

AURA'S SPRING POTLUCK SCHEDULED FOR SUNDAY APRIL 6TH

THE ARKANSAS ULTRA RUNNER

April 2003

A Newsletter for Members and Friends of the Arkansas Ultra Running Association

THE MESSAGE



The BS

AURA President, Stan Ferguson has called a spring Potluck for Sunday, 4:00 P.M., April 6th. Our picnic place will be at the home of Mike and Carrie Dupriest. Everyone, repeat, everyone is invited. Bring a dish that will feed you or your family plus enough to share with your brothers and sisters. The direction to their home is listed directly below "The Message".

Last month Mr. Manners admonished a small portion of our AURA members for asking ultra finishers, "What was your time?"

I suggested that a more acceptable query would be, "How did you do?" As a follow up to this, Mr. Manners has observed that when ultra runners go out of state for big runs, often their accomplishments are ignored by

their peers. Please, avoid this faux-pas by simply using those four little words, "How did you do." By ignoring their endeavors you show yourself to be rude and crass. Mr. Manners apologizes for having to take up valuable newsletter space for this lesson in Ultra Etiquette.

Directions to DuPriest home

I 40 to Highway 10 exit. Go west (right) on Highway 10. At first stoplight, turn left on to Rodney Parham Road. Go to the third stoplight and turn right onto Hinson Road. Follow this to the first stoplight, and turn left on Napa Valley. Follow Napa Valley to Ridgehaven Road and turn right. Follow Ridgehaven to first stopsign and turn left (you will still be on Ridgehaven.) Go to Fernsledge Ct. on right. Turn in and we are on top of the hill. Gray house with lots of windows.

2 Fernsledge Ct.

501-224-3599

Call me if you get lost and I will direct you here.

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The AURA - Where Running Cannot Be Faked

"RRCA ALL THE WAY"

ULTRA CORNER

Rocky Raccoon 100 Mile Trail Run

February 1 & 2, 2003, Huntsville, Texas

Chrissy Ferguson

If you ever think that running 100 miles sounds like a good idea, the Rocky Raccoon 100 would be a good choice. After several years of wanting to do this race, I finally managed to work it into my schedule this year. Yes—although it was my 17th 100-mile finish, it was my first 'Coon. I placed second in the female division, with a time of 19 hours 50 minutes. These days, any time I can complete 100-miles in under twenty hours I'm pretty happy.

The race is located about an hour north of Houston in Huntsville State Park. This is only a 6 or 7 hour drive from Little Rock. You can stay in Huntsville--which is less than 10 minutes from the park, or you can camp at the race site. The course consists of five 20-mile loops, which makes setting up your drop bags ea and crewing even easier. Having a crew and pacer (someone who runs along with you--usually at night as a safety precaution) is always nice, but it's not a necessity at this race. The route is mainly flat, often sandy, and there are tree roots--worse in some areas than others. There are 3 separate out-and-back sections, with the longest being five miles. Most of the trail is single track, but there are a few miles on forest service roads. This makes for a fast course during the day, but can be treacherous at night with the tree roots, darkness, and fatigue. Darkness falls between 5:30 and 6:00pm, so bring lots of flashlights and batteries.

You can pick up a pacer after 60 miles—at the beginning of your fourth loop. This is one of the few 100's where a pacer is more for companionship than anything. Since you run the same loop five times there is little chance of a runner getting lost. Four aid stations located about every 5 miles are well stocked with chips, cookies, candy, crackers, sandwiches, water, soda, and electrolyte drinks. You can leave drop bags at all four aid stations and your crew can meet you at two of the four. The weather can be a grab bag; this year it was sunny and 70F with a few mud puddles. Other years it has been cold, rainy and a mudfest, so come prepared for anything and everything!

In addition to a pre-race pasta dinner on Friday night (in conjunction with a mandatory race briefing), there is a breakfast with bacon and eggs for the runners and crew at the awards ceremony Sunday morning. As is typical with 100-milers, all finishers receive a custom belt buckle if they complete the run within the allocated time limit. For this race, the time limit is 30 hours--which is generous for a course with not much technical trail or other difficulties. Overall the Rocky Raccoon 100 is a good first time 100-miler. The only race that's better is the Arkansas Traveller 100, but that's because I'm the Race Director!

CARL TOUCHSTONE MISSISSIPPI TRAIL 50

March 1st/Laurel, Mississippi

AURA Members

20Km

Brooke Touchstone 2:33:29 18th Place

25 finishers

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50Km

Chrissy Ferguson	5:08:20	1 st female
Lou Peyton	6:47:07	45 th Place
John Stowers	9:10:42	61 st Place

64 finishers

50 Miler

Stan Ferguson	8:31:18	10 th Place
Maurice Robinson	10:17:08	22 nd Place

35 Finishers



Maurice Robinson completing the
Mississippi Trail 50 Miler

Reminder: The RETREADS (retired or tired runners eating out at different places) meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd at 11:30 a.m. Remember to wear something with running logo so we will know who you are. This month's topic of discussion – "*Remember when we were young and fast.*"

FROM THE AURA ARCHIEVES

With all of the media marketing of the *Little Rock Marathon*, I want our LRRC members to know that in a time far removed there was another marathon held in Little Rock. I will tell you about it as it was reported on in the February and March, 1982, issues of *THE RUNAROUND*, Newsletter of the Little Rock Roadrunner Club. Was it an official marathon? I'll let you decide.

February, 1982 issue of *THE RUNAROUND* race calendar

"Feb 20th the La Petite Roche Marathon, Little Rock's First Unofficial Marathon. 7:00 a.m. from Sportstop on Rodney Parham; ends at Mac's Cabin on Lake Norrell – Water, Beer 5 miles. T-shirts to finishers- \$5.00 entry. A brunch and transportation will be provided. Register before Tuesday Feb 16th. at Sportstop in the Heights. For More info – Gary Smith at 666-1720.

March 1982, issue of *THE RUNAROUND*. - *The La Petite Roche Marathon* race report.
By Charley Peyton, Little Rock Roadrunner Club newsletter editor.

On Lawson Road, head down and chin on chest. A pick-up truck slowed and from a rolled down window a long haired young man asked, "Is this a marathon or something? What's its name?" I replied that it had a funny, little French name but really it was Little Rock's first marathon. "Oh", he answered and coasted on. I turned, placed my chin securely on my chest again and cog-wheeled up some nameless hill. I thought to myself "How do you really pronounce that little French name and why am I here."

The La Petite Roche Marathon, Little Rock's first unofficial marathon was possibly Little Rock's finest fun running hour. It was what running is meant to be. The organizers, sponsors, volunteers and runners were greeted by spring like weather that prevailed from start to finish. In case you haven't heard any of the details, let me satisfy your curiosity.. This was a very hard, hilly 26.2 miles that started from the Soortstop on Rodney Parham. At 7:00 a., the gun sounded and the race proceeded through Pleasant Valley for "make-up" miles and then circled back past Rodney Parham and out into the back roads of Pulaski County to Lake Norrell near Benton. Approximately 75 runners and two hours and 57 minutes later Eddie Mulkey, David Horton, Hei Hawk and Randy Taylor tied at the finish.

No official times were kept at the finish, instead you were greeted by Bob McGowan's cabin on the lake where cool drinks hot coffee, yogurt, pancakes, eggs and bacon were being served to order. What fellowship. After R and R, there was transportation back to the starting point.

Bob McGowan and Steve Tilley who conceived and organized this run are to be commended. Also all those volunteers who had water stops, cooked and transported and in short gave of themselves so that we could do our thing are to be commended.

And yes, if you ran the thing you are too commended, too. The bragging rights are yours. If someone could hammer out those hills it would measure at lease 35 miles. Even though "unofficial", I'm notching it as a marathon, *La Petite Roche Marathon*. My T-shirt now.

Were you there? How hard was it? At the RETREADS lunch at Franke's the first Wednesday of every month, these are the sort of things we talk about.

AURA ARCHIEVE BONUS

Arkansas' first Ultra Race

Arkie Ultra 50 Mile Run

October 23rd, 1982)

Arkansas Gazette's race report- "While Steve Eubanks, Lou Peyton and Tom Davis were zipping around the Bona Dea jogging trail at Russellville on their way to completion of the First Arkie Ultra 50 Mile Run, they had something to help keep their minds focused on something other than their aching muscles. Tom and Steve

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reported that a beaver was working on a tree trunk near the trail as they ran around the 3.6 mile loop. (they had to go around 15 times). By the time the runners had made four or five loops the beaver completed his work and the tree fell across the trail. It didn't stop our adventurers or their 19 companions, however. Twenty two stalwarts completed the full 50 miles. Lou was the only woman. Congratulation to all these runners for their courage and determination."

Official Results

1. David Horton	5:59:03	12. Tom Davis	7:35:36
(tie)Ken Plummer	5:59:03	13. Robert Hanle	7:48:31
3. Eddie Mulkey	6:11:51	14. Lou Peyton	7:49:09
4. George Roberts	6:19:31	15. William Nipper	7:58:58
5. Jim Burns	6:32:08	16. Doc Gedosh	8:21:30
6. Henry Hawk	6:33:20	17. Alvin Strait	8:30:55
7. Gene Cunningham	6:48:26	18. Steve Eubanks	8:37:23
8. John Stowers	6:50:28	19. Jackie Edmonds	8:37:44
9. Bob Waid	7:03:08	20. John Purtle	8:47:52
10. Denny McCrotty	7:19:52	21. Al MaGuire	8:52:02
11. Hal Merriman	7:25:01	22. Paul Garfield	9:17:15



Photo of AURA brother, John Stowers, who finished the Mississippi 50Km on March 1, 2003.
See John's 50 Mile finish time back in October of 1982.

AURA RACE CALENDAR

The following is a tentative race calendar that combines the Ultra Trail Series with regional Ultra races. I plan to update it in the coming month. If you have a run that you want listed, let me know: chrlypytn@aol.com (preferred) or call 501-868-5555

Mar 29th OT Tune-up Run-UTS#8. 24 miles on the scenic Ouachita Trail. Bob Marston, run leader. 7:30 start from 14,801 Wild Oak Lane, , Roland, Arkansas

Directions: Hwy 300 to Roland. At the yield sign at Roland, turn left. Go two blocks and turn right. Go two blocks and you should see a 4-way stop sign. Left turn onto Roland Cutoff Road. Two miles on Roland Cutoff Road and you will see Wild Oak Lane. Follow Wild Oak Lane to the very end. Look for 14,801. Continue up the gravel driveway about .02 miles long. Park off of the road. Bob Marston run leader
Phone 868-01072

Apr 5th Umstead 100 Mile Endurance Run Raleigh, North Carolina. Blake Norwood, 10908 Rav...
Rock Drive, Raleigh, North Carolina 27614

Apr 12th Ouachita Trail 50M and 50K - UTS# 9 Application in last months Newsletter.

May 3rd 25th Strollin' Jim 40 Mile. Wartrace, Tennessee. Contact: Gary Cantrell, 233 Union Ridge,
Wartrace, Tennessee 37183

May 4th Little Rock Marathon

Rumor has it that the course will change next year.

May 17th The Catsmacker-UTS #10 Lake Sylvia OT trailhead parking lot. 7:30 AM 20 miles, plus/minus.

June 7th National Trails Day Celebration Runs. 17, 10 and 6 mile fun runs. Ouachita National Forest.
8:00 a.m. Albert Pike Recreation Area, Langley, Arkansas.

July 26th Midnight 50Km UTS #1. Lake Sylvia area. Details pending.

ADVENTURE RACING

On May 10th, I plan on putting Team AURA through their paces with a "live fire" exercise in the Lake Sylvia area. The emphasis will be on beginning orienteering and map reading. I am inviting you to form a two person or more team and join them. NO ENTRY FEE; NO AWARDS. I plan to have a route of 95% mountain biking and 5% trekking. I hope to have as many as 15 or more checkpoints. This will be an elementary not an advanced undertaking. Everyone on the team should be able to plot UTM coordinates, read a contour map and know how to use a compass. I would anticipate a first finish before noon and a last place finish in the early afternoon. Total mileage might be give or take 15 miles. The week of the 10th I will give the team Capt the UTM coordinates for the start. At the start I will give the Captain a portion of the check point coordinates. At some point on the course teams will be given the remaining check points. Sounds like fun? Space here does not give me ample room to give all the details. I will do up a document and send it to you upon request via email. Others by post office send SAE. chrlypytn@aol.com Plan now to get a geological survey map Paron Quadrangle. 1 to 24,000. Maps are \$6.00 from the Arkansas Geological Office on Roosevelt Road. (Close to the state police headquarters)

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2003 Sylamore Trail 50K
Feb 15th, 2003/Allison, Arkansas

UTS # 7-Results/Girlz

Place	Name	Time	Pts
1.	VALERIE PINO	5:06:41	86
2.	ROBERTA ORR	5:25:48	73
3.	ANGIE RANSOM	6:00:26	64
4.	BARBARA BELLOWS	6:19:47	58
5.	GWEN HEWITT	6:22:02	52
6.	CAROL IZADI	6:45:42	46
7.	RHONDA FERGUSON	6:47:03	40
8.	KYLY MCMURRAY	6:48:53	36
9.	HEATHER EASON	6:57:13	33
10.	ALISON PARKS	6:58:13	30
11.	ROBIN FURMAN	6:59:28	27
12.	KRISTEN MOUGEOT	6:59:49	26
13.	PATTY GROTH	7:01:58	25
14.	LAURIE KASINGER	7:03:56	24
15.	JAMIE HUNEYCUTT	7:08:00	23
16.	LOU PEYTON	7:21:25	22
17.	KIMMY RILEY	7:23:05	21
18.	CARRIE DUPRIEST	7:24:34	20
19.	CARLA ANDERSON	7:27:13	19
20.	JULIE MARTIN	7:36:19	18
21.	ELAINE ZEDIKER	7:36:24	17
22.	MER YL HATTENBACH	7:37:41	16
23.	GAYLE HOFFMAN	7:51:45	15
24.	DIANE SEAGER	7:51:45	14
25.	MALINDA GEORGE	7:51:49	13
26.	KIM FISCHER	8:06:38	12
27.	SARAH ROWE	8:19:14	11
28.	VICKI PRINCE	8:20:59	10
29.	GINA HOUSE	8:21:01	9
30.	KAREN VANDONGE	8:46:00	8
31.	CARRI HUTCHENS	8:53:41	7
32.	DOTTIE REA	9:20:39	6
33.	LEE ANNE CHITTON	9:23:39	5
34.	HILDE HAYNES	9:23:39	4
35.	CLARE SAMPLE	9:23:39	3
36.	PAULA TOWNSEND	9:23:39	2

Results/ Boyz

Place	Name	Time	Pts
1.	DINK TAYLOR	4:04:32	122
2.	STEVE KIRK	4:27:39	111
3.	MICHAEL ALLEN	4:30:27	100
4.	STAN FERGUSON	4:50:53	94
5.	BILLY SIMPSON	4:55:23	88
6.	PAUL SCHOENLAUB	4:57:57	82
7.	LES JONES	5:17:59	76
8.	STUART JOHNSON	5:19:05	72
9.	GREG EASON	5:23:02	69
10.	WARREN MCWHIRTER	5:23:51	66
11.	JERRY FROST	5:28:02	63
12.	ROBERT TORCHIA	5:30:19	62
13.	ANDY CAPEL	5:35:38	61
14.	JESSE WILSON	5:35:51	60

15.	JONATHON DAVIS	5:36:42	59
16.	SEAN HUDSON	5:39:36	58
17.	STEVE HERN	5:41:03	57
18.	TIM BRENNAN	5:42:37	56
19.	DAVID LEWIS	5:55:58	55
20.	BILL TANKOVICH	6:00:35	54
21.	MICHAEL DUPRIST	6:01:53	53
22.	DARIN HOOVER	6:02:05	52
23.	ROBERT MATTHEWS	6:02:44	51
24.	MARIO MARTINEZ	6:06:27	50
25.	IAIN CAMERON	6:08:56	49
26.	JIM SWEATT	6:09:06	48
27.	TAYLOR BERNARD	6:09:44	47
28.	DENNIS FUGATE	6:18:04	46
29.	TIM VARNER	6:19:12	45
30.	JEFF CARFAGNO	6:19:23	44
31.	JACK EVANS	6:22:32	43
32.	MUNDY HACKEDTT	6:23:11	42
33.	TED BOWDEN	6:23:14	41
34.	MATT NEIKIRK	6:27:35	40
35.	TONY BAILEY	6:29:10	39
36.	JON HOUSE	6:36:35	38
37.	HAROLD HAYS	6:39:54	37
38.	BOB MARSTON	6:41:49	36
39.	SAM CRAIN	6:44:55	35
40.	NICK AVERY	6:46:00	34
41.	GEORGE MCDONALD	6:47:23	33
42.	TOM WORTHY	6:48:31	32
43.	JACK EDMONDS	6:49:48	31
44.	PETE IRELAND	6:56:25	30
45.	ROBERT CRESAP	6:58:19	29
46.	LEE HESS	7:00:23	28
47.	CLARENCEMCMAHON	7:01:58	27
48.	HAL MABRA	7:06:58	26
49.	RICHARD HESTER	7:07:13	25
50.	THOMA LALE	7:13:24	24
51.	GREG HOLLAND	7:13:38	23
52.	RIBERT RISSER	7:13:48	22
53.	DUANE GRIGG	7:16:10	21
54.	JORDY COX	7:18:19	20
55.	JAY HUNEYCUTT	7:25:47	19
56.	JAMES MCNAIR	7:31:32	18
57.	DEREK WELKER	7:36:59	17
58.	TM BRAYFIELD	7:43:34	16
59.	BRYCE DAVENPORT	7:51:47	15
60.	JON LUCAS	7:55:14	14
61.	ANDY NIX	8:16:37	13
62.	BILL HALL	8:19:14	12
63.	GLENN PHILLIPS	8:20:30	11
64.	TIMOTHYMOSTELLER	8:21:00	10
65.	PHILLIP JONES	8:21:26	9
66.	JOHN MONTGOMERY	8:21:41	8
67.	HIRAM BYRD	8:37:21	7
68.	JOE SIMPSON	9:06:41	6
69.	M. HIGGINBOTHAM	9:18:24	5
70.	SEAN HUNT	9:18:24	4
71.	JAY BROWN	9:23:39	3
72.	BILL LUTON	9:23:39	2

2003 ULTRA TRAIL TRIES OFFICIAL STANDINGS

	1	2	3	4	5	6	7	8	9	10	TOTAL
MEN											
ROBT ORR											
STEVE KIRK	63	62	X	X	X	X	X				125
STAN FERGUSON	52	37	42	X	X	X	111				242
ANDY CAPEL	41	X	53	X	59	57	94				247
MARIO MARTINEZ	35	X	X	X	X	X	61				96
NATHAN SIRA	29	X	X	X	25	28	50				132
TED BOWDEN	23	X	X	X	X	X	X				23
DARIN HOOVER	17	10.5	X	X	X	7	4				75.5
JIM SWEAT	13	X	X	X	37	34	5				136
MIKE DUPREST	10	X	X	45	9	8.5	4				120.5
PETE IRELAND	10	16	30	X	19	15	5				143
JESSIE RILEY	4	10.5	5	28	6	X	3				83.5
JOHN KNAPP	3	X	X	X	X	X	X				3
CRAIG ZEDKER	2	3	X	16	X	X	X				19
PAUL SCHOENLAUB	X	51	64	56	48	X	X				219
RICK UTLEY	X	37	X	X	X	X	8				45
JERRY MOGATH	X	28	X	X	X	X	X				28
MIKE PARKER	X	22	X	X	X	X	X				22
LARRY MALBRY	X	2	X	X	X	X	X				02
NICK AVERY	X	6	4	X	X	X	X				10
HAROLD HAYS	X	X	36	X	X	X	33				69
MAURICE ROBINSON	X	X	24	X	X	8.5	37				69.5
DERIK BENTLEY	X	X	18	34	31	22	X				105
GARY SPEAS	X	X	14	X	X	X	X				14
ERNIE PETERS	X	X	9.5	X	X	X	X				9.5
LLOYD MOORE	X	X	3	22	X	3	X				9.5
STEVE EUBANKS	X	X	X	2	X	X	X				28
JESSE WILSON	X	X	X	X	X	18	60				28
JAY HUNEYCUTT	X	X	X	X	13	12	19				81
BILL COFFELT	X	X	X	X	X	68	X				31
BOB MARSTON	X	X	X	X	X	5	36				68
DUANE GRIGG	X	X	X	X	X	4	21				41
HIRAM BYRD	X	X	X	X	X	4	7				25
GREG EASON	X	X	X	X	X	2	69				07
WOMEN											
ROBERTA ORR	62	57	60	X	X	X	73				252
BARBARA BELLOW'S	51	X	X	X	X	X	58				109

If you suspect an error, please report it to the UTS record keeper.

chrtypym@aol.com or 225-660

ANGIE RANSONM	40	X	X	X	X	56	63	103
JAMIE HUNEYCUTT	35	X	X	X	X	45	23	58
HOLLY LARKIN	24	20	X	X	X	X	X	44
HEATHER EASON	24	20	X	X	X	X	X	77
KIMMY RILEY	16	35	38	53	54	34	21	217
TINA COTU	12	X	X	X	X	X	X	12
CELIA STOR Y	9	X	X	X	X	X	X	9
DEANNA SIR A	4.5	X	X	X	X	X	X	45
JULE MARTIN	4.5	X	X	X	X	X	X	22.5
LOU PEYTON	2	11	32	31	26	16	22	124
CHRISSEY FERGUSON	X	46	49	X	X	X	X	95
PATTY GROTH	X	29	12	42	37.5	*	25	145.5
RHONDA FERGUSON	X	X	26	X	X	28	40	66
DIANNE SEAGER	X	X	20	X	X	X	14.5	34.5
CARRIE DUPRIEST	X	X	12	X	37.5	22	20	69.5
PAULETTE BROKINTON	X	X	5.5	X	X	X	X	5.5
JOAN SCARLATA	X	X	5.5	X	X	X	X	5.5
GAYLE HOFFMAN	X	X	X	X	X	X	14.5	14.5
1. MIDNIGHT 50KM								
2. SMITH MOUNTAIN RUN								
3. GULPHA GORGE CHALLENGE								
4. LAKE WINONA 50KM								
5. ATHENS-BIG FORK TRAIL MARATHON								
6. WHITE ROCK CLASSIC 50K								
7. SYLAMORE TRAIL 50K								
8. OT TUNE-UP RUN								
9. OUACHITA TRAIL 50K AND 50 MILE								
10. THE CATSMACKER								

* - Runner arrived late for the start and although her total mileage for the day was probable equal to or greater than 50K because she did not do the full Whitbrook Course. Therefore, the Bigshot has decided to award Credits instead of Points. Credits that can be taken into consideration on Number Promotion Day.

2003 UTS Rules

1. Age groups are determined by your age at the time of the 2002 Midnight 50k.
2. Every effort will be made to determine your correct age.
3. To be eligible for the King and Queen awards, you must complete four(4) races
4. We will have one "throwaway" race. I.E., if you participate in all of the runs, one of the runs will be "tossed out" of the final standings.
5. In a race that features two ultra distances, either of the races can be used in the UTS. Example: The Ouachita Trail 50M and 50k.
6. Runners who opt to start early at a UTS run will be penalized.
7. Runners who start late will not be penalized. Runners should keep their running time and add the amount of time that they were late. I.E., if your running time was 3 hours and you were 30 minutes late starting, your total time should be 3:30.
8. Boyz compete against Boyz; girlz compete against girlz.
9. The top 10 finishers are awarded points as follows: 50, 40, 30, 25, 20, 15, 10, 7, 5 and 3. All other finishers receive one(1) point.
10. Bonus points awarded are determined by the number of finishers.
11. In case of ties, points are equally shared.
- 12.. UTS age groups/King and Queen of the Trail) are as follows: Open(overall winner); masters(40 to 49); Senior(50 to 59) and Super-Senior(60 plus)
13. First person to complain gets to be in charge.

If you suspect an error, please report it to the UTS record keeper.

chrlttypym@aol.com or 225-660