

WHITE ROCK CLASSIC
FEBRUARY 5TH - 9:00 A.M.
UTS # 6

The ARKANSAS ULTRA RUNNER

February 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.

MESSAGE FROM THE BIG\$HOT – Over this past Holiday Season the BS was privileged to be invited to a post-New Years gathering at the home of our AURA brother, Jack Evans, who resides on St. Andrews(street) in Pleasant Valley. Despite the heavy down pour when I turned onto St Andrews, a flood of memories overwhelmed me. After being served so graciously by my host, I relaxed and was able to relate to Jack the historic location of his address. Here's the story. On the first Sunday afternoon in December of 1976, the nucleus of Little Rock's early runners had scheduled a fun run. I will go out on a limb and say that this was the first race of its kind in Little Rock, if not the State. There had been AAU races(predominately male) at Burn's Park in North Little Rock but this one was the first that encouraged male and female runners of all ages and abilities. The five organizers were: Gary Smith, Max Hooper, Otis Edge, Terry Mathews and Glen Hickey. Gary and Max you know about. Glen Hickey was not a runner but had opened *Hickey Sports* in the Cantrell Heights Shopping Center and it was the only place to buy running shoes other than *Spaulding Sports* in downtown Little Rock. Terry Mathews was an attorney and was probably the best marathoner that we knew about at the time. Otis Edge was and remains a physician in Little Rock. He later organized the Little Rock Roadrunner Club in 1977 and served as its first President. Terry Mathews lived on St Andrews about a block west of Jack's home. The race began and ended in front of Terry's house on St. Andres. It was called the *Holiday Road Race*. The route was a 4 mile loop around Valley Club Circle. I remember there were split times every mile and police doing traffic control at every intersection. I know that Lou Peyton was first female; I have forgotten who was first male. There was a large crowd of people at the start, maybe 40 to 50, and because of the novelty of running, lots of spectators were standing out in their yards. Since then road running in Arkansas has boomed and busted several times but this was the first. Some of you are asking what my time was. Because I did not own a running watch and times were not called at the finish, I don't know. When I finished Gary said that the results would be mailed out but as of yet, I have not received it. I guess I waited too late to ask now. The following week the race account was written

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The AURA – "We don't cull anyone".
An RRCA Sanctified running club.

about in the Society Section of the Arkansas Gazette by Richard Allen's *Our Town*.
To the right is a copy of what he wrote.

Arkansas Gazette December 12th, 1976

It's funny what Jack's offer of a little red wine dredged up about *early times* in Little Rock's running history.



Vintage photo of a running pioneer
Lou Peyton

The AURA welcomes four new Members this month. Gary Criglow of Little Rock, Paul Turner of Conway, David Blankinship of Calico Rock and Stewart Johnson of Shawnee, Kansas. Stewart is a veteran of several Arkansas Ultra races having completed most, if not all, Of the *Sylamore 50 Km's*

This month the *Arkansas Ultra Running Association* begins its 17th year. The last four have been in affiliation with the Road Runner Club of America.

Foot Race

OUT IN Pleasant Valley last Sunday afternoon, 80 hearty souls — men, women, and children — jogged off on a four mile race over the rolling roads of that picturesque section of town.

A commendable 66 timed finishers crossed the finish line, the other 15 having sense enough to drop out before they dropped.

I knew a couple of the would-be athletes — both over 40 years of age — who entered so about 2 p.m. I drove out and watched the progress.

One of the entries was my old estranged friend, the Mad Jogger. He's the fellow who pushes me into a corner at every opportunity and regales me with stories of his running. He's the same chap who jogs in place in my office door cutting off my escape exit.

The Mad Jogger is 42 years old and came in 47th in the race, with a time of 32 minutes and 27 seconds for four miles.

As I get it, these periodic road races are sponsored by the Little Rock Roadrunners Club, and anybody can run after signing a health waiver. If you cross the finish line you get a T-shirt with the club's name on it.

I stationed myself at a strategic spot along the route and watched the faces of the runners, frozen into masks by exertion and intense concentration.

Later I drove over the course, unwilling to do it by foot. It winds around through the tree-lined drives in front of toney imposing zillion dollar homes with glowing door-bell buttons.

The route went over a paved road in a section of undeveloped lots. It would have been a fine scenic route if it hadn't been so strewn with litter and rubbish. It looks like the cast off point for thousands of beer drinkers, as well as a regular dump for trash haulers. It's hard to go anywhere in Arkansas and not find the likes of that.

After witnessing the afternoon of running, I concluded that I'd rather spectate than participate.

ULTRA TRAIL SERIES

Athens-Big Fork Trail Marathon

January 8th, 2005

Ouachita National Forest/Big Fork, Arkansas

Special thanx to ABF Marathon run leader, David Samuel, for organizing the race and coordinating with the local residences to open the Big Fork Community Center for the race. . He reports that there were runners from six states this year: Tennessee, Texas, Oklahoma, Missouri, Kansas as well as Arkansas. I am sure the Big Fork Community Center appreciated the donations to the Center which helps greatly in the upkeep and maintenance of the building.

The BigShot comments: Going to Big Fork is like going back to a time that is hard to find now adays. Men in overalls; a quilting table by the pot-bellied wood stove. I could almost hear a fiddle playing the "Arkansas Traveller". The marathon is a hard one. Sort of like, I suspect, trying to scratch out a living there. After the race, David sent me a poem called "Big Fork Poem". George V. Bates came to Arkansas in 1852. His son Stephen Bates wrote this poem in 1905 concerning the Big Fork Fair and merchants of the little village, the post office and Travelers' Home, which was a hotel. Instead of a race report, the B\$ will use the poem to capture the ambiance of the time and place. Consider this an AURA *artful moment*. For those of you who were not there, you might not understand the picture the BS has painted. Those of you who were there might.



Big Fork Marathon winner, Tom Brennan, crosses Blaylock Creek and looks back for his competition.
(Was he looking for the BS?)

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BIG FORK POEM

My parents came to Big Fork
In eighteen and fifty two
And all the way from Georgia
They drove an ox team through.

The settled down near Big Fork,
Began to clear the land.
At first they had to live on
Whatever came to hand.

So long ago at Big Fork
Not much there could be seen
But the creek and spring and rocks
And trees of living green.

A mill was built at Big Fork
To grind the corn and wheat
They had a narrow road
Where now we have a street.

They named the office Big Fork
And had a weekly mail.
It came from Arkadelphia
And often it did fail.

But still the town of Big Fork
Was mostly in the woods.
People went to Little Rock
For nearly all their goods.

Then after years of waiting
Big Fork began to grow.
And now instead of boasting
We have the stuff to show.

You'll find right here in Big Fork
Robinson and Dilbeck.
They will sell you staple goods
And also cash your check.

You will also find in Big Fork
The Store of G. B. Bates.
He will sell you tools and fencing
And other things he states.

But of all the stores in Big Flat
Try the post office store.
They will buy your eggs and chickens
And sell your goods galore.

Big Fork Marathon-Overall Men

1. Tom Brennan	4:34:42*	- New Course
2. John Hughes	4:44:00	Record
3. Steve McBee	4:45:00*	
4. Chuck Campbell	4:46:00	
5. Stan Ferguson	4:53:29*	
6. Jon Bitler	5:05:32	
7. Paul Schoenlaub	5:09:22*	
8. Tom Aspel	5:12:24	
9. Pablo Lowrey	5:16:00	
10. Steve Kirk	5:17:00*	
11. Robert Vogler	5:44:22	
12. Israel Holby	5:53:33	
13. Kevin Dorsey	5:59:15*	
14. Rick Uitley	6:12:50	
15. Stuart Johnson	6:25:40	
16. Raton Parmain	6:26:04*	
17. Tim King	6:26:10	
18. Tony Bailey	6:46:45(?)	
19. Mario Martinez	6:59:00*	
20. Pete Ireland	7:33:10*	
21. George Peterka	7:44:00*	

Big Fork Marathon-Overall Women

1. Natalie McBee	5:53:33*	- New Course
2. Ilona Peterka	6:17:00*	Record
3. Barbara Bellows	6:47:00*	
4. Kim Morton	7:19:19*	
5. Lou Peyton	8:24:00*	

Blaylock Creek 17-Mile Trail Run

January 8th, 2005
Ouachita National Forest
Big Fork, Arkansas

1. John Lagunas	2:49:51(tie)-New Course
2. Rex Hamel	2:49:51(tie) Record
3. Jeremy Maxwell	2:58:15
4. Darin Hoover	3:24:29*
5. Tod Matthews	4:12:08
6. Phillip Carr	4:24:30*

And when you come to Big Fork
 Are wild beast used to roam,
 If you feel tired and hungry
 Just try the Travelers' Home.

They walked the streets of Big Fork
 While waiting for the mails
 Now it comes six times a week
 And hardly ever fails.

And then they hd in Big Fork
 The Village blacksmith shop
 It's run by J.T. Davis
 Who'll shoe your horse tip-top.

Now in this shop often
 Comes Silas, Bill and John
 Top hear the news in Big Fork
 And then to pass it on.

There seated on the nail keg
 Si reads about New York
 And whittling on the shingles
 John tell about Big Fork.

But not the least in Big Fork
 Are lodge and church and school
 In which you may have a name
 If you will keep the rule.

A happy thought struck Big Fork
 Like something in the air
 Last year they hale a meeting
 And said we'll have a fair.

But still they lacked in Big Fork
 Someone to take the lead
 And after lots of searching
 They lit on M.B. Fried.

They cried about its splendor
 They told it ffar and near
 And now we have in Fig Fork
 Another fair this year.

Come one, come all to Big Fork
 Where sparkling waters flow
 And see our pretty babies
 And all the things we grow.

7. Collins Cogbill	4:34:00
8. Don Price	5:16:25*
9. Ken Childress	6:11:45
10. David Samuel	6:27:39*

Overall Women

1. Chrissy Ferguson	4:24:30*
2. Betty Sobeski	4:32:20
3. Dottie Rea	5:13:09*

Other Distances

Dale Burns(8.5)	3:17:00
John Knapp(7.2)	2:42:00*
Don Higgins(5.2)	1:04:00
Steve Chaney(5.2)	1:04:00*

● = AURA brother or sister



The big boys at about mile 2 of the Big Fork Marathon. As I used to hear growing up in south Mississippi, "They were really carrying the mail".

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Men's UTS standings:

Standing	Name	Age	Midnight	Smith	Gulpha	Wildcat	ABF	Total
1	Chuck Campbell	41		61	40	60	43	204
2	Stan Ferguson	40	72	35	34		37	178
3	Tom Aspel	49	32	61		43	21	157
4	Steve Kirk	44	44		51	31	15	141
5	Craig Zediker				62	71		133
6	Kevin Dorsey	33	38	26			10	74
7	Tom Brennan	33					71	71
8	David Partridge	43		61				61
9	Billy Simpson		61					61
10	John Hughes	37					60	60
11	Kyle Baldwin	32	16	35				51
12	Cal Hill		50					50
13	Steve McBee	39					49	49
14	Luke Meduna					49		49
15	John Muir	26		44				44
16	Maurice Robinson	62	10	9		21		40
17	Mike DuPriest	48	13	8		18		39
18	Jon Steckbeck					37		37
19	Stuart Johnson	45	24				8	32
20	Ricky Utley	37		22			9	31
21	Pete Ireland	64	6	7		15	3	31
22	Paul Turner	41	12	19				31
23	Jon Bitler	33					31	31
24	Tony Bailey	30	7		16		5	28
25	Danny Powell				28			28
26	Paul Schoenlaub	45					25	25
27	Mike Samuelson	39	19	6				25
28	Doug Pierce					25		25
29	Brett Bassham		24					24
30	Jim Sweatt				22			22
31	Darin Hoover	39	10	11.5				21.5
32	Pablo Lowrey	41					18	18
33	Scott Rogers		5		12			17
34	AP Stone	42		16				16
35	Gary Speas				6	9		15
36	David Trower	38		3		12		15
37	Mike Moers	35		13				13
38	Robert Vogler	38					12	12
39	Ernie Peters	56		5		7		12
40	Jesse Wilson	29		11.5				11.5
41	Israel Holby	25					11	11
42	Don Price					11		11
43	Mike Heald		10					10
44	James Merritt					10		10
45	Eli Perez	40		10				10
46	James Barber				9			9
47	Lloyd Moore					8		8
48	George Peterka	44	4		2		2	8
49	Bryce Davenport		8					8
50	Raton Parmain	36					7	7
51	Tim King	37					6	6

52	David Samuel					6		6
53	Nick Williams					5		5
54	Ron Thompson					4		4
55	Paul Mattocks	56		4				4
56	Mario Martinez	51					4	4
57	Johnny Knapp	70		2		2		4
58	Kevin Webb		3					3
59	Jesse Riley					3		3
60	David Caillouet				3			3
61	Marshall Singer		2					2

Women's UTS standings:

Standing	Name	Age	Midnight	Smith	Gulpha	Wildcat	ABF	Total
1	Magdalena Font	42	61.5	56.5	53	53		224
2	Roberta Orr	37		56.5	53	64		173.5
3	Tamara Zagustin		61.5		53	42		156.5
4	Kimmy Riley	43	36	34	24	3		97
5	Ilona Peterka	40			36		44	80
6	Dianne Seager	48	36	28	12.5			76.5
7	Chrissy Ferguson	43		40	30			70
8	Natalie McBee	31					55	55
9	Angela Montgomery	32		22		30		52
10	Lou Peyton	60		6	3	18	21	48
11	Angie Ransom		45					45
12	Patty Groth	48	12.5	16	4	6.5		39
13	Leslie Steckbeck					36		36
14	Dottie Rea	52		12		24		36
15	Kim Morton	32			6.5		27	33.5
16	Barbara Bellows	50					33	33
17	Eunika/Emma Stevula		17		12.5			29.5
18	Rhonda Ferguson		27					27
19	Tina Coutu		21					21
20	Carrie Dupriest		12.5			6.5		19
21	Stephanie Dill				18			18
22	Mona Ball					14		14
23	Kim Fischer					11		11
24	Francine LeBrant Stocker		8		2			10
25	Robin Ballheimer	43		9				9
26	Ann Moore	63	2.5	3		2		7.5
27	Amie Hill				6.5			6.5
28	Susan Hodges		6					6
29	Paulette Brockington		6					6
30	Brenda Bansom		6					6
31	Pam Wilson					4		4
32	Joan Scarlata		4					4
33	Vickie Ingram		2.5					2.5
34	Rosemary Marston	56		2				2

THE AURA SENIOR

Ultra advice for marginal ultra runners

MESSAGE FROM THE COACH DOCTOR: Last month the Coach Doctor covered the 5+ steps for marginal ultra runners to complete the Arkansas Traveller 100. In this issue he tells you how to complete a Colorado 100. The Leadville 100 will be used as an example however you can extrapolate to any of the others 100's in the state. First of all you have to realize that Leadville is a tough one. It is tough on two counts: Hope Pass(12,600 ft) climbed two times and race elevation at 10,000 plus above sea level. On the other hand the course is well marked and uses a lot of runnable gravel roads. Expect your finish time to be two or more hours slower at Leadville 100 than at your Arkansas 100.

So here's your plan; read it and weep! First of all lets talk about your pre-race strategy. Plan on arriving in Leadville on Thursday. You will probably feel like a goldfish out of the water but by Friday's check-in you will have stopped gulping for air. The Coach Doctor advises marginal ultra runners to not go to Leadville early as many are wont to do. Three weeks before the race you should be in serious taper. If you go three weeks early the first thing that happens is that you will look at the snow capped mountains and get your adrenaline flowing. You'll feel the cold, thin Colorado air on you neck and be compelled to train harder than you ever trained. You'll set out every morning looking for a 14'er to climb. You'll eat strange food and go sleepless in somebody else's bed worrying about the unknown. By race morning your spent adrenaline has left you exhausted and the strange food with diarrhea. On a sleepless pre-race night you will wish you were back home with the *BigShot*.

With the exception of Arkansas Training Schedule #1 you should follow the same format for Arkansas Traveller 100 Training as you would for Leadville. With a few additions, of course. With regards to #1(Familiarize yourself with the course) this is not a luxury that you can afford. Trust me when I say that the aid stations are there and that the course will be well marked. Use the adrenaline rush that you get when you first arrive to your advantage now. It's alright, and even good, to be a little scared now.

Training Tips #2 through 5+ are still in play. Because Leadville is more difficult, two alterations in your training schedule need to be made. Once or twice a month you need to try to find a place to train that offers you long climbs and descents. Two examples come to mind: The Athens-Big Fork Marathon course and the White Rock Mountain 50 K course. A good idea would be for you to run as best you can either of these routes on a Saturday and then on a Sunday power-walk for at least ½ the time it took you to run the course. Make a training party out of it. Dealing with the altitude is a different matter and means you will have to kick your training up a notch with some anaerobic training. If you are handling the Saturday runs and Sunday power-walking, a midweek anaerobic workout on the flats will help you combat the 10,000 plus feet of altitude. "Speed Work" is somewhat out of the Coach Doctors practice so he will probably refer you to a *Specialist*. Ask the *Specialist* for instructions for Climbing-the-Ladder. In other words doing 200's, 400's, 800's and the mile and time back down to 800, 400 and 200. You don't want to go crazy with this but you have got to get the ole ticker and lungs working together under stress.

Last thing about training is the taper. You won't improve or de-condition significantly in the three or four weeks before the race. Discipline yourself. Cut your training by ¾ then ½ and ¼. By race week don't do anything. Your training is in the lockbox.

With regards to Leadville, expect it to be cold and expect it to rain at some point. Don't be without your rain gear while on the course.

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 runner related items to identify ourselves. Let's bring our old press clippings this month. "What do you say gang"

ULTRA CORNER

"Tales of the Traveller"

An interview with Paul Turner

Everyone who starts the *Arkansas Traveller 100* has a story to tell. It is the BS's passion to pass these stories on to you

This issue of the AURA the BS interviews our newest member, Paul Turner, of Conway. The BS had planned to feature a photo of our newest AURA brother however a Power-Room failure prevented it. I hope to have an action photo of Paul in the next AURA.

Greetings Paul. Can you share with us a little about your preparation for the 2004 AT100.....*The first thing I did was ask Stan Ferguson what I needed to do to get ready for the race. He gave me an old training schedule that he had used for the AT100. I used it as a guideline and went to work. I had to increase my mileage, as I had never done anything like this before. I took the schedule Stan had provided and set some goals based on that. The first was to get ready for the Midnight 50 Km, followed by the Labor Day training weekend. I started by doing longer runs on the weekends and doubling up 1 to 2 times during the week. As the weeks went on, I increased the double up runs to 3 times a week. I made it through the Midnight 50K, and the runs on Labor Day weekend. I got in one more long run after Labor Day and then tapered.*

What about your strategy for finishing?.....*I talked to a couple of good friends and got them to agree to pace me starting at Power-line Aid Station. So my first goal was to make it to Power-line Aid Station (mile 48). To get there I planned to (try) and stay with Chrissy Ferguson, or, just get from aid station to aid station. At Power-line I wanted to pick up my pacers (Joey Mayo and Rodney DeClue) and have them keep me moving. Basically, I just wanted to finish and to do that I figured I needed to get from aid station to aid station as best as I could.*

At the Chicken Gap Aid Station (mile 46), we were all pulling for the Arkansas runners to do well. When you arrived, I could tell you had set a good pace but were experiencing difficulty. Tell us how you felt when you sat down.....*My goal of staying with Chrissy lasted till I got to Electronic Tower Aid Station (mile 25) when I fell off pace. I felt okay but needed to back off a little. Between Lake Winona (mile 31) and Pig Trail (mile 36) I started experiencing stomach problems. I stayed a few extra minutes at Pig Trail eating crackers. I moved on from there feeling better, but not 100%. By Smith Mountain (Mile 42) I was not doing so well. I stayed a few minues and tried to eat soup and*

crackers. Not long after leaving I began to throw up. As I was coming into Chicken Gap, I felt like crap and was afraid I was done. When I sat down, I figured I was!

Race Director Stan Ferguson was at the Chicken Gap and witnessed you sulling up. What did he say to you that got you back up and moving on down the line?.....*Stan was great. He knew something was wrong and asked how I was feeling. I explained what had been happening. He give me some advice on what to do as far as eating and drinking. He also told me not to worry as this was something I could get through. After staying for a few minutes, I got up to move on and Stan told me to keep moving and that I had some great friends waiting on me at Power-line.*

So....How did the rest of the race go for you?.....*As I left Chicken Gap I felt a little bit better and was trying to remember my goal of getting from aid station to aid station. Rodney and Joey were waiting on me at Power-line which was a big boost at the time. I weighed in and was okay but knew I had dropped some weight not much but some. Rodney was going to pace me from Power-line to the Turn-a-Round Aid Station(mile 58) and back. Joey from Power-line to the finish. When we left I was feeling okay and thinking that maybe I could do it after all. By the time I got to Chile Pepper Aid Station(mile 53) I was not thinking that anymore. I was having stomach problems again and had tried to throw up again. But could not (dry heaves). I was worried about making Turn-a-Round. I tried to eat some at Chile Pepper but could not. Every time I swallowed I wanted to throw up. It was a "loooooong" 5.8 miles to the Turn-A-Round. When I got there I walked over to the drop bag area and laid down. I was done. The Aid Station Captain was super as was everyone there. She took one look at me and told me I was done. I didn't argue!!!*

With regards to your AT100 experience, is there anything that you learned during the race that will help you next time and will there be a next time.....*I feel like I learned a lot of things and I hope that I can take these and use what I've learned to help me through the next ultra I do. I learned that you have to keep moving or at least don't go over and lay down somewhere. (Laughing) I don't know if the stomach problems were due to a bug that had been going around or if I just was having a bad day. Next time I will try to react differently to the situation. Someone mentioned that I should eat what I could and make my self throw up. That if I did that, I may actually get over it and start feeling better. Looking back that may have been the thing to do. What I did, didn't work. That was to pretty much eat crackers only from Pig Trail to Turnaround. That could have been why I only dry heaved. Oh Well, live and learn. My plan right now is to be back to the starting line in 2005. In fact, about all I've thought about since is not having finished. All I want to do is come across that finish line. So yes, I will be back in 2005 and hopefully I will run across the finish line and get to listen to the music that greets you as you finish.*

Paul adds.....*Thanks Charley and thanks to Stan and Chrissy for a great race. Thanks to all the volunteers and aid stations workers. And to my pacers. It was actually a great experience!*

AURA FEBRUARY HOROSCOPE Your new running companion could turn out to be a dog. Someone you least expect has noticed your "six pack". Your fantasy companion will reveal an ultra epiphany to you in the coming month. Trust the Big\$hot with all of your financial planning

UTS and REGIONAL RACE CALENDAR

(Place Refrigerator Magnet here)

It is now February and we might be encountering ice and snow conditions on some of the winter UTS runs. . If you think the roads are unsafe, they probably are.

UTS #6

White Rock Classic 50 Km and 25 Km Fun Run

February 5th, 2005

9:00 a.m. start

Feb 5th, 2005 *White Rock Classic* 50Km UTS #6 (also 25Km fun run) 9:00 a.m. start. Turner Bend near Cass, Arkansas, on Hwy 23.

Directions: I-40 north to Ozark. Right turn onto Hwy 23. Go about 13 miles north on Hwy 23 to the Turner Bend Grocery Store on the Mulberry River. The race starts about a mile up Hwy 23 on a FSR on the left. You should see a crowd of runners at the store and at the FSR.

Feb 5th. **Rocky Raccoon Trail 100**. Huntsville, Texas. Joe Prusatits, 1101 Plymouth, Austin, Texas 78758. www.hillcountrytrailrunners.com/raceRockyRaccoon.html

Feb 19th, 2005 *Sylamore Trail 50Km* UTS #7. Allison, Arkansas. 7:00 a.m. start. Randy and Bobbie Davidson, RD's. pathpounder@sbcglobal.net for complete race information. Entries limited 250. No race day registration.

Mar 12th, 200 **Mississippi 50 Trail Run**. 50 Mile, 50 K and 20K. Laurel, Mississippi. info@ms50.com. Take note of this new date.

Mar 18-20th **Three Days of Sylamo** UTS #8. Mountain View area. Entry required. Email threedaysofsyllamo@mail.com Entries limited to 100.

Mar **The Grasslands 50 Mile-Denton, Texas**. Info not yet listed In *UltraRunning*

Mar **Cross Timbers 50 Mile** Sherman, Texas. Info not yet listed In *UltraRunning*

Apr 16th, 2005 *Ouachita Trail 50 Miler/50Km* UTS #9. Little Rock, Arkansas. Stan and Chrissy Ferguson, RD's. 501-329-6688. Application here next month.

May **Strolling Jim 40** WarTrace, Tennessee. Info not yet listed In *UltraRunning*

TBA **The Cat smacker** UTS #10. Lake Sylvia Reek Area. Stan and Chrissy Ferguson, RD's. 501-329-6688.

May 28th **Berryman 50K, 50 Mile Potosi, Missouri** David White Email DavidWhite465280@cs.com

AURA Racing Times

Report your race times to chrlypytn@aol.com

Dec 11 th , 2004	Rosemary Marston	Sunmart 50 Km	9:22:59	Huntsville, TX
Jan 8 th , 2005	Maurice Robinson	Frosty 50(Km)	4:59:16	Winston-Salem, NC
Jan 8 th , 2005	Kimmy Riley	Bandara 100km	16:10:40	Bandara, TX

AURA Adventure Day

On February 12th, the BS will put adventure racing team – Team AURA through his annual “live fire” training exercise. They will practice map and compass reading plus step counting and using a UTM grid reader. If you wish to join us you will need to do the following three things: Get your team of three together; obtain from the Arkansas Geological Commission a **Paron** Quadrangle map and notify me at chrlypytn@aol.com that you are interested. I will put you in the mail group and send you the adventure format.

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