

ARKANSAS ULTRA RUNNER
ASSOCIATION

WWW.RUNARKANSAS.COM



UPCOMING
RACES & EVENTS



Running The
Rose



UTS
Standings

AURA NEWS



Letter From the President

Greetings everyone. Spring is finally coming.

First I wish to thank all the race directors and volunteers who put on races.

This year the Swampstomper had new race directors, Kiran Hanumaiah and Eric Knight. I ran it and saw that they did a terrific job putting on the race. It was cold and the course was wet so it truly was a swampstomper.

Lisa Gunnoe and PoDog Vogler put on the White Rock 50K. It was nice but cloudy on top so you didn't have much view.

I missed the LOViT 100M/100K this year. I still wasn't over a cold that I caught at White Rock and I had some family things to take care of so I didn't go. I heard there was lot of water in the creeks, making some crossings difficult. Also some runners had to wait at an aid station due to lightning. In spite of that Daniel Arnold broke the course record by 18 minutes.

We added a new race into the UTS series, the Ozark Highlands Trail 50K. I ran it and in spite of a some rain, I enjoyed it. I had never been on that portion of the OHT so it was something new. It's a nice trail. Some sections are technical and there are some nice views.

Stay safe and I'm looking forward to seeing you at the Styx n'Stones or the Ouachita Trail 50k/50M.

Styx N Stones

Race #13 of AUARA UTS

Saturday, March 30th

8am at Devil's Den State Park

Race Information:

- 8:00AM. Day Use Pavilion
- Approximately 30K (18.6 miles). The short option is 15K (9.3 Miles).
- There will be aid stations. This will include water, sports drink and light food. Water bottle highly recommended.
- No fees. No frills. No wimps. No whining.
Donations to help cover costs are appreciated. There will be a donation can at the sign-in table.
- Timing: Please keep your own time and sign in at the finish. Results will be posted on www.runArkansas.com
- Difficulty: This is a long race on difficult, technical trail.

Runner Info:

- Gaiters recommended: expect any combination of sticks, stones, boulders, mud, scree, grit, trail debris, rocks, sand, slippery rocks, roots, loose rocks...
- Much of the trail is very technical. Don't plan to run a personal best here. Enjoy the great outdoors and *exercise your demons*.
- Major climb the first two plus miles. Gnarly climb at ~13 miles.
- Six hour time limit. Runners passing the 9-mile checkpoint after 10:50 AM will be required to stop at 15k. Assume the 30k will take nearly as long as a road marathon.

Getting there:

- [Google Maps Driving Directions to race start.](#)
- From the north, I-540 to the West Fork exit, right on Highway 170.
- From the south, I-540 to the Winslow exit, Left on Highway 74.

Styx N Stones 30k



Race Director
Mark DenHerder

Devil's Den State Park Trails <http://www.arkansasstateparks.com/things-to-do/trails/search.aspx?parkid=4>

Ouachita Trail 50

Race #14 of AUARA UTS

Saturday, April 13th

6am at Maumelle Park, Pavilion #8

Packets:

Race packets may be picked up at Pavilion 8 from 4-7pm Friday or 5-5:45am on Race Morning

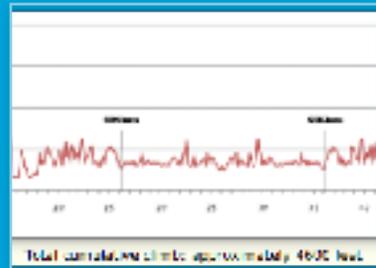
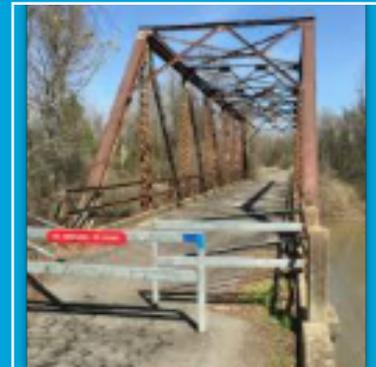
Course: Beginning with a two mile section of road connecting Maumelle Park to Pinnacle Mountain State Park and the Ouachita Trail trailhead, the course features a picturesque climb over and around Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle on the Ouachita National Recreation Trail. Most of the Ouachita Trail is a scenic, rocky, single-track foot path. The trail is permanently marked with blue blazes. Turns are marked with two blue blazes. Additional markers (blue and white striped ribbon) will also mark the course. The Pinnacle Mountain trails and loop are utilized on the "out" portion only. 50K participants will be diverted off of the OT around the 16 mile point and will follow a different approach to the Northshore Aid Station. The course involves several highway crossings, and there will likely be no traffic control. Please be responsible and be careful! **NOTE:** If conditions are wet, the course may be rerouted to avoid the top of Pinnacle Mountain. This is due to safety concerns and is mandated by the state park.

Aid: Eleven staffed aid stations for 50 mi; seven for 50k. (see mileage/aid chart online) Carrying at least one fluid bottle is HIGHLY advised.

Cut-off Times: There is a 13 hour time limit for both races. Runners registered for the 50 Mile have the option to change to the 50k during the race. To continue the 50 Mile race, a runner must exit the Northshore aid station by 10:15am (outbound) and 3:30pm (returning) and the Turnaround by 12:50pm.

Race Website: http://www.runarkansas.com/OT50/OT50Gen_Info.htm

Mount Magazine Trail Run 18+/-



Race Director:
Chrissy Ferguson
Email:
OT50@RunArkansas.com
Phone:
501-803-9411

Runners Choice Marathon

RESULTS MUST BE RECEIVED BY April 15th

Rules:

1. It has to be an official 26.2 mile marathon race with a website, registration and results posted online.
2. You have to email [George](#) your results and a link to the race website for verification, no later than April 15th 2018.
3. You have to run the race in the 12 months preceding April 15th 2018.
4. There will be no allowance for course difficulty. All marathons will be treated as equal.
5. If you run more than one marathon, send in your fastest time.
6. We will assemble all the times together into one "virtual" race and award UTS points and 26.2 UTS miles.
7. Miles cannot be earned for volunteering.

Questions:

Q: What is an official race?

A: It cannot be something that you just did by yourself. It cannot be any other UTS race or part thereof. You cannot drop from a longer race past mile 26.2 and ask for marathon credit.

Q: How are the points awarded?

A: Participants will email me their name and time. I will assemble this together as though it was one single race. The fastest time will be the winner and so on. UTS points will be awarded according to the normal UTS rules. Let's say for example that "Jack" runs Boston Marathon in 3:43 and "John" runs Little Rock Marathon in 3:45. So Jack beat John by 2 minutes in the "Runner's Choice Marathon". It doesn't matter that those were actually two different races. Jack's time is 2 minutes faster than John's and that is all we look at. **If one race is harder than the other we will NOT take that into consideration.**

Q: May I run a trail marathon?

A: **Yes, but you probably don't want to - unless your trail time is faster than your road time. Most people run faster on roads. You want to choose the easiest, fastest course in the best weather so you get the fastest time.**

Q: May I run more than one marathon?

A: **Yes, but only one will be counted.**



Website: <http://www.themonarchultra.com>

Facebook: @MonarchUltra

Instagram: @the_monarch_ultra

Twitter: @monarch_ultra

You are invited on a journey that connects butterflies, ultra-running and film-making with resiliency, inspiration and hope that surrounds all of us.

A team of film-makers, runners, and pollinator advocates will be telling the story of the flight of the monarch butterfly seen through the eyes of ultra-runners who will run the same distance of 4,200 km (2,610 miles) from southern Ontario to Mexico in the fall of 2019.

The Monarch Ultra is the first attempt to run across North America (Canada, United States and Mexico) in order to raise awareness of monarch butterflies who make the migratory journey every year, and whose populations are in decline.

Most importantly, the Monarch Ultra is an opportunity to connect us as human beings in Canada, USA, and Mexico with common goals of Earth stewardship and biodiversity conservation.

The Monarch Ultra is a celebration of two types of superheroes: monarchs butterflies and ultra-runners. Both cover long distances using their incredible body strength to arrive at a new (unknown) destination. The Monarch Ultra is the first documentary project to cover the entire monarch migration via an ultra-run.

If you are interested in being a part of this journey, check out the website with the relay breakdown: <http://www.themonarchultra.com/relay-run.html>

Running The Rose

by Landon Caldwell



The weather on Saturday, January 25 was absolutely pristine for the annual Running the Rose, a race put on annually by Trail Racing Over Texas, or TROT. I arrived just before 6:00 am to beautiful Tyler State Park, parked my car, and began preparing for my 22 mile jaunt through the woods.

Prior to sunrise, the air was still and cold. I watched my breath in the air as I went about my usual pre-run ritual of some light stretching, and taking a moment to be grateful for my health, and the opportunity to run. I made my way to the start/finish to pick up my packet, and the party had already begun! It was only 6:00 am, but the 108K distance had just started, and spirits were high. I grabbed a cup of coffee and made the rounds until it was time to run.

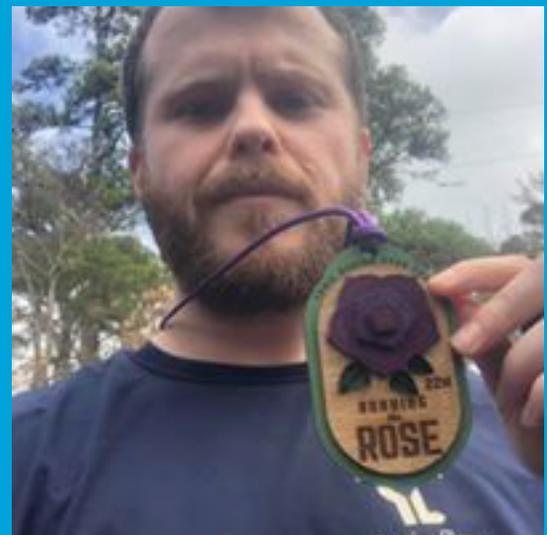
Running the Rose offers distances of 7K, 11M, 22M, 54K, and 108K. The trail itself consists of a single 11 mile loop, which is repeated 6 times to achieve the 108K distance. When race director, Rob Goyen, announced the start of the 22 mile distance, I stepped near the front of the line. The sun was just beginning to peak through the trees as the whistle blew, and us 22 milers began our march. The trails of Tyler State Park are very dynamic. The difficulty of a run can vary greatly, depending on where on the trails you begin. This year's race was a fast one, with only two tricky climbs up front, and the rest a flowy system of runnable single-track, with plenty of small valleys which seem to naturally maintain your momentum. This park is famous for its 100+ ft tall pine trees, whose high branches and close canopies create a sense of being "inside" of a giant, beautiful dome of sorts. It can be very surreal, especially on a beautiful day like this!

There were three well stocked aid stations along the 11 mile loop, with bathrooms at two of them. After an initial low point around mile 7, the second aid station's oranges, bananas, and gatorade gave me new life, and I flew like the wind (for me, at least) for the remaining 4 miles of loop 1. The cowbells rang as I joyfully filled my bottles and headed back out (or in?) Being a mid-pack, lower distance runner, 22 miles is pretty huge for me, so needless to say, I was really starting to hurt after mile 15. This is when I typically start getting cramps in my quads and hamstrings. As I began to slow, stopping frequently to rub out my quads, I was uplifted by the camaraderie of my fellow runners, stopping to ask if I was OK, or needed anything. One runner in particular, who I called my Trail Buddha, placed a hand on my shoulder, and said, "Remember, pain is not linear. You exist in pain now so that your joy will be greater at the end." Thank you, Trail Buddha! Your words were what gave me my second wind, and got my legs running for the last 3 miles into the finish!

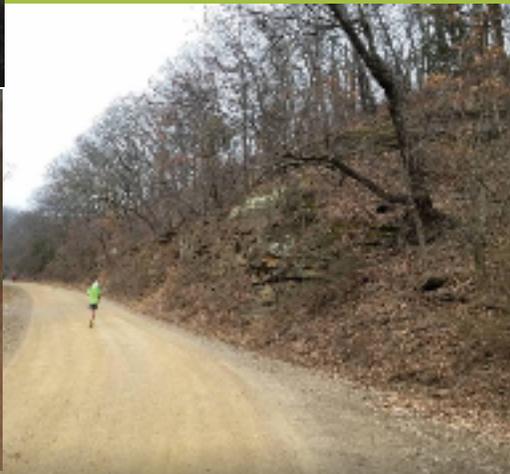
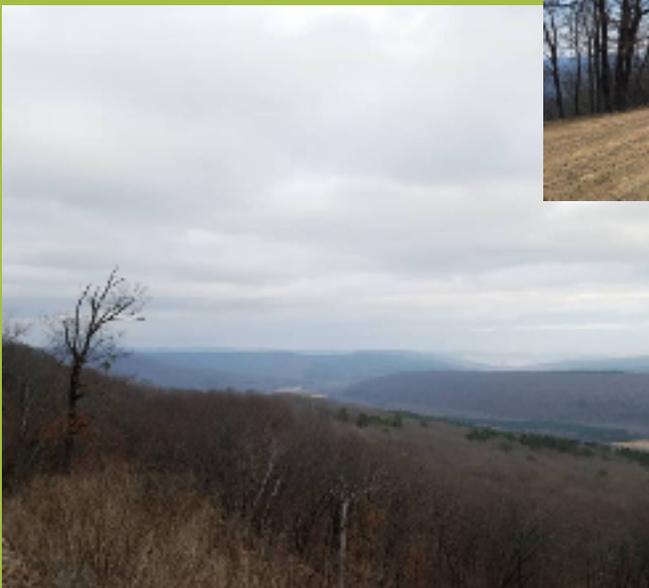
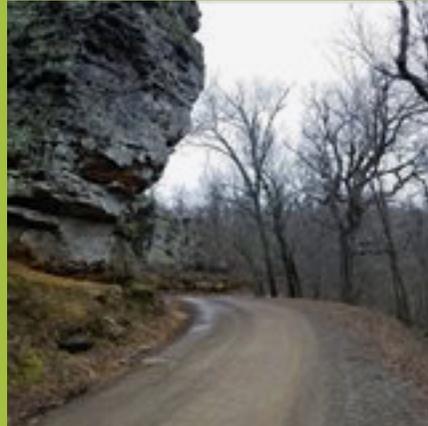
Those cowbells were the prettiest sound I'd ever heard. Race director, Rob Goyen, greeted and congratulate me by my name, and handed me by beautiful hand-crafted wooden medal, and the day was won.

I highly encourage anyone reading this to visit Tyler State Park. It is one of the most beautiful areas in the state of Texas, with some of the most fun, well-maintained, super runnable trails. I also highly recommend running in any TROT event. Rob is incredibly profession, and passionate about trail running. He will be the guy in a funny suit, calling everyone "tribe," and giving out hugs like candy on Halloween.

If you ever find yourself in East Texas, let's go for a run!

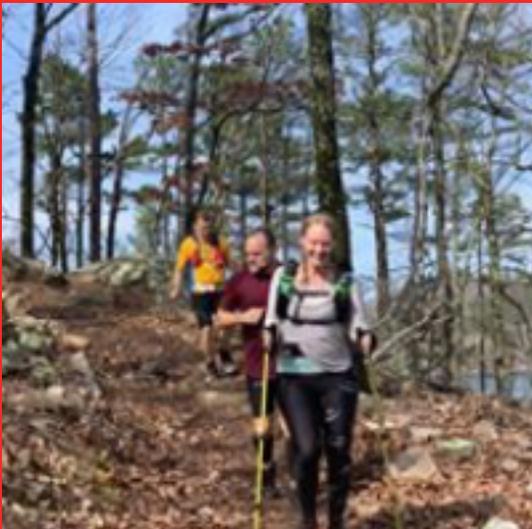
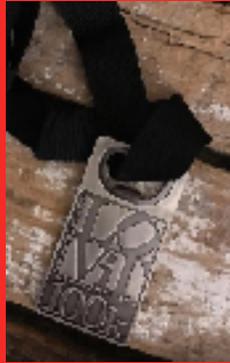
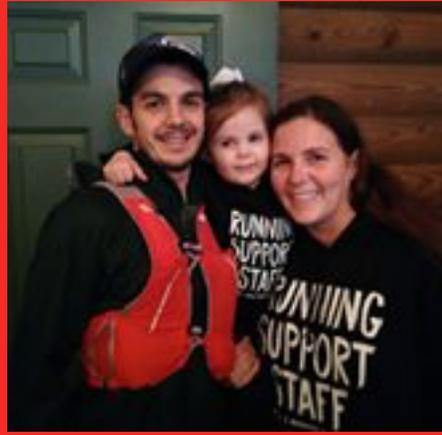


White Rock 50k





LOVIT 100



2018-2019 Ultra Trail Series Current Standings

Women

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Michelle Posey	58			88				78.56		33	52	45	53	53							460.56
2	Kimmy Riley	47	36	44		52	37.7			47	27	41	28	42								401.7
3	Shelley Sparks		58		74					33	55						42					282
4	C. McAdam Marx				104					58			56									218
5	Chrissy Ferguson		30				44.96						34		42		31					181.96
6	Tina Mitchell		47	55													53					155
7	Mary McDonald	12	12			41				8	21		22		31							147
8	Missy Harken	36						48.56		24												108.56
9	Brooke Oliver				61				36.55													97.55
10	Charity Shaw	30								18				31								79
11	Dottie Rea		8	21			30.46															59.46
12	Shari Misener		24				24.66															48.66
13	Krista Buck	18	18							12												48
14	Tonya Weaver										44											44
15	Susan Beckwith	8		33																		41
16	Lisa Gunnoe	24											16									40
17	Rebecca Blaylock									33												33
18	Christy Brooks			27																		27

Men

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Daniel Arnold	74	71	55	108	60			30.73		59	53		59								589.73
2	Shane Poland	40	60	66		49					70		62	48	59		56					510
3	John Haddock	46	25	38	78	38				51	36		40									352
4	Stan Ferguson		49	44	65					62	48			37	37							342
5	Robert Misener	13	11	20	54	32	19.78			12	17	42	16		13							249.78
6	Shawn Sellers	63			92				35.71						31							221.71
7	Cliff Ferren	24		16		10	40.87			22	5			19	6		34					176.87
8	Jim Tadel		10	5.5					25.75		10	31			25		45					152.25
9	Chris Lyle										42		51		48							141
10	Kyle Martin	18		29						40	30		3	13								133
11	Stephen Rush	5	4	3		14			42.36		4		12	31								115.36
12	Steve Adkison		37							34	11				19							101
13	Brett Nguyen	6	21							28	20		22									97
14	Steve Harrelson								70.59		24											94.59
15	Joel Gill	21			45					16	9											91
16	Tony Melugin	14	15	13							14			25								81
17	Jeff McCollough	10		8.5		20											28					66.5
18	Josh Hinojosa	15			37								8									58
19	Brandon Allen	9	18	29																		56
20	James Moy		7			7	39.55															53.55
21	Kevin Golden	52																				52
22	Rodney Declue	8	12		31																	51

Master Division

Women

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Michelle Posey	57			87				82.49		33	52	45	52	53							461.49
2	Kimmy Riley	46	38	44		52	39.59			45	27	41	28	41								399.59
3	Shelley Sparks		58		73					34	55						42					262
4	C. McAdam Marx				103					56			56									215
5	Chrissy Ferguson		30				47.2						34		42		31					184.2
6	Mary McDonald	17	12			41				16	21		22		31							160
7	Tina Mitchell		47	56													53					155
8	Missy Harken	35						50.98		28												113.98
9	Krista Buck	23	18							22												63
10	Dottie Rea		8	21			31.98															60.98
11	Shari Misener		24				26.89															49.89
12	Lisa Gunnoe	29											16									45
13	Susan Beckwith	11		33																		44
14	Tonya Weaver										44											44
15	Christy Brooks			27																		27

Men

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Stan Ferguson		65	61	88					60	65			55	46							440
2	John Haddock	52	31	50	104	57				49	43		47									433
3	Robert Misener	23	12	39	74	46	20.77			20	25	52	18		23							352.77
4	Cliff Ferren	35		33		23	42.91			26	4			33	11		44					251.91
5	Jim Tadel		9	9.5					27.04		12	41			35		55					188.54
6	Chris Lyle										54		58		57							189
7	Tony Melugin	29	19	27							19			44								138
8	Steve Adkison		43							38	15				29							125
9	Brett Nguyen	4	25							32	31		24									116
10	Steve Harrelson								74.12		37											111.12
11	Jeff McCollough	13		18		29											33					93
12	Rodney Declue	10	15		61																	86
13	James Moy		5			17	41.52															63.52
14	Kevin Golden	63																				63
15	Podog Vogler		54								5											59
16	Chris Wear	41		18																		59
17	Mike McMillan					35				10	6											51

Grand-Master Division

Women

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Kimmy Riley	55	55	54		52	43.35			43	42	51	33	51								479.35
2	Chrissy Ferguson		44				51.7						44		52		51					242.7
3	Mary McDonald	27	27			41				26	31		27		41							220
4	C. McAdam Marx				101					54			55									210
5	Krista Buck	33	33							32												96
6	Dottie Rea		21	26			35.03															82.03
7	Lisa Gunnoe	44											21									65
8	Susan Beckwith	21		43																		64
9	Tonya Weaver										53											53
10	Christy Brooks			32																		32

Men

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Stan Ferguson		60	56	87					56	59			53	55							426
2	John Haddock	48	26	45	103	55				45	48		54									424
3	Cliff Ferran	37		34		27	47			28	9			42	21		44					289
4	Jim Tadel		14	19					29.61		31	51			44		55					243.61
5	Steve Adkison		38							34	37				33							142
6	Jeff McColough	25		28		33											33					119
7	Rodney Declue	19	20		73																	112
8	Lionel Burnett	31		19						16			32									98
9	Mike McMillan					44				22	19											85
10	Johnny Eagles		4			21							26				21					72
11	Podog Vogler		49								13											62
12	Kevin Golden	59																				59
13	Steve Griffin										25			31								56
14	Charles Sellers		7						19.11						27							53.11

Senior Division

Women

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Mary McDonald	51	52			51				51	51		51		51							358
2	Dottie Rea		41	51			39.59															131.59

Men

Rank	Name	FM	NEB	HSNP	AT	SWE	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	OHT	S&S	RCM	50k OT	50m OT	MAG	Total	
1	Cliff Ferran	51		52		42	53.13			52	26			52	41		42					411.13
2	Jim Tadel		53	41					33.47		54	51			52		53					337.47
3	Johnny Eagles		31			31							51				31					144
4	Mike McMillan					53				41	32											126
5	Steve Griffin										43			41								84
6	Alan Hunnicutt		42																			42

From The Editor

Happy Spring My Friends!

Let me start by giving a big thank you to Landon for sharing his race experience at Running the Rose. I once ran whispering pines 50k in Tyler State Park and I agree with Landon, it is a beautiful area.

My friends, I hope your training is going well. It looks like our spring is finally here!

That was one wet winter and I know you all are probably like me and feeling thankful for the dry patch we have gotten to experience. I love Spring and I will tell you why. There is never a "perfect" time to run, to start running or to renew your training goals. Are there better times? Maybe. New Years is of course the most popular time to get active but the weather blows. Then February comes around and you find yourself devouring Valentine's chocolate and have long forgotten that, "New Year New You" promise. Spring is an opportunity to reboot. It means more sunshine and gone are the days of going to work in the dark. It's the goldilocks of seasons where it's not too hot and it's not too cold. Plus, Spring is COLORFUL, from landscapes to running clothes there is color everywhere! It's a breath of fresh air for your eyeballs. My favorite part about Spring is seeing all the new runners and it makes me so happy to see them push forward.

Our sport is certainly growing, so please share the AURA love of trails and invite your friends to become members

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



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