

# THE ARKANSAS ULTRA RUNNER

March 2001

*A Newsletter For Members and Friends of the Arkansas Ultra Running Association*

MESSAGE FROM THE BIG SHOT - Listen up! The scheduled clean-up day(April 14<sup>th</sup>)of the Ouachita Trail in preparation for the Ouachita Trail 50 has been  canceled. Remarkable progress was accomplished on the first two dates and, with a volunteer group taking the remainder of what is left, Race Director Ferguson is giving you the day off and wishes to thank you for so graciously offering your time and support.

The article in last month's issue about Arkansas' first 50 Miler that was held on the Bona Dea Trail at Russellville brought an informative response from AURA # 9, Jackie Edmonds, of Mountain Home. Please note that all AURA numbers are confidential. But because of his good ultra deed, Mr. Edmonds has been assigned a new, lower number. For you rookies in the AURA, moving to a lower number is a worthy goal. One as important as moving into a new age group.

*Dear Big Shot,*

*I was pleased to flashback to the early 80's with the article on the Bona Dea Trail. It was a cool, windy low thirties, high near 55, on October 23<sup>rd</sup>, 1982. I remember most of it as it was my first 50 Miler. I am sorry to say I have misplaced all of the results but do know that David Horton and Ken Plummer finished first together at 5:57 and Lou was the first and only female at 7:49:09. I finished 19<sup>th</sup> in what was my best time ever(still to this date)of 8:38:44. I ran with John Purtle of Batesville the entire day and remember quite well that this ultra stuff is not for me. I would stick to marathons. You tend to lie to yourself after such events. ———Jackie*

---

## ULTRA CORNER

White Rock Classic 25/50 Km by Joe Fennel, RD

This annual event continues to be the highlight of winter running in Northwest Arkansas and this year's race drew a record crowd of 94 runners. Billed as a no fee, no frills, no wimps event; the data is a little sketchy at best. But the running and "social hour" at the top of White Rock mountain are the best. All runners were treated to a bowl of Hormel Chili(canned of course), chips, sandwiches, etc...and of course Lite Beer for all the health nuts. All-in-all, the festivities were first class as were all the runners. Course records were not challenged even though the weather was "perfect" for this race. Cold at the start(20 degrees) but at noon the weather was partly sunny and 40 degrees on top.

As happen every year this race provides an excellent opportunity for runners to "get a taste" for ultra running, as Mother Nature continues to lure here those from the jungles of the cement and asphalt world. The 25K run to the top of White Rock Mountain is just enough to test the soul, but not enough to break the spirit. Not if you return to the Bottom, beware it will test the best as the "Hills from Hell" will take their toll.(Editor: Olympian, Reuben Reina tied with Chris Huff to win the 25K with a time of 1:51:05. First female to the top was Debra Dunn at 2:19:05)

See you in 2002, the first Saturday of February(every year). Don't forget the Chile Pepper Cross Country Festival, Saturday, October 20<sup>th</sup>, 2001.

### 2001 White Rock Classic 50K-Ultra Trail Series #3

Place	Name	Timed	Sex/age	Points
1.	Stan Ferguson	4:16:14	M37	57
2.	Tom Brennan	4:41:14	M29	46
3.	Chrissy Ferguson	4:47:38	F/40	57
4.	Angie Ransom	5:34:	F/50	46
5.	Kimberly Pavelko	5:40:	F/39	35
6.	Paul Stone	5:43:02	M/39	35
7.	Mike Dupriest	5:51:41	M/44	29
8.	Jim Sweatt	5:51:42	M/45	23
9.	Bob Lufkin	6:23	M/29	17
10.	Carrie DuPriest	6:48	F/43	26
11.	Patty Groth	6:48	F/45	26
12.	Pete Ireland	6:58	M/60	11
13.	Brooke Touchstone	6:59	F/50	17
14.	Lou Peyton	7:16:44	F/56	11

### AURA's in the 2001 White Rock Classic 25K

Name*	Time	Credits
Dan Scharbor	3:02:02	50
Rhonda Ferguson	3:09:30	40
Gary Welchman	3:09:32	30
Richard Williams	3:20:00	25
David Smith	3:38:00	20
Vickie Ingram	3:41:00	15
John Knapp	4:12:00	10

AURA HOROSCOPE-Scorpio-You'll not need to hide in the tall weeds after your next ultra. Aries-A risky scheme will be hatched in a springtime ultra but luckily discarded before you finish. Leo-The Diva will soon meet the Adonnas

## SYLAMORE TRAIL RESULTS(UTS #4) (2001 course altered due to high water)

NAME	TIME	UTS POINTS
1. DINK TAYLOR	4:18:35	100
2. STAN FERGUSON	4:32:39	89
3. GREG EASON	4:53:08	78
4. CHRISSY FERGUSON	5:00:14	69
5. BILLY SIMPSON	5:02:34	72
6. LES JONES	5:06:13	66
7. BILL BIZOT	5:09:29	60
8. JAMES MERCER	5:19:06	54
9. STUART JOHNSON	5:17:04	50
10 CURTIS NUNN	5:27:30	47
11 KIRK STEVEN	5:33:31	44
12 DENNIS FUGATE	5:34:09	41
13 NATHEN SIRIA	5:36:52	40
14 JEFF DIAMOND	5:38:14	39
15 ANGIE RANSOM	5:38:22	58
16 KIM PAVELKO	5:39:58	47
17 ROBERTA ORR	5:41:35	41
18 CLAY DUGAS	5:42:42	38
19 TONY GEORGE	5:44:56	37
20 JASON STEVENS	5:44:58	36
21 LUKE CONWAY	5:46:32	35
22 SHELLEY MOCKLER	5:49:56	35
23 DUANE GRIGG	5:50:23	34
24 JIM SWEATT	5:51:59	33
25 JOEL GUYER	5:54:11	32
26 ROGER PARMAN	5:55:53	31
27 WILLIAMS KNOX	6:10:45	30
28 MICHEAL DUPRIEST	6:11:35	28.5
29 JAY HUNEYCUTT	6:11:35	28.5
30 JACKIE EDMONDS	6:15:47	27
31 LEE HESS	6:18:56	26
32 PAUL TURNER	6:21:26	25
33 JASON RUBY	6:40:23	24
34 SAM BLAIR	6:41:05	23
35 HUNTER HUMPHRIES	6:41:17	22
36 SARAH NUNN	6:42:16	29
37 JAMIE HUNEYCUTT	6:42:36	23
38 GEORGIA WILEMON	6:43:10	19
39 BRIAN HARPER	6:43:35	21
40 EARL PATTERSON	6:46:25	20
41 RHONDA FERGUSON	6:47:09	20
42 GARY WELCHMAN	6:48:30	19
43 PATTY GROTH	6:51:18	13
44 MELISSA RUBY	6:53:14	10
45 MELANIE BADEM	6:54:43	9
46 BILL BULLOCH	6:54:43	18
47 BRENT BRUSER	6:55:24	17
48 CARRIE DUPRIEST	6:55:55	7.5
49 RACHAEL FARTHING	6:55:55	7.5

“Hope everyone had a great time!  
 Sorry about the road section but I  
 and the Forest Service did not  
 want floating bodies. If you thought  
 the run was a little long, you were right.  
 I can tell you now that I’m safely home  
 that the run was 32.4 miles. I wanted  
 to make sure the first timers got to see  
 a goodly portion of the trail. Next  
 year’s *Sylamore* is tentatively scheduled  
 for February 16<sup>th</sup>. It will be our  
 10<sup>th</sup> running and I have already been  
 asked by the *Angler Resort* what they could  
 do for us. See you next year”

*Randy and Bobbie Davidson, RD*



50MELVEN EDWARDS	6:57:13	16
51TOM WORTHY	6:58:09	15
52KEN MILLAR	7:05:15	14
53RICHARD WILLIAMS	7:15:14	13
54BROOKE TOUCHSTONE	7:19:02	6
55LOU PEYTON	7:19:59	5
56DONNA P DUERR	7:30:25	4
57DAVE NOLTENSMEYER	7:31:35	12
58VICKI INGRAM	7:35:05	3
59DAVID CAILLOUET	7:35:36	11
60BUDDY JONES	7:37:38	10
61JIM BEACH	7:37:56	9
62DARRYL CAILLOUET	7:43:10	8
63LONNY MITTAG	7:44:44	7
64TOM COOPER	7:47:36	6
65KIM FISCHER	7:53:52	2
66MARK HIGGINBOTHAM	8:05:55	4
67JERRY POTTER	5:05:55	4
68KENNY SIMPSON	8:05:55	4
69EDWARD KELLER	8:18:59	2
92 STARTERS		



February's Ouachita Trail Clean up Crew. Left to right: Charley Peyton, Henry Osterloh, Pete Ireland, John Knapp(holding deer antlers) Chrissy Ferguson and Gyla, a friend of Chrissy's

# AURA RUNNER PROFILE

Vicki Ingram

Greetings Vickie - Would you share with your AURA Brothers and Sisters some "Stats". Like where you live, age group, ideal running weight, etc.....

***Vicki Patton Ingram,  
Cabot, Arkansas***

***Age Group-5-/54. Ideal running weight is 130 pounds. My PR's are 5K-26:05; 10K-57:00' Marathon-4:38 and 50K-7:35.***

How long have you been running and how did it begin?.....***I began running at the age of 30. I believe it was just a 70's craze. I got hooked line and sinker!!! I started running two tenths of a mile and doubled over in pain. It took me six months to run my first mile. By that time, as I said, I was hooked.***

Describe a typical training week.

***Sunday-Bike ride or six mile run.  
Monday- six miles  
Tuesdays-three miles  
Wednesday-6.5 miles  
Thursday-three miles  
Friday- Off  
Saturday-10-12 miles.***

What is running like around Cabot, Arkansas?....***Flat!***

What do you consider your running strengths(best features).....***Commitment!***

What(who) has drawn you into the Ultra scene?.....***Ann Moore and Patty Groth***

So far you have seen Athens-Big Fork, White Rock and now Sycamore. Do you have a favorite and was it like you thought it would be?..... ***No, I do not have a favorite. Every***



***Front row-Vicki Ingram(right);Lou Peyton (lef)***



*run has been a real challenge. A beautiful, breathtaking, scenic challenge. I don't believe there is another state that has the beauty of Arkansas. I thank God for the ability he gave me to use my feet as a way to see the state.*

*I see you got a few points at the Bigfork run, did that whet your appetite for more?.....I am just learning about points from my running buddies, and I can tell you it has whetted my appetite to train harder.*

*How does the future look for you? Any long race in your plans. The future looks great. I plan on sticking with a few more 50K's this year and maybe a 50 miler someday.*

*Any comments you would like to share with your AURA mates?.....The very few ultra that I have participated in have made me realize how tough the people that run these types of runs are. I am proud to say I can do the distance of a 50K and amazed at the people who can do it in half the time. I am also amazed at the people that can do 50 and 100 milers. It is just amazing to me. AND nice, I have never met a nicer group of people. And, of course, it is true what they say about the Big Shot. He is the Greatest!*

#### REGIONAL ULTRA CALENDAR

MARCH 3 <sup>rd</sup> , 2001 Laurel, Mississippi	<u>MISSISSIPPI TRAIL 50</u> Applications this issue.
MARCH 17 <sup>TH</sup> , 2001 Lake Texhoma, Texas	<u>CROSS TIMBERS 50 MILE TRAIL RUN</u> Tony Birdwell, 580-924-9293
MARCH 31, 2001 Decatur, Texas. Contact: Suzi Cope 3550, Carmel Court, Southlake, Texas 76092	<u>THE GRASSLANDS 10,25 and 50 Miles.</u>
APRIL 21 <sup>ST</sup> , 2001 Little Rock, Arkansas	<u>THE OUACHITA TRAIL 50</u> Applications soon.(UTS #5)
MAY 5 <sup>TH</sup> , 2001 Wartrace, Tennessee Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183	<u>STROLLIN' JIM 40.</u>
MAY 19 <sup>TH</sup> , 2001 Lake Sylvia area	<u>THE CATSMACKER UTS #6</u> Arrangements Pending.
JUNE 2 <sup>ND</sup> , 2001 Langley, Arkansas	<u>NATIONAL TRAILS DAY</u> - 17, 10, 6 Mile Runs. Albert Pike Recreation Area, Ouachita National Forest

UTS=Ultra Trail Series run.

RRCA UPDATE-Plans are still being made to submit an application to merge the AURA with the RRCA. Sometime in March you who agreed to this move will be notified or an organizational meeting. A slate of officers will be presented as well as nominations taken from the floor. Bylaws are drafted and if you desire, I can email them to you. It is a great day to be an ultra runner.

Arkansas Ultra Running Association  
41 WhiteOak Lane  
Little Rock, AR 72227