

AURA NEWS

Arkansas Ultra Running Association

Upcoming AURA Events

See pages 2-3

Membership moves to Run SignUp

See page 4

Sunset 6/12/24 HR

See pages 5-7

Lovit Marathon

See pages 8-10

Zada Runs For Roscoe

See page 11-12

Recent Member Accomplishments

See page 13

ReTreads & AURA Board

See page 14-15



From the Club President & Editor



Congratulations to all of the Sunset Endurance runners. What a wonderful time we all had! The weather was so nice and perfect for running. Laura Kearns broke the female course record in the 6 Hour Event! We had runners from ages 14 to 82. Laura recruited a large number of good souls to volunteer. The volunteers were not only serving up hot food, but they were taking orders so runners didn't have to wait for their "made to order" foods. Runners were guaranteed to have their order on their next lap. Talk about service! Thanks Laura Babbitt, you did another wonderful job of hosting!

The LOViT Marathon was also blessed with great weather. The number of participants was down just a bit due to St Jude Marathon and a couple of other events being on the same weekend. We still had 81 runners participating, everyone finished, nobody got lost, and we all had a great time as a community. We were gifted the bonus of a delicious BBQ meal and hot soup at the finish thanks to the talents of Kevin Moseley. All of the volunteers did an amazing job of caring for our runners, as did our new Race Director Stephen Campbell!!! He made one change that I think I can safely say that everyone absolutely loved, and that was having us all run to the Hickory Nut Mountain Vista. There were runners who said they have done the race multiple times yet had never seen that vista until this year. Great call on the course change. Thank you Stephen for all of your hard work!!

I would say that we are now just about at the half way point in both of the Ultra Trail Series. Do you know where you stand? Are you going to hit your mileage points for an end of year award? You do not have to be fast to earn a High Mileage award, you just have to show up and do the work of an ultra runner. You've Got This!!

I look forward to the next time we gather together. Until then, Happy Trails and Happy Holidays!

~ Stacey Shaver-Matson~

Upcoming AURA Events And Volunteer Opportunities



White Rock Classic 50K

Saturday, February 03, 2024
9:00 am start

Registration is NOT open yet. However, the race is going to happen, unless weather prevents it. The race does not sell out so you have no worries with that. So, go ahead and put the date on your calendar and watch the AURA Ultra Trail Series Facebook page for updates.

The 50k is race #9 in the UTS
The 25k is race #8 in the UTS Lite



The 100 Mile race begins Friday, February 23rd at 5pm. The 100k will begin Saturday, February 24th at 6am. The directors are still in need of a captain and volunteers at Brady Mountain and Joplin Crossing. If you aren't running, I hope you will sign up to volunteer [Click To Volunteer Now](#)

Joplin is a very easy station to Captain and I am happy to share any information with anyone interested. ~Stacey~

[Register To Run](#) The 100k is race #10 in the UTS



Friday, March 15, the 50k begins at 9am
Saturday, March 16, the 50M begins at 6am
Sunday, March 17, the 20k begins at 9am

The 50M is race #11 in the UTS
The 20k is race #9 in the UTS Lite

You can run one, two, or all three days.
[Register To Run](#)



Styx & Stones Trail Marathon

26M & 13M Trail Races

Devil's Den State Park
Saturday March 30, 2024

Both distances will begin at 7am.

26M is #12 for UTS
13M is #10 for UTS Lite
[Register To Run](#)



The 33rd Edition will be held on April 13th, 2024

Proceeds go to Pinnacle State Park

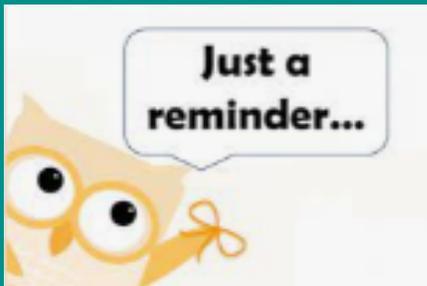
Both the 50M & 50k begin at 6am

[Register To Run](#)

[Be A Trail Hero - Volunteer Now](#)

Choose either event as race #13 for the UTS

The 50k is race #11 for the UTS Lite



Runners Choice Marathon results need to be mailed to [George Peterka](#) by March 15th.

Mt Magazine will be May 4th

CatSmacker and End of Year PaRtY will be May 18th

Trail Work opportunities will be coming up. Watch the club FB page for information. I know I will need help on the first good weather weekend in February to begin cleaning up the Ouachita Trail. I know PT usually puts out a post for Mt Magazine. You will earn 50 points to do trail work, which is significant in the UTS/UTS Lite standings.

[AURA Race Calendar](#)

[UTS Standings](#)

[UTS Lite Standings](#)

[UTS Miles](#)

[UTS Lite Miles](#)

If you find that your points are incorrect or you need to have your volunteer time included you can email [Shawn Sellers](#) or [Stacey Shaver](#)



CHANGES WITH AURA MEMBERSHIP RENEWAL

We are switching registration for AURA's membership to the Run SignUp platform. This will keep all of our events and activities on one platform. We feel like Run Sign Up is more user friendly and we hope that you also find that to be the case.

Annual memberships used to run from July 1 through June 30. We are switching that membership period to be the calendar year (Jan 1 - December 31). Anyone who renewed after July 1, 2023 will be rolled over into their full-year 2024 membership. Anyone who renewed before July 1, 2023 has expired as of June 30, 2023 and will need to renew for 2024. If you renewed after July 1st 2023, you will not have to do anything until January 2025.

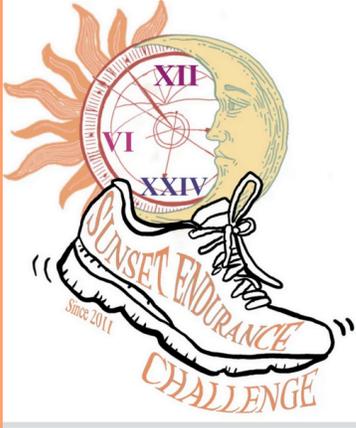
If you have any questions or concerns about this please let me know. I am here to help.

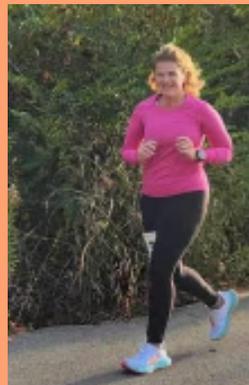
[Link for AURA Membership Registration](#)

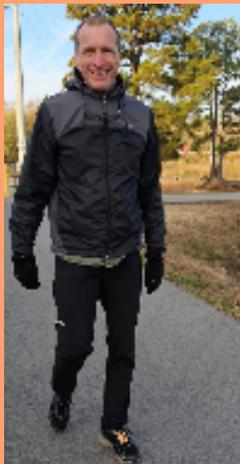
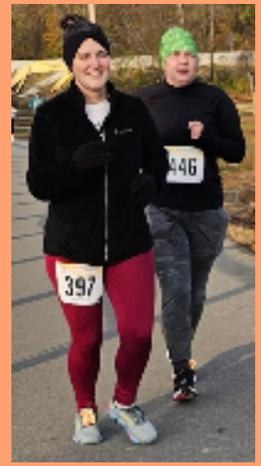


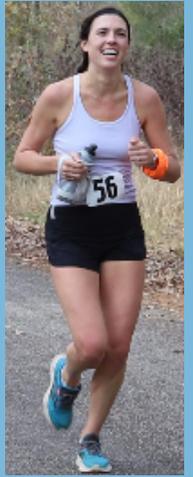
Do we have your mug shot for the AURA membership page?

- * CHECK TO SEE IF THERE IS A PHOTO OF YOU ON THE MEMBERSHIP PAGE
- * IF THERE ISN'T A PHOTO OF YOU, PLEASE EMAIL A PHOTO TO GEORGE AT advdesinc@sbcglobal.net

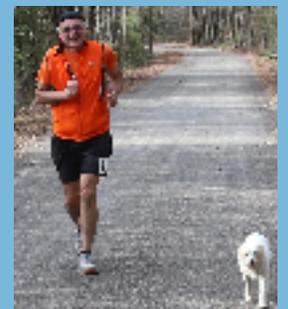














Howdy! My name is Zada, I am fairly new to AURA (& Arkansas), but I have been enjoying getting to know some of you at the events I have been at so far.

To help raise awareness, I started a Run Streak the first day I brought my foster dog Roscoe home. I am running every day until Roscoe is adopted - & will be at about day 50 when this newsletter comes out.

While Roscoe was doing great learning how to be a phenomenal running partner, we found out he is Heart-worm positive and therefore cannot run until his treatment concludes. He still enjoys short hikes & walks, but high intensity or long exercises are discouraged. Luckily, Roscoe's case is not advanced, you can't even tell he has HW - & the Rescue covers 100% of the treatment costs. I am sure once his treatment is done, he would love to get back to learning how to be a running buddy! He is part heeler, so he definitely has the energy in him to be an endurance runner.

Roscoe is the cuddliest dog I have EVER met. He LOVES cuddling and is determined to convince everyone that he is a lapdog. Also, he is excellent at laying on his bed next to my desk all day while I work from home. He's one of those dogs that is chill when you are chill, and he is active when you are active.

Roscoe has been through 8 weeks of a Paws in Prison training program and is simply amazing. Roscoe has mastered his walking & fundamental commands but still needs some training - he forgets his manners when he is excited, and he can be a little mouthy (typical heeler). All of which, he will learn to control with consistency & guidance. He is a very trainable dog, as he is eager to please his human and he always has a lot of eye contact. He will constantly check in with you, and he is VERY treat motivated.

Roscoe is going to be someone's SOUL DOG - if you are looking for a dog that is going to love you more than anything, wants to go on adventures with you everyday & cuddle you at night, has the emotional intelligence for a very strong bond...Roscoe is your "once in a lifetime dog".

Lastly, Roscoe is house trained, likes other dogs, loves all humans, not sure about cats; he weighs about 45 lbs and is 2-3 years old.

If you are interested in adopting, fostering, donating, or following along on social media, please contact me or use the links below.

Please share widely with your community - I'm counting on yall to help keep my Run streak from getting too crazy!

Happy trails and tails!! -Zada

Petfinder link : <https://www.petfinder.com/dog/roscoe-69310721/ar/little-rock/rubys-rescue-refuge-ar390/>

Rescue Link: <https://www.rubysrescueandrefuge.org/> & <https://www.facebook.com/rubysrescueandrefuge>

Zada Email: ccacyy@gmail.com

Zada Instagram: [@itszaduhhh](https://www.instagram.com/itszaduhhh)



Congratulations To Our Friends and Fellow AURA Members On Their Recent Accomplishments



Chrissy Ferguson just completed her 300th race of a marathon distance or longer at the California International Marathon! I don't think anyone is surprised by anything this little firecracker achieves. She is one who has more accomplishments under her belt than 20 runners combined. She is a living legend in my book!



Stan Ferguson not only broke the master record at this years Arkansas Traveller 100 but he also just completed his 300th race of marathon distance or longer. He completed his three hundredth at the Dallas White Rock Marathon. Without a doubt he too is a legendary Arkansas athlete!



James Holland just won the Spirit of Syllamo 100 in a time of 25:33:58! If you don't know James, you should. He hails from Memphis, but volunteers at many Arkansas races. Syllamo 100 was his THIRD 100 mile finish this year. He is also a Grand Slam alum.



Kyle Grady finished 2nd at the Spirit of Syllamo 100 in a time of 27:20:26! He was also a finisher of this years Western States 100.



Chris Lyle finished 3rd at the Spirit of Syllamo 100 in a time of 27:31:08! Chris also finished the Arkansas Traveller 100 and the Lovit 100 this year.

RETREADS

Hello **All**, the first Wednesday of every month is RETREADS Day. What is a RETREAD? Could be a retired runner. Maybe not. Could be a runner who wants to eat out in the company of other runners.

We are currently meeting at Homer's Restaurant on Rodney Paraham Road (in the old Frankie's location). We have the private room reserved for 11:30 a.m. If you plan on coming, it is important that you contact me the day before as our location is subject to change. [Email Charley Peyton](#) if you've not been to RETREADS before and not on his notification list.

Thanks, Charley and Lou Peyton

Don't Miss The Fun!



AURA BOARD



Stacey Shaver-Matson
President
Newsletter Editor
RD - ABF/OT50/AR Traveller 100



Shawn Sellers
Vice President
UTS & UTS LITE Coordinator



Katie Helms
Treasurer
RD - Catsmacker



Vickie McDonald
Secretary
UROY Coordinator



Rober Vogler (PoDog)
Trail Manager



Stan Ferguson
Website, IT, and
Equipment Manager



George Peterka
Website & IT



Jerry White
RRCA Arkansas State Rep



Arkansas Ultra Running Association
[Website](#)
[UTS Calendar](#)

Contact Information Can be found [Here](#)