

2005 UTS #1
The Midnight 50 Km
July 24th, 8:00 P.M.
Ouachita Trail parking area/Lake Sylvania

The ARKANSAS ULTRA RUNNER

July 2004

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. (90 days good as cash!)

MESSAGE FROM THE BIGSHOT - As the headlines state, the BS will again lead off the Ultra Trail Series with the Midnight 50 Km(+/-). For those not present before, this is an out and back fun run on forest service roads beginning at 8:00 p.m. The start/stop is at the Ouachita Trail parking area at Lake Sylvania. Water will be spaced out every 3.5 or so miles along the route. There will be a fully functional aid station at the turnaround. The plan is also to have an aid station set up at the 7.5 mile point which will serve as the turn back point for those doing a 15 Km. Our AURA brother, Ricky Williams in Fayetteville has sent word that he will be at the finish with his MENU: Outhouse eggs, PettiJean Bacon and bottled water. Of course we will celebrate Lou's birthday with a birthday cake. There is no fee, registration or awards. If you have questions call me at chrlypytn@aol.com or 225-6609

On June 27th, *King O' Trails* Paul Schoenlaub and Steve Kirk completed the *2004 Western States 100 Mile Endurance Run*. Paul's time was 20:29:22 and 22nd place overall and Steve and his running mate from Memphis, Les Jones, finished in 25:53:4. Congratulations!

AURA Cross Training Opportunity. On Saturday, July 10th, I will kayak the Fourche LaFave River from Perryville to Hwy 300 bridge near Bigelow. A distance of about 16 miles or 3 to 6 hours. If you are interested, please remember that this is not a pretty boy float. The Fourche is dirty and foul. Don't expect current or a shore lunch. And most importantly, once you shove off, there is no turning back. My plan is to meet at the take out point near Bigelow at 7:00 a.m. and leave a car, then drive to Perryville with the boats. I hope to begin the journey as close to 8:00 a.m. as possible.

Directions to Bigelow take out: Hwy 10 west. Past the far end of Lake Maumelle turn right on Hwy 113. Follow Hwy 113 to Wye. At Wye, Hwy 300 converges. Continue on Hwy 113/300 for about 5 miles towards Bigelow. You will cross the bridge and a turnoff parking area on the left. You will notice that Hwy 113 turns off before getting to the bridge. To reach Perryville,

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we shuttle back to Hwy 113 and follow to Hwy 10 at Harris Brake. Then it is right on Hwy 10. You should see the Fourche Bridge and an Arkansas Game and Fish Commission public access boat ramp on the right. Why don't you call me if you have questions at chrlypytn@aol.com or 2256609

AURA EXCLUSIVE

TWO AND A HALF DAYS ON THE OZARK HIGHLANDS TRAIL

By STEVE KIRK

THE PLAN was to begin on a Thursday morning and complete the run in one continuous push by the following Saturday, leaving Sunday to rest and begin the recovery process.



Greg Eason(left) and Steve Kirk(right) at the start of the Ozark Highlands Trail

For those unfamiliar with the Ozark Highlands Trail, it is a hiking path that runs from Lake Ft. Smith near Mountainburg on Highway 71 in western Arkansas, travels east and ends near the community of Woolum on the Buffalo River. The total distance of the trail is 165 miles, and crosses some of the most remote terrain Arkansas has to offer. Recently, a new 31.6-mile section of the trail was opened in the Sylamore Ranger District, beginning at Spring Creek Road and running north to Push Mountain Road. Eventually the trail systems will be extended to the

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North and connect to a trail system in Missouri.

On Wednesday, March 10, 2004, accompanied by our support crew, Lou and Charley Peyton, Wanda and Heather Eason; Greg Eason and I left Little Rock, heading to Alma where we would get our last good nights sleep. Thursday morning came quickly, and after a good breakfast we were on our way to the trailhead at Lake Ft. Smith.

Lake Ft. Smith is owned by the City of Ft. Smith and is currently under construction to enlarge the lake, which will be the primary source of water for the City of Ft. Smith. With the construction activities going on, the first 5-6 miles of the trail have been closed for over a year. Knowing these conditions existed, I started making contacts several months in advance to gain access to this section.

We met the Project Manager at the office construction trailer in Mountainburg. He was our guide through the construction and got us to the trail safely. After a small tour of the construction site, helped us to a location where we could get on the trail. Our support crew took some photographs, wished us well and at 7:31 AM, with clear skies and temperatures in the 50's, we were on our way.

The trail was in bad shape and the trail markings were faded for several miles, requiring us to stay on our toes. We had to bushwhack to search for the trail in several locations. This section skirts around the south side of the lake and has some great views. We arrived at Dockeys Gap Trailhead, mile 10.4, which was our first crew station at 10:03 AM. We ate a bite, filled our water bottles and were on our way within minutes.

We began a system of alternating lead every 30 minutes to allow the second person to rest while the leader was responsible for navigation. This worked out well and became the trend until much later in the run when we picked up our pacers. This section winds down to Hurricane Creek and begins to climb up several benches. It passes by some great views of the valley to the south. The next section passes below White Rock Mountain and has some wonderful views of the enormous rock walls that encircle the mountain ridge. The temperature was starting to warm up and the sun felt very warm as we passed below the bluffs of White Rock Mountain. We arrived at Ragstown Road, FS 1509 at 2:01 PM.

The next section travels along an old level railroad bed for several miles. Our pace picked up quite a bit through this area, where we were knocking off miles at a pace under 10:00 per mile. We were both wondering if this was going to hurt us later in the run, yet hoped it would benefit. The trail continued down to Fane Creek where we refilled our bottles. From Fane Creek it is a 5-mile climb to Cherry Bend, mile 37. We arrived at Cherry Bend at 4:51 PM, 9 ½ hours into the run. Here we gathered additional gear for our first night on the trail. We left and began the climb up to Hare Mountain where we saw the sunset for the first time. We put on our headlamps and made the 1-mile decent to Morgan Fields. By now the temperature had dropped into the low 30's, and we were cold. The next section was 12-miles long and was uneventful. I do not remember much about this section, except for several wet creek crossings. We came into Lick Branch, mile 56.3, at 10:41 PM. We were cold and wet, but we had broken the 50-mile barrier in 15 hours. The next mile or so was really rocky, until we came out on a gravel road at the Little

Mulberry Creek Bridge. We stopped to glance over the edge, remembering that we had crossed this bridge in the Ozark Challenge in 2002. From here the trail climbs for the entire 8-miles to FR 1007 Road Trailhead mile 65.7. We had to pay particular attention in this section; the darkness made trail markings difficult to find. We came into our next aid station, Arbaugh, mile 70.9 at 4:51 AM. Not long after we left, the sun came up and we both felt much better. The daylight gave us a whole new outlook on our task at hand. When you are in the woods at nighttime for almost 12 hours it can really play tricks with your head. With nothing to see except the beam of your headlamp, it zaps your energy.

Day two took us past several creeks. We traveled on old roads, over Moonhull Mountain, down to the Mulberry Creek. At Ozone Campground mile 85.7, we said good-bye to Lou and Charley, and picked up our first pacer Hap Seliga. It was a relief to have someone pace and guide us along the trail. We made it to the 100-mile mark at 3:39 PM, 32 hours. This was a great feeling, yet we knew that the next 65 miles would likely take as long as the first 100 miles. We made it to Haw Creek Camp Ground, mile 104, just before dark, refueled, picked up Roberta Orr as our second pacer and headed out for the second night. This 21-mile section passes through the Hurricane Wildlife Refuge, one of the most scenic and remote sections of the trail. It is rough, rocky and has several big climbs. This would turn out to be a very difficult section for both of us taking nearly 9 hours. Some of the trail passes through fields of boulders the size of apartment buildings. Along the bluffs at nighttime it seemed if you made a wrong step you would fall to your death. The last climb into Fairview is about a 2-mile climb straight up. We came into Fairview Campground, mile 125, exhausted, cold and in a great deal of pain, both mentally and physically. My wife, Liz and daughter Courtney had arrived, it was great to see their faces. Our crew suggested that we should take a short break and try to get a little bit of sleep. We both crawled into a support vehicle for about an hour; this was to be the longest time we would be off of our feet for the entire run. Soon I heard a tap on the window from the crew telling me that Greg was ready to go. Our crew prepared us some food, filled our bottles and along with Andy Capel as our pacer, we were on our way. Nothing was ever said, yet I believe we both thought that nothing could stop us now. With the pain that we were both suffering, we just had to suck it up..

The next 20 miles or so are primarily downhill and took us across many beautiful creeks, including Richland Creek and Falling Water Creek. This led us down to Richland Creek Campground mile 144.1. From here the trail begins to climb through a very rough and rocky area similar to many others we had encountered along the way. We made it to Stack Rock Trailhead, mile 151.7 just before dark. With Roberta and three dogs to pace us we set out to finish the last 13-miles. As we left the temperature dropped and it began to rain. We had been without sleep now for over 58 hours. Our pace had slowed and I was having a hard time keeping up with our pacer through what is one of the easier sections of the trail.

Hallucinations set in, and at every creek crossing I saw a bridge, every boulder a house. At mile 161 the trail goes onto an old gravel road for the final 4-miles, which seemed to take forever to cover. All I could think about was finishing and getting off my feet. I tried to pick-up the pace to a jog, yet my feet said, "no". When we came around the final bend and saw the Buffalo River we knew we had made it, the long journey was over. We arrived at the river at 12:04 AM,

Sunday, March 14, 2004, 64 –hours 34-minutes. Now we had the record for the fastest continuous crossing of the trail.

Although the Ozark Highlands Trail ends on the south side of the Buffalo River, we had to cross to meet our crew on the opposite side. Our crew was concerned about our safety, due to the high water contacted a Park Ranger, who brought a boat and ferried us, including the dogs, across the river to safety.

Without a doubt this was the most intense two and a half days of my life. Everything was a blur, my perception of time completely altered. With the buildup of the run in the beginning Greg and I both knew we had to accomplish the task. Of course it could not have been done without a perfect support crew and strong pacers. They seemed to have a knack of knowing exactly what we needed. For this we thank, Charley, Lou, Wanda, Heather, Liz, Courtney, Hap, Andy, Roberta and of course our sponsors Ozark Outdoor Supply and Montrail.

AURA HOROSCOPE(July) Prying eyes will attempt to uncover your darkest training secrets. The *Shibitch* (will/might) have plans for those who are the weakest. Unspoken comments made in jest could have serendipitous overtones. You will soon discover that you do your best running in the most bazaar, mind boggling conditions.

2004 ULTRA TRAIL SERIES

The Catsmacker

May 22nd, 2004

Stan and Chrissy Ferguson, Run Leaders

1. Paul Schoenlaub	2:41:16	73	20. Gary Speas	4:07	10
2. Stan Ferguson	2:43:15	62	<u>21. Kris Mougeot</u>	4:07	22
3. Steve Kirk	2:53	51	<u>5122. Geneva Hampton</u>	4:07	22
4. Tom Aspel	2:55	45	23. Ernie Peters	4:19	9
5. Robert Orr	3:09	39	24. Ron Gimblet	4:20	8
<u>6. Tamara Font</u>	3:09	65	<u>25. Mona Ball</u>	4:23	15
7. David Lewis	3:14	33	26. Randall Davis	4:28	7
8. Roberta Orr	3:17	54	27. Larry Mabry	4:31	5.5
<u>9. Chrissy Ferguson</u>	3:33	43	28. Bob Marston	4:31	5.5
10. Maurice Robinson	3:44	28	<u>29. Rhonda Ferguson</u>	4:37	10.5
<u>11. Angie Orellano</u>	3:42	37	30. Patty Groth	4:37	10.5
12. Jim Sweatt	3:42:40	33	<u>31. Dottie Rea</u>	4:45	6
13. Mike Dupriest	3:47:43	20	32. Collins Cogbill	4:50	4
14. Eli Perez	3:50:30	17	<u>33. Michelle Posey</u>	5:00:17	5

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15. George Peterka	3:55	14	34. Victor Davis	5:00:17	3
<u>16. Kimmy Riley</u>	3:58	31	<u>35. Lou Peyton</u>	5:28	4
17. Ellis James	4:04	13	<u>36. Sandi Venable</u>	5:38	3
18. Pete Ireland	4:04:10	12	37. David Samuel	5:43	2
19. Harold Hays	4:05:24	11	<u>38. Francine LeBrant Stocker</u>	6:09	2

Other Participants

Larry Franklin	8	1:25	Marshall Singer	13	2:06
Lyle Van Arsdale	8	1:25	Mark Roth	13	2:09
John Nabors	3	NTA	Jerry Evans	13	2:27
Tina Coutu	7	1:16	Barbara Bennett	13	2:27
James Hicks	7	1:26	Ann M. Moore	13	3:05
Ron Thompson	13	2:02	Rosemary Marston	13	3:05
Pam Wilson	13	2:02	John Knapp	13	3:06

2004 ULTRA TRAIL SERIES

Be hereby known to all

KING OF THE TRAILS

Paul Schoenlaub – OVERALL
 STEVE KIRK - Masters
 ERNIE PETERS - Senior
 MAURICE ROBINSON – Super Senior

QUEEN OF THE TRAILS

ANGIE ORELLANO – OVERALL
 KIMMY RILEY - Masters
 LOU PEYTON - Senior

And so the first 15 years of the Ultra Trail Series comes to a close. We look forward to year 16 under new leadership. Our AURA President, Stan Ferguson, will take over administrative duties for the 2005 UTS beginning July 24th and the Midnight 50 Km and the Lou Peyton 15 Km Fun Run.

RETREADS (*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with a runner related item to identify ourselves; sometimes we bring old pictures or race results

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NATIONAL TRAILS DAY

June 5th, 2004-Albert Pike Recreation Area/Ouachita National Forest
David Samuel, Run Leader

Thank to all of you who supported the 12th Annual National Trails Day Celebration Runs at Albert Pike. Without the "dogged determination" of founder and Run Leader, David Samuel, it would not have taken place and it would have been lost forever. The date for next years has already been set for the usual first Saturday in June and been posted on the National Forest Service's event calendar. Next year the new pavilion with "facilities" and plenty of parking will be ready. FYI-the new bathhouse and restroom in the campground are a direct result of then congressman Jay Dickey who participated in several National Trails Day runs. I hope to see a good turnout next year.

18 Mile Brushheap Mountain Challenge

Male

1. Jeremy Maxwell	2:23:20
2. Jon Bitler	2:26:25
3. Stan Ferguson	2:27:47
4. Paul Lowrey	2:47:28
5. Ricky Utley	2:51:23
6. Roger Rains	3:22:00
7. Perry Broyles	3:45:36
8. Pete Ireland	3:52:00
9. Terry Hawkins	4:02:00
10. Jon Lucas	4:28:00
11. John Knapp	5:48:00

Female

1. Chrissy Ferguson	3:52:00
2. Kimmy Rilley	4:04:00
3. Mono Ball	5:44:00

Other Participants

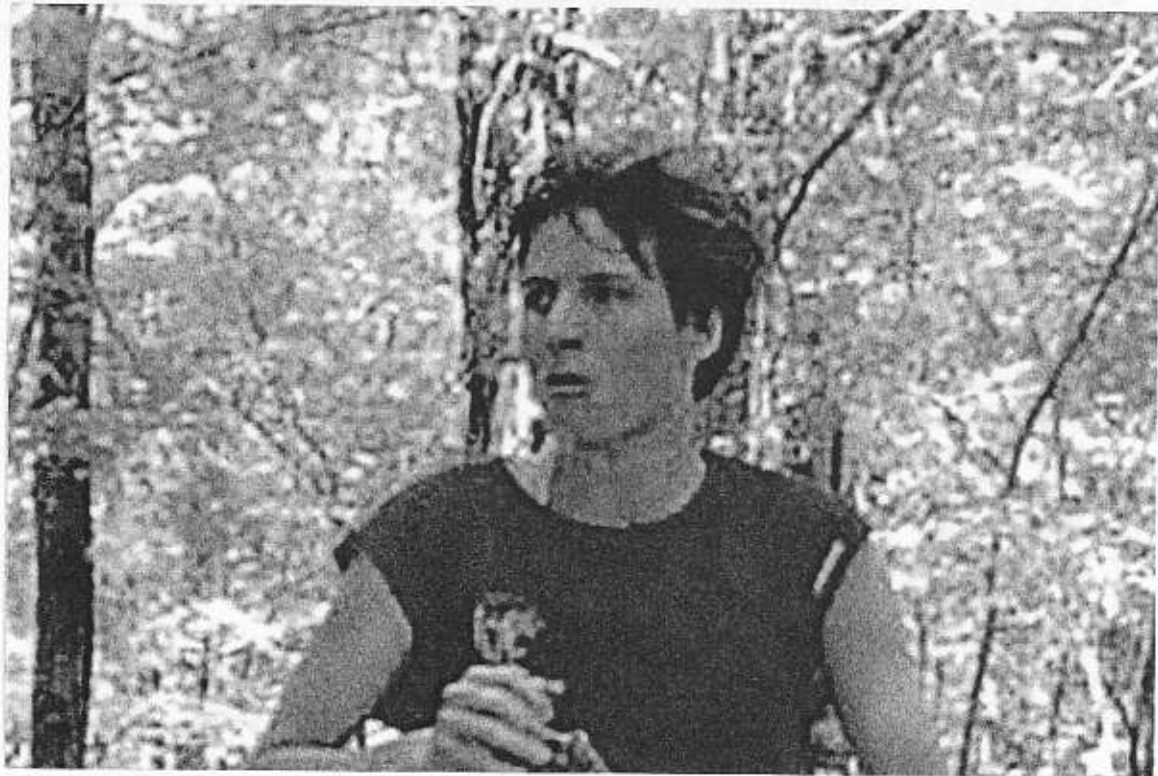
Names	Distance	Time		
Lisa Riley	14 Miles	2:58:34	Angela Boles	6 Mi 1:17:50
Jerry Rephan	14 Miles	2:58:35	Silver Valovich	4 Mi NTA
Jesse Rilley	12 Miles	NTA	Gary Johnson	4 Mi NTA
Rodney Gordon	10 Miles	1:57:44	Gary Johnson	4 Mi NTA
Hannah Reilly	11 Miles	2:04:34	Nick Avery	4 Mi NTA
Brian Reilly	10 Miles	2:04:34		
Tyler Freeman	10 Miles	2:04:34		
David Samuel	10 Miles	4:00:00		
Mark Oliver	8 Miles	1:19:00		
Steve Barger	6 Miles	1:07:14		
Adam Thomas	6 Miles	1:13:24		

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AURA RUNNING PROFILES

AURA's Tamara Zagustin and Magdalena Font



Tamara Zagustin at the Ouachita Trail 50 Miler

At the time of this interview Magdalena was back in her home country of Venezuela but scheduled to return in mid-June. Tamara graciously agree to sit-down for a few questions and fill in the blanks for Magdalena in her absence.

You two have impressed the BS with the results of your training. I.E., sub-24 hour AT100 for Tamara, ties for first female at the Sylamore 50 Km and a close 2nd at the Ouachita Trail 50 Miles. Magdalena tied 1st place at the Sylamore 50Km and was 1st female at the Ouachita Trail 50 Km. Can you share with your new AURA brothers and sisters a little on your background before moving to Arkansas and what is a typical training week is your you. What about cross-training.?

Tamara – Born and raised in Caracas, Venezuela. Medical Doctor who practiced as a Physiatrist in Margarita, Venezuela for 7 years and now (again) doing a Physical Medicine and Rehabilitation Residency program at UAMS. Since I was a kid, I loved the outdoors and physical activity. Tennis was my first discipline sport. Later on I went on to cross county running, mountaineering/trekking, triathlons, biking, sailing, rock climbing, diving, horseback riding, field hockey, kite surfing, adventure racing and now ultra-running. Whatever is outdoors, I'll try it.

Magdalena – Born in Puerto La Cruz and raised on the island of Mararita, Venezuela. Swimming, was my first sport activity. Worked for many years with camps for children and worked as a scuba diver(dive master and instructor assistant) and then started running, biking, swimming, doing triathlons and eventually bumped into me and started doing some mountaineering/trekking,adventure racing, horseback riding and now ultra-running. Fortunately we don't have typical weeks. No routine. We do a lot of cross training which prevents injuries, and keeps our minds awake and alive and helps keep a greater number of muscles active. During the week we try to run 3-4 times, bike 3-4 times, swim 1-2, paddle 1-2, and include anything else that comes up. We will restart some rock climbing through the summer. We try to include progressive runs, tempo, 1000 mts repetitions, 400 mts repetitions once or twice a week. We do it on the trails/grass/dirt if possible. We do include strengthening of the different muscles groups at the gym 1-2 times per week. Very important to prevent injuries along with stretching.

Before coming to Arkansas wherer did you live and how was running there?

We both lived on the island of Mararita before coming to Arkansas. Magdalena comes and goes. Great place for cross county running on beaches and sand beds. Hot, very windy, dessert like with some mountain. Great place for water sports.

I know that your home country is Venezuela. How was running there and were you in a running club? Are there big differences in "running" in Venezuela and in the USA?

We have never belonged to a running club. Running in Venezuela is like many other sports, fun but sometimes very stressful due to the social aspects that make it challenging(great incidence of criminality, even for a simple pair of running shoes which could cost your life. Silly but true; as there is no law enforcement whatsoever. So you are your own police as far as protection is concerned. You finish with a PhD in prevention and thinking/seeing ahead of the act). We try to minimize the surprise factor caused by the two legged animal(men) and other surprises are always a pleasure(running into rivers, animals, rain, snow, etc. The major differences in running in Venezuela versis USA is that it is relatively safer to run and do any sports here in USA(personal security), greater variety of running shoes/gear(prices), for major running events(greatly competitive events to recreational events), more support from outsiders(volunteers, cheering on during an event, etc.) and a greater female population on the roads(running of course)

What about running goals now. Any national or regional races in your plans?

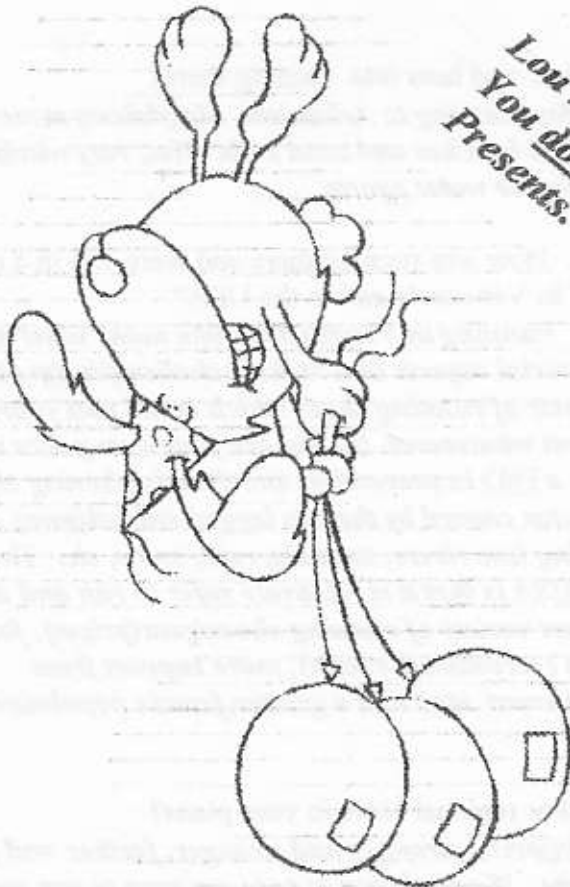
Keep on running, with the least amount of injuries, stronger and stronger, farther and farther. Our life runs and lives with every step we take. We don't run to race, we race to run and enjoy the company and course set up. It is a way to see and meet new places and people.

You know I have the BS has to ask it. Are there any Wal-Marts in Venezuela?
None in Venezuela....Yet! But I guess the McDonalds phenomina will also happen with Wal-Mart. They will be everywhere eventually.

Last thing. Is there any thing you would like to share with the AURA?
Both Magdalena and myself have been really happy with being in Arkansas. We feel fortunate to be in a place where there are great trails, great group of ultra-runners, good weather (especially in the winter), A city which feels more like a town and is surrounded by lots of green areas, rivers and lakes. We only miss the sea and the animals left back home. We look forward to many more miles throughout Arkansas and around either by foot, wheels or paddle with Y'AL!

AURA potluck to celebrate Lou Peyton's 60th Birthday!

Sunday, August 1st, 5:00 P.M.



*Lou has requested that
 You do not bring
 Presents.*



What to bring (by last name):

A-H main dish
 I-P salads
 Q-Z Dessert

Bring your own chair and anything else to drink besides beer, wine and soft drinks.

No R.S.V.P. necessary, but if any questions, contact:
 Ann: RunAnnRun@aol.com 501-227-4110
 Chrissy: StanChrissy@earthlink.net 501-329-6688

Directions: In L.R. head west on Chenal parkway (the commercial part, not the houses part) and when you get to where you can see a large Kroger store and a traffic light turn left onto Kanis Road. Go approximately one mile to Cooper Orbit Road and make a hard right. Go about 1/2 mile to Glisten Lane on your left. Turn and go up steep hill to Ann's house at 14721 Glisten. The street is hard to see, but if you go too far you will see the Oasis Renewal Center on the right. Stop. Turnaround and go back to Glisten. Look for blue trail ribbons on the garbage can--