

The ARKANSAS ULTRA RUNNER

AURAGUST 2005

The 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. *"Don't be caught running out of the loop."*

MESSAGE FROM THE BIGSHOT – Keeping accurate records of AURA member's performances in 100 mile races is important to me. I know that if I don't write it down the memory of it will fade and it will be as if it never was. With this thought in mind, I was dismayed to learn that I had left three of an AURA brother's times off of the listing in last month's newsletter. Bobby Marston dutifully brought it to my attention that I had shorted him three *Rocky Raccoon 100* finishes. I have made the correction and will list them below.

At the pre-race trail briefing at the Midnight 50 Km I had the privilege of introducing "celebrities", as I call them. Mike and Carrie Dupriest had just returned from completing the Vermont 100. Also, completing Vermont was AURA's Kevin Dorsey (Tennessee). Kevin was still setting up his tent and missed the briefing. I also wanted to introduce our newest AURA brother, Randy Ellis, from Sapulpa, Oklahoma. Randy has written a running book entitled, *"Running With Payne"* which chronicles his run across America on Route 66 and beyond. Randy was also setting up his tent with Kevin and I was not able to point him out. I am enjoying the book as it has big print, pictures and very interesting stories. This is completely unsolicited but if you would like to find out more about the book and maybe get your own copy, do the website: www.runningwithpayne.com.

From the AURA Achieves

Arkie's and/or AURA Members to finish the Rocky Raccoon 100.

Chrissy Ferguson(03)	19:50:12	Dianne Seager(95)	26:22:42
Randy Davidson(95)	20:37:37	Dianne Seager(96)	26:54:47
Mario Martinez(97)	20:50:09	Irene Johnson(95)	27:08:55
Kim Goosen(95)	22:39:56	Charley Peyton(94)	27:10:00
Angie Ransom(96)	23:02:53	Lou Peyton(94)	27:10:02
Mario Martinez(98)	23:33:53	Laura Eakin(01)	27:19:34
Bob Marston(93)	23:38:44	Laura Eakin(00)	27:27:27
Kevin Dorsey(05)	23:58:35	Bob Marston(98)	28:04:43
Bob Marston(94)	24:15:36	Steve Eubanks(95)	28:10:12
Irene Johnson(94)	24:19:00	Bob Marston(99)	28:16:50
Bob Marston(96)	24:53:02	The BigShot(95)	DNF
Lou Peyton(96)	25:19:02		
Mario Martinez(93)	25:22:02		
Bob Marston(95)	25:48:32		
Bob Marston(97)	25:50:45		
Kimmy Riley(95)	26:12:40		

17th Edition; Number 7

The AURA – Where you can always find a friend.

Established 1989; RRCA Sanctified in 2001

Arkansas Traveller Update

The 15th annual *Heart O' Traveller fun runs* are scheduled to take place over the Labor Day Weekend. The Saturday run will be administered by Stan and Chrissy and will be an out and back route for a total of 24 miles. The start will be from the Lake Winona picnic area. Afterwards, Stan and Chrissy will have hot-dogs and chips and maybe we will can count this an AURA meeting. The Labor Day run will be the Smith Mountain Loop, approx 23 miles. The run will start at the intersection of FSR 2 and FSR 114.

At the present time both runs will start at 6:30 am

Directions to the Saturday, September 3rd run, 24 miles(+/-)

Hwy 10 west from Little Rock. At the Williams Junction Grocery Store, turn left onto Hwy 9. Follow Hwy 9 approx 5.5 miles to Lake Winona Road. Turn right. Go 4 miles(the first two are blacktop; the last two are gravel)) to the Lake Winona picnic area. Turn left at the gate and follow the road to the picnic tables. Run will start promptly at 6:30 a.m. Course will be marked and water set out.

Direction to the Monday, Labor Day Run, September 5th. 23 miles (+/-) UTS #2, the Smith Mountain Loop. This is also an Ultra Trail Series run. UTS #2.

Follow directions above to Lake Winona. Continue past the Lake Winona picnic area. You are now on FSR 114. Follow FSR 114 for 7.5 miles to the intersection of FSR #2 and 114. This is a three way intersection with ample room to park. Run will start at 6:30 a.m. Water will be set out; course will be marked. One aid station about midway with water, coke and PowerAde. Bring goodies to share after the run.

AURA Runner Profile

UTS's 2005 Senior Queen 0'The Trail—Dottie Rea

The BigShot sees that you live in Vilonia. Is this where you do most of your training?

Yes, I try to run some everyday and most days it is after I get home from work. We live on a gravel road, without a lot of traffic so it is a pretty good place to run. I prefer running in the morning but I leave for work so early it is usually in the afternoon, except on days I'm off. Some days we run after work on the River Trail., Emeral Park Trail or Allsop Park in Little Rock.

I was going over the Berryman 50 Mile race results and saw your name. Was the Berryman your first 50 miler? *The Berryman was my first 50 miler to finish. I attempted the Grasslands 50 in March, but dropped out after the first loop. The weather and trail conditions were pretty bad and I felt like I'd be marginal to finish with perfect conditions.*

How did the race go for you? Any rough times? Did you get that "ultra feeling"? You know that feeling that you get when you know you're going to make it. *The Berryman Trail 50 was a good experience for me. It was a pretty easy drive of about 5 hours to Potosi, Missouri. We drove out to Berryman Camp Friday afternoon to pick up my race packet. I knew a 0600 early start was an option, but didn't want to be the only one starting early. The race director said about a dozen runners were planning on an early start. I figured I would need the extra time. It rained Friday night but it was clear Saturday morning*

and really pretty cool for the start. The majority of the trail was through woods so it was pleasant all day. The course was a 25 mile loop that we ran twice. There was a "short" out and back on the first loop at the first aid station to make up some mileage. However, for the early starters, the turnaround point wasn't marked yet so we ran a little extra.

I made some mistakes like changing shoes at the halfway point. It seemed like a good idea, but my second pair started rubbing, a blister before I finished. I felt pretty good starting the second loop, so I figured if I didn't get hurt and kept moving I could finish. I fell once on the first 25 so I was real careful after that. As usual I should have run more and walked less. After I passed the last aid station with about 2.5 miles to go to the finish, I felt really good and ran the rest of the way in. I was very happy to finish.

With regards to the Ultra Trail Series, you completed 6 or 7 of the races and were rewarded with Queen of the Trail title, senior division. *I've enjoyed all of the UTS races, but I think Sylamore and the Catsmacker have been my favorite. Sylamore is a good trail, and I see something different every time I run it. I only did one day of the 3 Days of Sylamo but the trail on the first day had some beautiful scenery. I did the short version of the Athens-Bigfork run. I think it is the hardest run I did all year.*

So what is next for you? More UTS, Pike Peak in August and/or maybe another 50? *I plan on running as many UTS races as I can. I've signed up for the double at Pikes Peak(not sure how that will work for me?) I'm running the NYC Marathon in November. I would like to run another 50 or two, and sometime finish a least one 100 miler maybe the AT100.*

AURA Horoscope

SCORPIO-Rumor has it that there could be motherhood in your near future. *PISCES* -A mentor will soon be arriving who will transition you from an Arkansas Traveller 100 mile finisher in to an Arkansas Traveller 100 sub 24 hour winner. *CAPRICORN* - Prepare to be a champion. *ARIES* - Cursed with too much talent, your full potential could soon be fulfilled.

It Is What it Is.

ULTRA CORNER

On June 25th, three AURA brothers completed the 2005 Western States 100 Mile Endurance Run. Stan Ferguson, Paul Schoenlaub and Darin Hoover(see WS100 Achieves, page 6, for their times)

The Western States 100 Mile Endurance Run

June 25th, 2005

Squaw Valley to Auburn, California

My Story by Darin Hoover

The BS saw you at the Athens-Big Fork Marathon in January and saw that you were hobbled by heel pain. How did you overcome it in order to train for Western States?
When I found out I was accepted into the WS100, I immediately started running downhill to hammer my quads from my home in Walton Heights to the Fire Station. I ran so hard in December that by Christmas I had such a bad case of plantar that I could barely walk. As you know this kind of injury can set you back for months. All the credit goes to Dr. Tilley. We are blessed to have some great running doctors in Arkansas, and Dr. Tilley is the best! He has run all the local races and most of the

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big 100's in the USA He knows what it takes and how to treat ultra injuries. He gave me a shot in my heel that was for 10 seconds hurt as much as any pain I have ever felt. But when my foot hit the floor, it was gone and has never hurt since. I did have to take a more subdued approach to training just to be safe and to allow the injury to heal but I was able to run the fun run at Bigfork with no pain and train over 200 miles in January pain free. It truly was a miracle cure.

Did you do any race specific training for the WS100? Yes, Stan and Chrissy were instrumental in my even applying for the race and also in my training. They gave me the encouragement and confidence that I could run well out there and also invaluable tips in training specifically for Western. Many of you may know that it is a downhill course. I ran as many hills as I physically could for 5 months and it was NOT ENOUGH! I went to Mt Nebo and ran repeats with Stan, Chrissy and Steve Kirk on two occasions, running three repeats the first time and four the second. I would have been better served to go every weekend for 3 to 4 repeats than run the 30 miles at Sylvia or 50 miles at Berryman I was doing for long runs. Several of the downhills at Western are similar to running down Blowout Mountain at Hot Springs,(which I have always walked) only they last 3 to 5 miles and are as steep and rocky. A two day weekend run at Athens-Big Fork would have also helped. Here I also want to publicly thank John Muir and Mike Heald. From the day I got in the race they were very consistent training partners. Mike ran with me during the week and John did the long runs and races with me on the weekends. They are fantastic training partners.

Since this was your first attempt at the WS100 what was your impression before the race and now that you have been there? My impression before the race is that it was a huge ultra running spectacle. The greatest ultra in the USA, and one everyone should do someday. After the race I would say that that impression was correct. WS really is the Super Bowl of Ultra 100's and I was honored to be accepted and to have the opportunity to run it. They treat you like a pro athlete and as with most all ultras, the volunteers are very friendly and go out of their way to help you. Everyone from ultra celebrities like Gordy Ainsleigh and the Cowman to Scott Jurek, come over to you and say "hi" and ask how your run went(the don't apparently know the AURA etiquette of "Way To Be" but, hey, its California and they will catch on someday. I have to also say that we have a lot to be thankful for here in Arkansas. Our aid stations are better stocked with food and food choices and WS could learn a lot from our post race festivities and meals.

How were the aid stations and race festivities? They have a very good system and almost too many volunteers at their aid stations. They have a kid about ¼ mile from the stations with a two way radio. They radio your number to the stations so by the time you get there they are all screaming your name and one person is assigned to you. They get your water bottles and fill them, while you get your food. They make you feel so great, and by the time you have your food you are ready to roll. Then they lead you to the crew area. Only then can you go to your crew and in many cases the volunteer helping you takes your drop bag away. This forces you to stop twice. I wished my crew could have been closer to the action, had my drop bag with them and been ready to help at that time. And in many cases my crew was hard to find and so far past the aid station that I could have easily just gone on. After all you never really know if your crew made it when they are so far past the action. In my opinion you could easily do this raced without a crew(the logistics made it very tough for the crew)they are so helpful at the aid stations.

The WS100 could use more consistent food choices at the aid stations. For instance most had soup during the day and many of the night station did not. At some stations they told you not to eat too much as "we are running out." They also did not ever have a trash can down the trail. I am accustomed to walking out with a banana or cup of soup and putting it in the can ¼ mile away. Here they make you eat it right there before you leave. They don't want you to litter so they make you stay and eat. Again the volunteers at the aid stations are fantastic, just the procedures and choices were not what I am accustomed to.

The post race festivities are my only real complaint. I had my family 100 miles away in Tahoe. They could not come over until 10 a.m. I finished right after 5:00 a.m. I figured It would be great fun, hanging out with the other finishers, watching folks come in, etc. Instead it was darn cold and windy with no place to get out of the wind except the shower house. There was also no food or coffee. I was

cold, tired, hungry, sore, in jured, depressed and lonely for about 5 hours after my finish. They did allow me to get some water and coke from the finish line and the only food was a cold hotdog left over from when the winners finished. The guy at the food place told me the food was only for runners. When I told him I was a runner he told me to come back at 8:00 a.m., I did not have my ticket so I had to wait for my family. It was a far cry from the warm friendly confines and abundant food and drinks at the Traveller I can tell you that for sure. In their defense, apparently I was the only one who did not get the memo. 99% of all runners had made arrangements to leave and did so.

We know you had a crew. Did you also have a pacer? *I did have a pacer. Chrissy and Rhonda somehow got me the best pacer I could have ever had. His name is Aaron Summerhays and he had run the race four times. He was super positive, had a good knowledge of the course and what it took to run well and finish. He is a great example of the selflessness of the members of our sport. He ran 20+ miles in the morning in the snow section, then came to Foresthill to find someone to pace to help them get a finish. He was great and I'm certain that if it were not for his help, I would have been out there 2 to 3 hours longer. I would strongly suggest that a pacer is a must have at WS. If you have never seen the course it gets very confusing at night, and since it is a one way course it gets more confusing and tougher the farther you go along. Aaron knows a bit about the OT50 and I hope we can get him here in the near future to run with us and enjoy our southern hospitality at the OT50 or the AT100.*

So.....how did the race go for you? *BigShot, the race went very well for me. I had so much help and great advice from ultra members who had run there before me that I was able to form a race strategy and follow it for the most part. I was able to manage my systems well and never really bonked. My weight never varied more than two pounds either way and I finished ½ pound heavy.*

I had what I needed in my drop bags, and except for the lack of services at the finish was prepared for anything I encountered.

I was told by everyone that to run well at WS you have to be able to run and eat late in the race after the river crossing. This was my big weakness. I simply could not run the last 10-15 miles. I was just out of gas and my quads were gone. My up-hill miles at the end were faster than my flat and downhill miles. The demons that come to see you and hitch a ride late in a 100 were out on the course late telling me I would never finish. But I was able to keep them at bay for the most part and push on to the end with the help of Aaron.

It is obvious that I went out too fast, especially in the snow which slowed everyone from Stan to Dink Taylor to Scott Jurek down at least an hour. But I cannot describe the feeling of racing in that high country with all that snow. It was a real runner's high. The country is so awesome. Running into Robinson Flat with Stan feeling better than I ever have in a race is a feeling I will never forget. Running with Dink for five miles around mile 40 was another big thrill. Dink was very helpful as well as encouraging me to run and eat when I could as it was going to be impossible to run and eat later.

The climbs and descents around Devils Thumb and Michigan Bluff kicked my butt but I was still felling good and on a 22 hour pace at Foresthill (mile 62) I was able to stay on pace to break 23 hours after the tough climb up to Greengate(mile 80). Then the Western States Cougar jumped on my back and things started to slow down.

My finish time was 24:08:26. Maybe that extra six seconds per mile that cost me a sub 24 finish should add up to a huge disappointment. I refuse to see it that way. There is an old song titled "The Hurt Is Worth The Chance". That's how I see it. I took a huge chance at a lifetime performance. The hurt of not meeting my goal is very real. But that feeling of running and racing in that high country then the strength it took to climb those canyons and then the race to the river and climbing Greengate are feelings I will never forget. For 20 hours I was on top of the world and I'd do it the same way next time.

Will there be a next time? I don't think so. It is such a popular race with hundreds of worthy runners getting shut out every year from the lottery that I think once is enough for me. Plus, it's a very expensive race to go run and takes a whole family commitment. I would really like to go crew and pace my buds John Muir or Tom Brennan when they ever get in but I'm cool with my effort and that's enough for me at WS100. There are lots of other Ultra's closer to home I'd like to try like the Lake City 50 or Leadville or Wasatch.

What are your Ultra plans going into the fall? *First off I've got to get healthy. I just got back from Dr. Tilley and my right Achilles is very bad. A week later you can still almost hear it cracking and popping. For five days my leg from my ankle to my calf was all the same size. I'm not sure when I wrecked it, but by mile 80 it was really barking at me. I'm on the shelf until at least August 1st. Then maybe I can start some jogging. I had planned to run the Traveller This fall but I am putting together a great group of volunteers and a new Sports Bar theme for the old Chili Pepper Aid Station. I'm looking forward to that.*

In conclusion: For 80 miles this was the performance of my life. Maybe it was for the whole 100. I learned how to hurt this time like I never have. I had so much help and encouragement from friends and family and the AURA community that it is overwhelming to think about. Many of you all were tracking Stan and I on the web cast and I could feel the support every time I crossed a timing mat. Any success I had at WS is due in large part to this help and support. I especially want to thank Stan and Chrissy, Paul Schoenlaub, Mike Heald, John Muir and Joyce and Kara, my great family. Without their help and encouragement I would have never even tried let alone finished.

From the AURA Western States Achieves

Stephen Tucker(88)	20:26:05
Paul Schoenlaub(04)	20:29:22
Stan Ferguson(02)	21:47:26
Stan Ferguson(05)	22:27:14
Ray Bailey(97)	22:34:25
Bill Maxwell(91)	23:48:41
Chrissy Ferguson(97)	23:18:08
Darin Hoover(05)	24:08:26
Bill Coffelt(88)	24:28:03
Max Hooper(88)	25:22:49
Steve Kirk(04)	25:53:41
Larry Mabry(90)	26:37:07
Paul Schoenlaub(05)	26:49:42
Larry Mabry(89)	27:06:31
Nick Williams(91)	27:33:45
Max Hooper(86)	28:13:13
Max Hooper(89)	28:20:57
Lou Peyton(89)	28:29:52
Bob Marston(93)	29:34:18
Bob Marston(96)	29:36:33
Bob Marston(94)	29:45:02
Bob Marston(97)	29:51:09
The Big Shot(86)	DNF



Darin Hoover running the 2005 Western States 100

2005 Vermont 100 Mile Endurance Run

July 16th, 2005
Woodstock, Vermont

On July 16th, AURA's Mike Dupriest, wife Carrie Dupriest and Kevin Dorsey completed the 2005 Vermont 100 Mile Endurance Run. See their finishing times on Page 8

My Story by Mike Dupriest

Thank you all for your kind e-mails and congrats on our finishes. The Vermont 100 turned out to be more challenging than expected. The mid day temperature was in the mid 80's and humid. This course is very hilly, but with some nice sustained descents. Of course there are some long up-hill climbs and steep trail sections. Also, running with horses proved to be fun. Some of you may not know but this is a 100 mile foot race and endurance horse ride.

Coming into this run I entertained the thought of a sub 24. Chrissy(Ferguson) had put into my mind that I could do this at Vermont. However, I never truly believed that I could do it. I am not sure what happened and why it happened. My strategy was to take advantage of the cooler morning and accumulate as many miles as I could before the heat. I was able to keep a 12 minute pace to about 40 miles. Once the heat arrived I backed it off to a 15 minute pace, with a goal to average this to the finish and a small cushion for problems. The night was a time I felt I could possibly pick it up a little and build in some cushion.

Rural Vermont is absolutely beautiful as you run by working farms and in the midst of heavily canopied forest. You run on very smooth dirt roads, through grassy fields, muddy single track trail, a couple of miles of pavement and a lot of hills. This race has about 14,000 feet of climb. Also, the sound of horses running beside you is calming and watching horse and rider climb up steep trail sections is fascinating.

I lost some time at Camp 10 Bear(68 miles) changing socks and shoes and preparing for the night portion. I did not have a crew or pacer to help me make the transition which cost me time. I am not sure when I began to believe a sub 24 was possible. But at night during those times of aloneness, in the dark of the forest, the goal seemed attainable. The pain seemed less important and I began to run some of the lower grade hills. When I left the aid station at 90 miles I knew I had a sub 24 and just had to avoid getting lost(I actually got off course for about two minutes at mile 95, one of the reasons to have a pacer) and not get injured.

The last 1.5 miles were trail and with climb. I ran it all not caring about how bad I felt. When I saw the lights of the finish and the last down hill the feeling was unbelievable. It was extremely special to finish in the dark in a 23:47.

Now I had some time to go horizontal and wait(and pray) for Carrie. She finished in 28:36. There were about 135 finishers and approximately 102 DNF's

AURA HOT-Flash!

Dateline: Furnace Creek, California. On July 12th, with temperatures soaring to 120+ degrees, AURA brother Greg Eason, completed the *Badwater135* in a time of 42:52. He was crewed and paced by wife Heather and AURA sisters Magdalena Font, Jamie Huneycutt, and Lou Peyton. I hope to have some good stories to print by next newsletter. A "Trick" question – Is Greg the only Arkic to complete this Death Valley to Mtn Whitney Run? The Big\$hot knows all!

From the AURA Vermont 100 Achieves*

Stan Ferguson(01)	17:01:37
Kim Goosen(95)	17:41:02
Paul Schoenlaub(04)	18:37:30
Chrissy Ferguson(03)	19:22:29
Chrissy Ferguson(02)	19:59:12
Lou Peyton(90)	21:17:03
<u>Kevin Dorsey(05)</u>	<u>21:34:46</u>
Chrissy Ferguson(04)	22:22:36
William Gilli(90)	23:34:53
<u>Michael Dupriest(05)</u>	<u>23:47:28</u>
Lou Peyton(89)	24:23:20
Max Hooper(89)	25:54:50
Larry Mabry(89)	25:54:50
Bob Marston(96)	26:06:20
Bob Marston(97)	27:19:25
Brooke Touchstone(99)	27:32:37
Bob Marston(92)	28:11:58
Nick Williams(90)	28:15:35
<u>Carrie Dupriest(05)</u>	<u>28:36:47</u>
Bob Marston(94)	28:50:19
The BigShot(90)	DNF



File Photo – Michael Dupriest at a UTS aid station

Report errors, omissions to
chrlypvt@aoi.com

Laurel Highlands Ultra – 70.5 Miles

Ohiopyle, Pennsylvania
 June 11th, 2005

22 nd	Mike Samuelson	17:47:34
33 rd	Randy Ellis	19:43:06
		56 finishers

ULTRA TRAIL SERIES

14th Annual Midnight 50K and 25K Fun Runs-UTS #1

July 23rd, 2005

Lake Sylvia Recreation Area

I want to thank AURA's Chrissy Ferguson, Darin Hoover, Carol Trower and Ricky Williams for the great help provided with this run. Heretofore, the MN50Km has been more or less a "one man operation". With the record turnout this year, I concede that more organization needs to be put applied if it is to be continued. I have already received a couple of requests to help for next year and will be calling for more in about six months. Think about it. Trick Question? Does anyone remember who won the first Midnight 50K? The BS knows.

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50Km Results

Place	Name	Time	Place	Name	Time
1.	Paul Schoenlaub	4:18:56	26.	Angie Orellano	6:03:37
2.	Stan Ferguson	4:24:11	27.	James Allen	6:06:00
3.	Steve McBee	4:29:00	28.	George Peterka	6:16:00
4.	David Wakefield	4:43:23	29.	Steve Hobbs	6:17:32
5.	Tom Aspel	4:55:11	30.	Harold Hays	6:23:17
6.	John Hughes	4:59:07	31.	Pete Ireland	6:28
7.	Kevin Dorsey	4:59:30	32.	Mona Ball	6:28
8.	Kyle Baldwin	5:05:22	33.	Lindy Biglieni	6:36
9.	Jacob Wells	5:06:00	34.	Tim Brayfield	6:36
10.	Pablo Lowrey	5:13:35	35.	Shirley Hyman	6:40
11.	Chuck Campbell	5:18:12	36.	Deborah Lashley	6:40
12.	Brett Bassham	5:19:37	37.	Ken Barton	6:40
13.	Keith Gilstrap	5:20:30	38.	J.B. Mullins	6:40
14.	Tina Coutu	5:21:00	39.	Ken Bland	6:40
15.	Steve Kirk	5:27:00	40.	Carla Branch	6:40
16.	Mike Samuelson	5:28:00	41.	Emily Hartman	6:45
17.	Steve Appleton	5:33:03	42.	Keith Jordon	7:08
18.	David Reagler	5:33:05	43.	Hilde Haynes	7:34
19.	Paul Turner	5:36:00	44.	Holly Lynch	7:34
20.	Greg Eason	5:37:39	45.	Maegen Kastner	7:39
21.	Scott Eason	5:42:55	46.	Warren Kastner	7:39
22.	Kyle Kruger	5:50:00	47.	Carol Foster	7:43
23.	Randy Ellis	5:52:00	48.	Kenny Simpson	7:43
24.	Herb Jarnell	5:54:06	49.	Lou Peyton	8:05
25.	Maurice Robinson	5:58:00	50.	Paulette Brockinton	6:05(early start)
			51.	Wade Lewis	(missed turn; got a ride)

Lou Peyton 25 Km Fun Run

1.	Robert Schaaf	1:59	22.	Christi Martin	3:04
2.	Bill Coffelt	1:59	23.	Tina Newton	3:13
3.	Roberta Orr	2:06:20	24.	Kim Johnson	3:13
4.	Chrissy Ferguson	2:23:30	25.	Carrie Dupriest	3:13
5.	David Trower	2:28	26.	Patty Groth	3:13
6.	Mario Martinez	2:28	27.	Gary Speas	3:13
7.	Chris Harper	2:31	28.	Bob Marston	3:13
8.	Jamie Golleher	2:31	29.	Luise Armstrong	3:22
9.	Scott Rogers	2:32	30.	Pete Perkins	3:30
10.	Kimmy Riley	2:34	31.	Susy Phillips	2:41
11.	Ashley Mason	2:26	32.	Mike Dupriest	2:36
12.	Michael Young	2:36	33.	Francine LeBrant-Stocker	2:36
13.	Jamie Hammond	2:36	34.	Sandi Venable	4:10:18
14.	Jennifer Smedlund	2:37	35.	Rosemary Marston	4:10:18
15.	Erin Coimbs	2:45	36.	Diane Seager(20 mi)	4:10
16.	Karen Zimmerman	2:50	37.	Jesse Riley	4:17
17.	Amber Mullins	2:53	38.	Ernie Peters(20 miles)	4:27
18.	David Kraft	3:00	39.	Ann Willis(22 miles)	5:44
19.	Marshall Singer	2:58	40.	Leigh Tanner(20 mi)	6:24
20.	Dottie Rea	3:10	41.	Brenda Bonner	3:30
21.	Rob Allen	3:02			



*I'm off to RETREADS
(retired runners eating out)
At Franke's Cafeteria
on Rodney Parham Road
@ 11:30 a.m
. 1st Wednesday of
every month*