharply at 11:30am.

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 at 680-0309 if you have questions.