

AURA NEWS

Arkansas Ultra Running Association

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From the Club President & Editor



Congratulations to all who ran the White Rock Classic and the LOViT 100!!

Lisa and PoDog delivered another wonderful event on the new course that starts at the beautiful Shores Lake Recreation Area. These two know how to host a fun time on the trails!

The LOViT 100 had a good turn out. The weather cooperated with dry and sunny weather. Unfortunately, there was a controlled burn just before the race but thankfully it was only a problem for about five miles of the course. Runners said it made for a surreal scene at night.

As most of you know this was Rachel and Dustin’s last year hosting the LOViT 100. After hosting ten times they are turning the reins over to Bea Mickelson. The Spears have given our trail community so much. Their vision for this event was a real gift to us! The race will be in great hands with Bea Mickelson, who has been a big part of this event for years as captain of the Charlton aid station. She and the race committee are committed to continuing in Rachel and Dustin’s path in delivering a professional event that you can count on.

Next up are Three Days of Syllamo (50K/50M/20K), Styx N Stones, and the Ouachita Trail 50 Endurance Run.

Thank you for being a part of our community. I look forward to the next time we gather together! Until then, Happy Trails.

~ Stacey Shaver-Matson~

Upcoming AURA Events And Volunteer Opportunities



March 15 - 17



Registration Link

DON'T MISS OUT ON THIS
FUN, CLASSIC EVENT
Run 1,2, or all 3 Days

*cupless - be prepared

Saturday March 30

All proceeds are donated to the community that serves this event. An option to add a race shirt is available at the time of registration. Enter your info in the comments section.

Website/Registration Link

*cupless - be prepared



Runners Choice

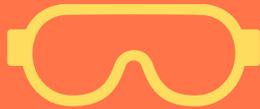
You must email [George](#) your results and a link to the race website for verification by April 15th.





Saturday, March 23rd Training Run on the OT

Details TBA (watch AURA FB)
Email Stacey if you are interested but
don't have FB



Sunday, March 24th Trail Work Day On the OT



Saturday, April 13th

Please support this worthy cause as a runner, a
volunteer, or both. Runners and volunteers will
receive this cool shirt. As always, all profits are
donated to Pinnacle Mountain State Park.



March 15th
Deadline To
Guarantee
Size/Style

[Registration Link](#)



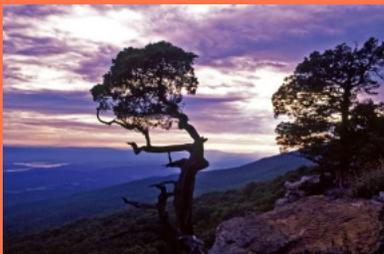
We Still Need Volunteers

[Volunteer Link](#)

Mount Magazine Trail Run May 4th

PT volunteers for SO much. Please return his kindness and
support this event by running or volunteering. All proceeds are
donated to Mt Magazine State Park.

[Website Link - Registration Coming Soon](#)



Helpers Needed for Trail Work Day - PT plans to spend a
weekend up there working on the trail if you are able to commit
to helping him please email him. Date TBA [Email PT](#)

Big Thanks from David Samuel and Stacey Shaver-Matson

Much Appreciation to those who donated and helped in our efforts to purchase an Historical Trail Marker for the Athens Big Fork Trail! By having the ABF Trail named as an historical Arkansas trail we are also protecting that trail. In a joint effort with the Bayou Chapter of the Ozark Society, we have enough funds for one marker. David was really hoping for two and we still may be able to do that at some point. For now, we are happy to have our foot in the door. Again, much appreciation to all who helped make this happen. We will update you as things unfold with the Arkansas Department of Parks, Heritage, and Tourism and the U.S. Forest Service.

A Little History by Stacey Shaver[Matson -

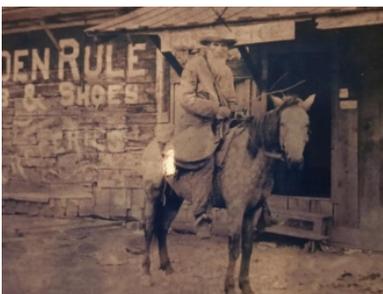
The Athens Big Fork Trail was suspected to have been used as a horse postal route in the past. Thanks to the research and interviews by Dr. Perry Hill and David Samuel, we now have enough evidence that the Arkansas Department of Parks, Heritage, and Tourism is willing to deem the Athens Big Fork Trail as an historical trail with permanent markers to indicate as much.

Back in the 80's David Samuel applied for and received a grant to build trails that would connect to existing trails as well as worked to restore the Athens Big Fork Trail. These trails and connections are what we now know as the Eagle Rock Loop. In the early 90's David started the Athens Big Fork Trail Marathon and Fun Run. The ERL is one of the most hiked trail in the state and as you know the ABF is one of the toughest and loved events in the state.

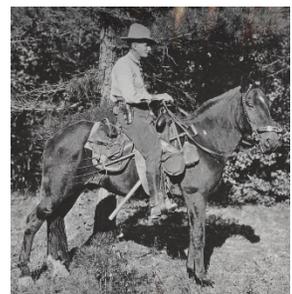
For those that do not know David Samuel, he is a retired forester for the state. His career with the U. S. Forest Service began in 1966 after earning his BS degree in Forest Management. His work took him to AL, MS, and SC. After returning to Arkansas in 1979, he worked in recreation, lands and fire management on the Ouachita National Forest until he retired in 2002. Just a couple of his many accolades during his time as a forester: Trail construction on the Pinhoti National Recreation Trail in the Talladega NF, Alabama and the Ouachita NF trail construction and maintenance, Eagle Rock Loop and ABF trails, 1979-2002.

I felt that it was only fitting that we honor David by helping him fulfill his desire to see the Athens Big Fork Trail honored and protected. David has done a lot in his years of service, so again, I thank those who help me honor him by making a donation!

Thank You So Much For Making Our Community A Little Brighter!



Left - Mail Carrier Simeon Austin circa 1898 and a post card he mailed himself then mailed to his son. Thanks to Laura Simmons for these photos.



CONTRIBUTORS TO THE ABF TRAIL HISTORICAL MARKERS

THANK YOU

Carol & Ronnie Addison

Amanda Alls

Tom Avery

Cindy Baswell

Mandy Ferguson

Cliff Ferren

Jennifer Fox

Kenny Garner

Carol Graves

Steve Griffin

Karen Knudsen

Shannon Lausch

Melanie Mathews

Ivan Meade

Bea Mickelson

Lorena Moody

Debbie Rigsby

David Samuel

Stacey Shaver

Teresa Taylor

And

Our Anonymous Donors

A LITTLE HOUSEKEEPING

CUPLESS

Please be prepared and responsible as more and more races follow global trends by going cupless. Pick up a speedup or soft flask at your local running store.



DO NOT LITTER our trails!

I can not believe I am having to have this conversation. Carry your trash to the aid station. Pack out your used TP/wipes in a ziplock bag. No, this isn't an unusual request. This is standard procedure in trail events. Apparently the recent Syllamore event had a huge problem with dropped Gel packets and other trail trash. Unlike Road races we do not have street sweepers. Our course sweepers are there for runner safety not to pick up trash! We haven't seen this issue at our events but this just shouldn't happen at any event. If you do this at an AURA event you will get disqualified and possibly banned from the event.





UTS Standings - Currently Laura Kearns, Kimmy Riley, Lisa Web and Melanie Matthews are in the lead for the Women’s Open division and Daniel Arnold, Kenny Garner, Randall Bright and Daniel Evans are in the lead for the Men’s open division. Click the link to see the full list and the age division break down.

UTS LITE Standings - Currently Teresa Taylor, Shannon Wiley Natalie Woody and Shannon Lausch are in the lead for the Women’s Open division. Bryan McCullar, Jim Tadel, Dave Hochstedler and Jason Auer are in the lead for the Men’s open division. Click the link to see the full list and the age division break down.

Will You Earn A High Mileage Award?

Click the links to see where you stand [**UTS Miles**](#) [**UTS LITE Miles**](#)

CHANGES WITH AURA MEMBERSHIP RENEWAL

Membership renewal began on January 1st 2024. We switched 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.



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

[Click Here To See Events In The Ultra Trail Series](#)

The 2023-2024 Ultra Trail Series finishes at the Catsmacker in May. You will have the opportunity to join the 2024-2025 UTS/UTS LITE Series starting May 1st, 2024.

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



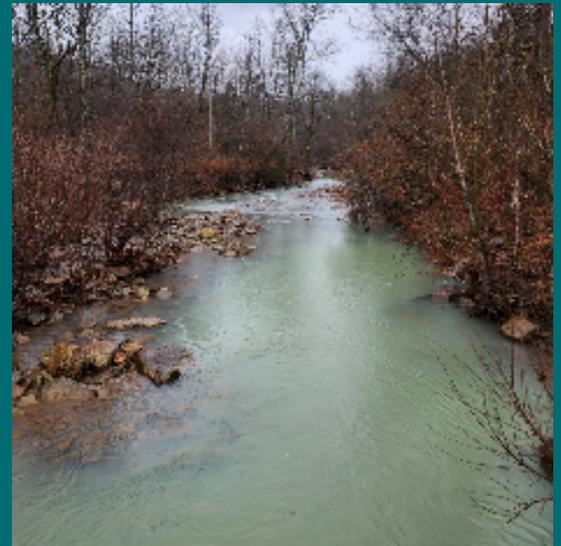
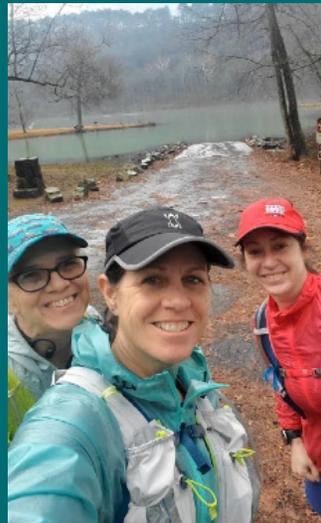
- * CHECK TO SEE IF THERE IS A PHOTO OF YOU ON THE MEMBERSHIP PAGE
- * IF THERE ISN'T A PHOTO OF YOU, PLEASE EMAIL A PHOTO TO GEORGE AT [**advdesinc@sbcglobal.net**](mailto:advdesinc@sbcglobal.net)



White Rock Classic 50K
 Saturday, February 03, 2024
 9:00 am start



**Thank You To
 Race Directors
 PoDog & Lisa Gunnoe**





100 Mile Start



100k Start



100 Mile Winners
Karl Seltzer - Male Winner
Amanda Lynch - Female



100k Winners
Caleb McMurry - Male Winner
Jenny Overstreet - Female







*Thank You
Dustin & Rachel Speer
For
Your Vision, Dedication, & Passion
In Directing The
LOViT 100*



*The Trail Running
Community
Is Beyond Grateful*

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, 9700 West Rodney Paraham Road. 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. At some time soon Homer's is scheduled to move to the old Franke location also on Rodney Parham. Or, we could decide to spend the summer at 2 Rivers Park. Right now as I write this, Homers is the location. So email me at CHRLYPYTN@GMAIL.COM if you've not been to RETREADS before and not on my 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
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RD - Catsmacker



Vickie McDonald
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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](#)