

ARKANSAS ULTRA RUNNER  
ASSOCIATION

[WWW.RUNARKANSAS.COM](http://WWW.RUNARKANSAS.COM)



UPCOMING  
RACES (PG 2-3)



Race Reports  
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UTS  
Winners

# AURA NEWS



## Letter From the President

First I wish to thank Mark Denherder and his helpers for putting on the Styx n'Stones Trail Run. The weather did not cooperate. Actually we have had the worst weather for every AURA race this year with the exception of Athens Big-Fork. We must have displeased the weather gods somehow. But we got through it and it was a nice race in spite of the rain.

Next I wish to thank Chrissy and Stan Ferguson, and all the volunteers who put on the Ouachita Trail 50K/50M. It rained the entire time. Three cheers for the volunteers who were working in the rain the whole day. This was my 14th time running it and this weather was the worst.

I also wish to thank PoDog Vogler and his helpers for putting on the Mt. Magazine Trail Run.

The AURA year is winding down. I am writing this a few days before the CatSmacker which will be our next event but you will get this newsletter only afterwards. After the runners finish the CatSmacker there will be the UTS awards presentation and a club meeting to elect officers. I would like to thank the current officers (PoDog Vogler Vice President, Stacey Shaver-Matson Treasurer, Lisa Gunnoe Secretary) for for serving.

That's about all I have. Stay cool this summer. Don't get de-hydrated or over-heated running, and put on sun-block. I hope to see everyone at the Full mOOn 50K as we kick of the new AURA year.

# Full Moon 50k

*Race #1 of AUARA UTS*

*Saturday, July 20th*

*7pm at Camp Ouachita Girl Scout Camp*

**50k Information:**

Packet Pick Up @ 5pm

Trail Briefing @ 6:45

Race Start @ 7pm

**25k Information:**

Packet Pick Up @ 6pm

Trail Briefing @ 7:45

Race Start @ 8pm

Full Aid @ miles 3.5, 7.5, 15.5

Water Only Stations @ miles 11 & 19.5

**Your Safety Net:** HAM radio operators keep up with runners for their safety and for race operation at the staffed aid stations and start/finish. Please do not harass radio about the location of all your friends every 15 minutes. They are not there to give you personal updates but rather as a safety net.

**Cut-off Times:** 25k T/A aid station cutoff is 10:15pm. If 50k runners don't meet the cutoff, they become 25k runners, no exceptions without race director's pre-approval. If you would like more miles, you are welcome to turnaround again at the finish after signing out.

50k runners arriving at the **50k T/A aid station after midnight** will be required to wait for the sag wagon. Once the sag wagon departs, anyone encountered still heading out will be transported back to 25k T/A aid station or finish as determined by sag crew.

Any runners who have not exited the **25k T/A aid station by 2am** will be transported to finish by sag wagon. Aid station workers are not sag crew or transporters. You may have to wait up to two hours to get a ride back to the finish. **ALL RUNNERS MUST FINISH BY 4AM**

**Course Markings:** The course is marked with white and orange spray chalk & glow sticks with extra of both at the three turns. If you make more than 3 turns, you might be running a different race. Yes, the 25k is a bit long (half a mile), but the 50k is the correct distance.

**Race Website:** <http://www.fullmoon50k.com/index.html>

## *Full Moon 50k & 25k*



Race Director  
 Susy Chandler  
 Susy@fullmoon50k.com

## It's a "Babymoon!" Full mOOn 25K & 50K is July 20

We'll be kicking off our third trimester with some all-night, super-sweaty, trail-running fun. Baby Chandler will be here in September, so we're making this a babymoon to remember--celebrate with us! I dare any one of you to run in an adult diaper...or you can just dress up like a giant baby for fun. Feel free to bring (gender-neutral) gifts for the moms-to-be. Or just show up and have the time of your life with us!

Early registration ends June 2 at midnight! Sign up early and often. Be a real friend and make sure your running buddies get in before the price goes up. If you get injured or can't make the run, you can defer to 2020 up until. ALL REGISTRATION CLOSSES JULY 8. Sorry, no exceptions.

Scholarship Fund: Proceeds from the race still support the Lou Peyton Track & Field Scholarship fund at Lenoir-Rhyne University to honor the ultra-running legend for trailblazing women's distance running as the first, along with three other ladies, to complete the Grand Slam of Ultra Running in 1989, among a host of other accolades. Besides offering an outlet for ultra running in Arkansas, AURA serves to promote the sport of distance running. We're hoping to raise \$5,000 to go toward the scholarship this year! You can contribute by adding a donation to your registration, or visiting the race's donation page.

New this year: Well, not new, but back--Joe Jacobs from Arkansas Outside will be back to snap pics of you in your glorious finish pose. Don't forget to check the AO Facebook Album after the Full mOOn to snag it!

We need volunteers: Whether you're injured and can't run, or just have some "family" you don't want to have to pay \$5 for the breakfast, sign up to help out! We need help with check in, parking, aid stations and more. See all the ways you can help on the volunteer page.

We'll see you at the largest running party of the summer! Get the full scoop at [Fullmoon50k.com](http://Fullmoon50k.com).

Happy Trails,  
Susy Chandler  
Full mOOn Race Director

# Buffalo River Trail Marathon

~By George Peterka

The Buffalo River Trail Marathon (and half-marathon) was held on Saturday April 27, 2019. On Sunday they have a biathlon which is a 6.8 mile trail run followed by a 4.6 mile canoe race back down the river to the start. I did not do the biathlon but I mention it here in case someone is interested. For more info visit <http://www.pirateperryevents.com/buffalo-river-biathlon.html>



I drove up from Hot Springs to Mtn. View on Friday and spent the night at the Mtn. View Motel. Mtn. View is still a good hour away from the race start but there isn't much of anything any closer. It's pretty remote up there. Also I like Mtn. View. I had a nice dinner at the Mexican restaurant on the square. I spent the evening in the city park listening to folk music. The weather was perfect and it's just a nice place to be. They have these little folk music bands playing everywhere and you just sit by one and listen.

I got up at 4:30 and headed out at 5:00. The race starts at 7:00 so I had plenty of time. I was surprised to see quite a bit of lightning and some rain during the drive up there. I thought there wouldn't be any rain. It all stopped by the time I got there around 6:00. I checked in and waited for the race to start. The race starts by the Hwy 14 bridge over the Buffalo river. This is the lower Buffalo, already closer to where it joins the White river. From the recent rains, the river was flowing pretty good and was a brown color.

At 7:00 the race started and we were off. I had never been up here, so I had a chance to see some new territory and run on some new trails. The weather was perfect, low 50's at the start and upper 60's at the finish. No rain. Later a wind picked and helped to keep you comfortably cool. There are some nice views from the trail. You climb up and see the river down below. There are also nice streams that you cross. There are water falls going down from bluffs near the trail that you can see. Speaking of bluffs, you have to be little careful here. In several places there are drop-offs close to the trail.

The course is out and back. The half marathoners turn around at mile 6.5 and the full marathoners at mile 13.1. There is one creek crossing at mile 8 where you will get your feet wet. There are several smaller streams which you may be able to cross by stepping stones. The trail is not the easiest. There is plenty of climbing and some technical sections. Some of the climbs use stone steps. How does it compare to other races? I would say it's harder than the LOViT trail marathon but not as hard as Athens-Big Fork.

The trail was nicely cleared and well marked. The trail has permanent white blazes nailed to trees and they hung orange ribbons in spots that needed extra marking. Also, any place the trail crossed a road they had an aid station.

They had 10 manned aid stations which is more than necessary for a 26 mile race. There are five aid stations but you go through each one twice. The RD said they will eliminate two of the stations next year. The aid stations had water, Tailwind and pre-packaged single-serving snacks - Oreos, Rice-Krispies, Granola bars, fruit chews and some gels. It wasn't as big a selection as I'm used to seeing at AURA events.

Around mile 25 or so a bobcat hopped on the trail in front of me and we ran together for a little while. Now that was cool, running 6 feet behind a bobcat on a single track trail. It didn't last long. Pretty soon the cat turned off into woods and left me. It was about the size of a medium dog and didn't seem bothered by me at all.

That's probably about all I have. I finished the race and drove home. They have a race dinner in the campground there but I didn't stay for that. I just wanted to write this up since it's a new race and not many AURA folks have run it yet.



# A New Life after Graduate School

## Chris Lyle

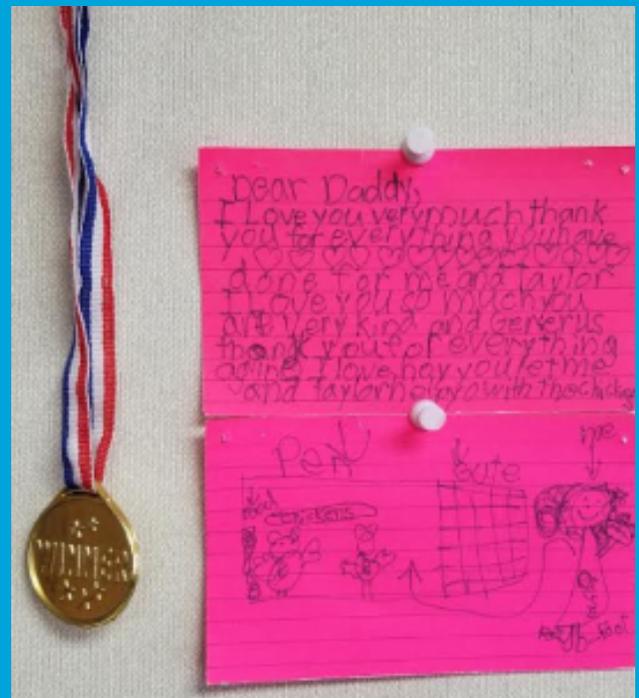
My story is not new or unique – there are different characters and circumstances but common threads remain that draw us to run for hours, fall repeatedly and get back up to finish the race. I learned from my now 10-year-old daughter to “Finish Strong” after she gave me a bracelet with those words a few months before turning in my dissertation and finishing graduate school at the U of A in 2018. She inspired me 3 years earlier when she surprised me one late night after I completed a week of critical lab experiments, some requiring all-nighters, by gifting me a plastic medal she had won at school. To this day, this is still the most meaningful medal I’ve ever received.



And it was that time in graduate school, working full-time with increasing responsibilities and trying when I could to be a husband and father, that made me appreciate life, my family and my ability to run. So as a new ultra-runner, I was excited to write a little about my recent journey. I find inspiration from many different people that are wiser and more experienced than I and I am grateful for those that share their stories. I hope mine might be a source of inspiration for those out there who may be looking for that little extra push to lace ‘em up and hit the trail.

I hear a lot of people talk about demons and what makes people run ultras. I don’t deny the demons, but what I’ve found is that I just love running. I love training, sweating, getting better. I love going longer, ticking off more miles and experiencing how my body feels after pushing it beyond what most humans will ever try. And I don’t want to stop. I want 100K, I want 100 miles. I want to stay up for 24 hours and experience what that feels like - what running on no sleep really feels like. So after a very good friend let my wife and I in on her plan to run 36 miles on her 36 birthday last November, I got to thinking that could be just what I need to go longer than the marathon. A few weeks before, I’d taken on the challenge of riding 100 miles on my new gravel bike – the GPP Growler Grinder tour of Benton County. After spending 7.5 hours on a bike on gravel back roads, I had the confidence to take on more.

So I set a goal to fly under the radar and complete 30 of the 36 miles with our friend and her group of friends that were sharing portions of the experience with her. The day went very well and I reached my goal of 30 miles with the last couple feeling really, really good. My running career was forever changed on that day last November. I discovered what I could do, how far I could go and how good it could feel. So I entered my first ultra - the Back 40 - 40 mile trail run and 40 mile trail ride (on that same gravel bike!) in Bella Vista last December. The Back 40 was all that I’d hoped for and more. I finished both the run and the ride - one of only 3 to complete the double in 2018. My ultra-running career was off and well, running!



So this brings my story as a new ultra-runner to a series of 3 races I recently completed over 3 consecutive weekends – Styx n’ Stones, the Hogeys Marathon and the Ouachita Trail 50 miler. These were each such unique experiences and I was inspired to write about them.

### Styx n’ Stones

After ABF and Ozark Highlands 50K this year, I’d come to know a little about what to expect on the trail. First, trail runs are pretty hilly. Second, trail runs are pretty rocky. Some of the trails aren’t really runnable at times. This was pretty new to me. And third, trail runs are wet – really wet. At least most of the trail races so far this year. Styx n’ Stones was no exception to any of these rules – especially 2 and 3. The horse trails were pretty tough, not really fit for humans. And the water, lots of water. Lots of mud and lots of rain. My first experience with water crossings was at ABF this year – naively, I thought a water crossing meant there are nice stepping stones over a shallow creek. Not ankle deep, soaked shoes, now run 5 more hours and cross 10 more times with wet shoes the whole way!! But, interestingly, I kinda like the wet shoes and now look forward to water crossings. Maybe it’s like getting to be a kid again, sloshing around in the mud, but now as an adult, it’s ok to get your new shoes muddy!! It’s actually encouraged!! So, once getting to Styx n’ Stones, running with wet shoes wasn’t really much of a thing. Funny what we learn about ourselves out on the trail.



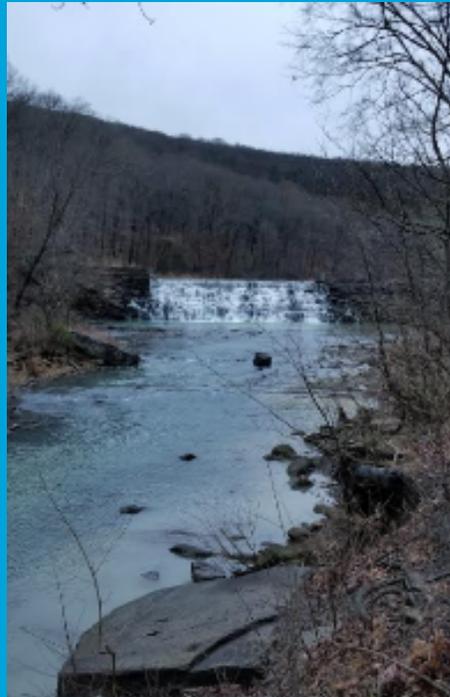
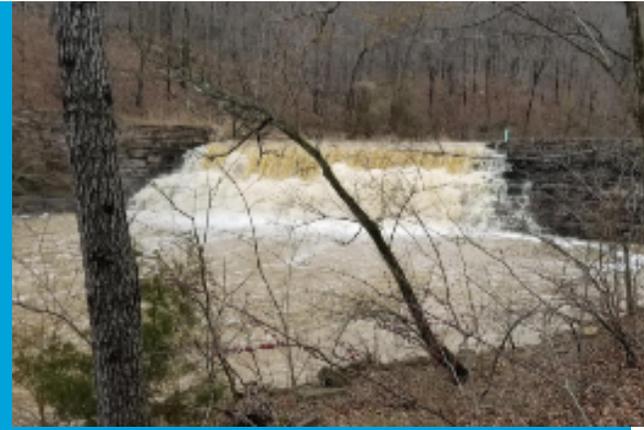
Even though I live in NWA, I’m a little embarrassed to say I don’t get out to Devil’s Den much. Last time was for Outback in the Ozarks, but it wasn’t my leg of the race. Terrain was surprisingly tough being mostly on horse trails. While I didn’t mind the wet conditions, I and likely most of my fellow runners, didn’t get the full experience of the course due to the very high water levels. Not sure where I may have taken a different turn, but I didn’t find any waste deep crossings over my just-over-15-mile run. Sounds like they were out there though and I’m sure happy that no one had any major emergencies.

After the “official” finish, I ran on up the hill and visited a spot where I’d picnicked with my wife, Ashley, and two young daughters, Taylor and Grayson, a few years back. All in all, even though we had a soggy day and the route was cut a bit short, Devil’s Den is a beautiful setting; I saw some familiar faces and made a few new friends. Many thanks to the race director, Mark DenHerder, and the volunteers – thank you for cheering us on and keeping us safe. I experienced more of the low-key ultra-running scene and grass-roots feel that I’ve grown to love most about the sport - homemade comfort foods in crock pots and a variety of baked goodies that await us at the finish. I get now why someone would think beyond 26.2 and beyond pounding the pavement. While I still do a lot of my training on the roads, the ability to mix in the trail has opened up a whole new passion for running and love of the trails.





White socks never stay white anyway, right?!



### Hogeye Marathon

I've been chasing a BQ for several years now, but haven't reached a level of training volume needed to get there. Nor have I figured out a fueling strategy that would get me to the end without bonking or cramping severely. While sandwiching a BQ attempt between Styx n' Stones and my first 50 miler probably wasn't the best idea in retrospect, at the time, I was excited about the challenge and feeling really good about my chances.

My last Hogeye was in 2013 and ran a PR of 3:34. But as with several Little Rock and Route 66 marathons previously, I battled leg cramps near the very end. I needed a road race for the UTS, so now that Hogeye is a BQ and the marathon is in my backyard, I decided to give it a go. This time, I'd need at least a 3:10 and was feeling confident that I could sustain the pace and fuel through 26.2 without bonking or cramping since I'd now run the distance several times over the last few months in training and in the few ultras I'd completed.

Race day came and the conditions were ideal. The forecasted rain held off and the temps were nice. I'd researched pacing a bit and found pace bands specific to the race at FindMyMarathon.com. Many races are available at the site and pace bands are available that are adjusted for the course topography. The site allows you to choose the type of pacing strategy you'd like and makes adjustments to the splits accordingly. This was good in theory and I used it for a few miles, but after about 10 miles or so, I relied more on feel and monitoring overall average pace.



After the first few miles, I was definitely feeling the demands of the pace. My legs were heavy and clocking the sub-7 minute miles that were required on the easier sections of the course grew more difficult to sustain. As I saw my average pace slip past the pace I needed to run my goal, all I could do was hope to “Finish Strong” and hopefully grab another PR. Springdale was great – I really enjoyed the course with several challenging long climbs. Though I ran self-supported, the aid stations were great. Always nice to see friendly faces cheering you on. Many thanks to all of the volunteers.

While there was no BQ for me on that first Saturday in April, I had a great experience, didn't bonk, didn't cramp and grabbed a PR – 11 minutes under last year's LR Marathon and just over 20 minutes better than my last Hogeye. The training and diet are working, just need more of it and maybe a little more rest before my next attempt. Oh and the best part of all – my family was there at the finish!

### **Ouachita Trail 50 Mile**

While the rain stayed away from Springdale and spared us all soggy shoes at the Hogeye, quite the opposite was true for the 2019 Ouachita Trail 50K/50M in Maumelle. I wish I had some fun pictures to show from that day on the trail, but it was so wet, I never took my phone out to grab any pictures. I have to say up front, many thanks to Chrissy Ferguson and all of the many volunteers who endured the pouring rain and increasing chilly temps to fuel us with warm goodies and moral support. I know it was a very long day for all, but even to the end, everyone was so happy and supportive.

OT50 was an experience!! I'm so happy first, just to have completed my longest run to date. The course was really cool and I look forward to running it next year - dry!! I lived in Little Rock for 10 years and embarrassingly again, I never explored the OT. These races have definitely inspired me to get out on the trails more with my family. The rain wasn't too bad for the first half, I guess, but on the way back, I think it really started to wear on me. I was so impressed with how so much of the trail was underwater – it was like one long water crossing!! The descents and overflowing streams were quite tricky, especially during the second half with more, faster-moving water and very slippery rocks. I'm actually finding this race a bit tough to describe as it all seems like a blur, like a dream. Yes, it was a long run and I had a great experience, but in many ways, it was like a dream. I was happy to see more familiar faces and to have a really good day physically despite a pretty tough fall early on and all of the rain. Fueling went very well and I have even more confidence now to go out for that distance and to push beyond. Special thanks to the aid station near the end with the warm quesadillas!!

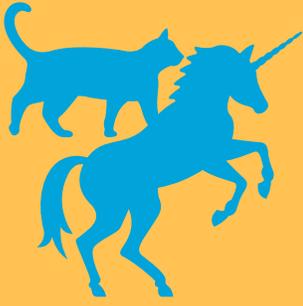
So that is going to wrap up my 2018-2019 season – my inaugural as an AURA member and UTS participant. I'm looking forward to more ultras in the near future, War Eagle 50K in June at Hobbs State Park (sign up if you haven't already!) and while I'll miss Full Moon in July, I will be enjoying another new adventure, riding RAGBRAI with my best friend. I'm excited about the 2019-2020 UTS, revisiting the races I did this year and enjoying this new life after graduate school. I've really enjoyed meeting everyone out on the trail this season and I wish you all happy training and happy racing!!

Remember to “Finish Strong!!”

# ULTRA TRAIL SERIES WINNERS 2018-2019



**Overall Male & Female: Daniel Arnold and Michelle Posey**  
**Overall Master Male & Female: Stan Ferguson and Kimmy Riley**  
**Overall Grand Master: John Haddock (not pictured) and Mary McDonald**  
**Overall Senior Division: Cliff Ferrin**



# CATSMACKER 2019



## Club Meeting & AURA's 30 Year Anniversary

After the CatSmacker we had our annual meeting where we voted for officers. All current officers will remain in their current positions. George Peterka - President, Robert (PoDog) Vogler - Vice President, Stacey Shaver - Treasurer, and Lisa Gunnoe - Secretary. Thank you to all who hung around after the race for the meeting.

I think I can speak for all of us and say that we are honored to serve on the board and we all strive to continue in AURA traditions and are dedicated to promoting ultra and trail running in and around the state of Arkansas. If you ever have questions, concerns, or ideas please feel free to reach out to one of us.

For those who didn't know, Arkansas Ultra Running Association turned 30 this past February!! Thanks Big Shot! Thirty years later, what began "so innocently", is still thriving and AURA events continue to bring people together, to introduce people to our trails, and to bring people from around the nation and world to our beautiful state. I know there are many more people we certainly have to thank for the clubs continued success over the years but in honor of this 30 year anniversary we thank you for taking your idea, nurturing it and making the idea into reality.

"A single idea from the human mind can build cities (or a trail running community in this case). An idea can transform the world and rewrite all the rules."

Read the club history here: <http://www.runarkansas.com/History.htm>

## From The Editor



Well, that's a wrap!

The UTS Series is at a close but the 2019-2020 version will begin with the Full Moon 50k in July. In the past I have found that registering for the AURA UTS Series did two things for me. One it got me out at least once a month to race a long distance event. It helped keep me committed and in race shape. Two, and most importantly, it helped me stay connected to my AURA friends. So, don't miss out and get registered now. You must register BEFORE your event for points to count.

While you are at it, go ahead and send an invitation to a trail buddy to register as an AURA Member and to sign up for the series with you. Running is always more fun with a friend.

I would like to thank George for a peek at one of the newest trail races in the state and to Chris for giving us a view into his recent race endeavors, his first time participating in the ARUA Series, and reminding us not only to "Finish Strong" but reminding us of how much better a runner we can become through participation in the series.

As always I leave you with our thanks and gratitude for participating in AURA events and sharing your race stories and photos whether they are part of our series or not. It is always nice to see where our members are running and racing. Keep the stories and pictures coming.

SEE YOU ON THE TRAILS  
~Stacey Shaver-Matson~

[Click Here To Become An AURA Member](#)

**Contact Me at**  
[\*\*mverunnergirl@gmail.com\*\*](mailto:mverunnergirl@gmail.com)



## 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 and celebrate your latest adventure. Everyone welcome, retired or not. If you are late look for the table with the old runners in their t-shirts from the past, medallions, trophies, etc.

Questions? Call Lou or Charlie Ellis Peyton  
680-0309