

January 8th
 Big Fork Trail Marathon-UTS #5
 And Blaylock Creek Fun Run

The ARKANSAS ULTRA RUNNER

January 2005

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

(AURA's official web site)

MESSAGE FROM THE BIGSHOT: There are a couple of items on the agenda this month that need your attention. The first is the *fun run* that Chrissy(Ferguson) is having on January 22nd. All of the information is listed below.

January 22nd, 2005

BIG ROCK MYSTERY RUN

9 TO 10 MILES

9:00 A.M. START

North Little Rock VA Hospital(Fort Roots)

Directions to the *Big Rock Mystery Run*: Take Exit 152 off I-40. Go South on Levy(coming toward Little Rock) Make a right turn onto Pershing. Take Pershing all the way to top of hill(about 1 mile) Once inside the VA grounds stay going straight on road. When the road "T's" make a right turn(Fire Station will be in front of you) Follow road around Parade Ground looking for building #41(it is on the back end of the grounds) Park your car in the parking lot in front of building. This will be the Start/Finish of the run.

Any questions please call Chrissy Ferguson at 501-3296688 or e-mail stanchrissy@earthlink.net

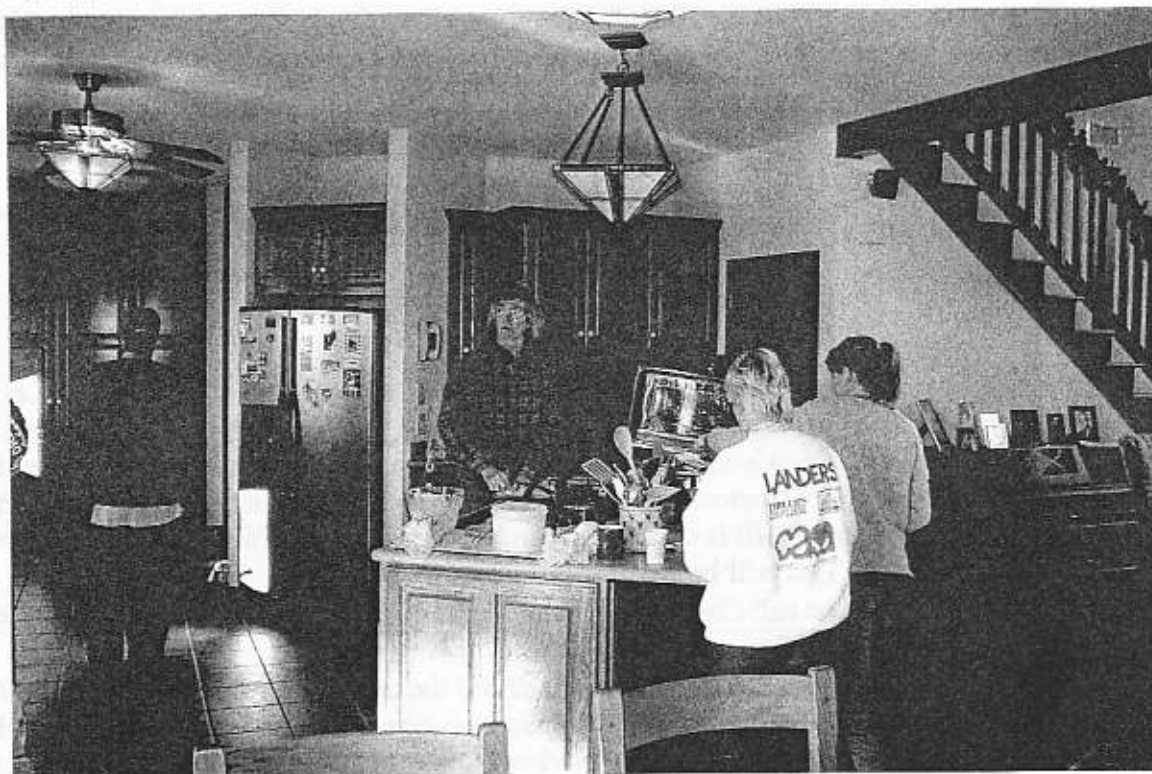
In last month's issue of the AURA was enclosed the application for the *Sylamore 50 Km*. Some of you might have recognized that the application was from last year's race. If you have sent in your application using the one that I provided, it will be honored. You should make note of the 2005 date. The correct race day is Saturday, February 19th and not February 21st.

The AURA welcomes two new members this month: Jenny Foster of North Little Rock and Mickey/Tamra Bevill of Harrison, Arkansas.

On December 18th, Chrissy Ferguson presented AURA members Pete Ireland, John Knapp and Charley Peyton with the Road Runner Club of the America's *2004 National Volunteer Award*. In part, the certificate read "*for the generous and enthusiastic contribution of volunteer time in support of the running community.*"

FIRST CALL! The BigShot is planning his second annual AURA Adventure Day. The date will be the first available Saturday in February or March. The format will be different this year. He will set out check points using UTM coordinates and you will look for them. It will be a timed event with checkpoints of different values. The unofficial winner is the team with the most points. Prepare now. Get a Paron quadrangle map and a team of three. Entry fee is a can of stew per participant. About three days before, I will email you the UTM coordinates for the start. To be put on the "information list" contact him at chrityptn@aol.com Use the subject line -AURA Adventure Day 101

We wish to thank Bob and Rosemary Marston for the fun run and breakfast that they hosted from their home on December 18th. Below is a photo that I took that depicts Bob cooking pancakes and frying bacon.



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 items to identify ourselves; sometimes we bring old pictures or race results. Join us this month and we might let you debrief on what the grandkids got from you for Christmas and verbalize your New Year's resolutions.

ULTRA TRAIL SERIES

Wildcat Mountain Run December 11th, 2004-UTS #4

10 Miles/Williams Junction, Arkansas

1. Craig Zediker	1:10:30
2. Chuck Campbell	1:11:15
3. L. Medium	1:12:19
4. Tom Aspel	1:13:49
5. Jon Steckbeck	1:16:43
6. Steve Kirk	1:18:40
7. Roberta Orr	1:26:30
8. Magdalena Font	1:27:55
9. Tamara Zaguatin	1:28:20
10. Doug Pierce	1:32:34
11. Leslie Steckbeck	1:35:33
12. Maurice Robinson	1:39:07
13. M. L. Dupriest	1:45:13
14. Pete Ireland	1:49:45
15. Dave Trower	1:52:07
16. Don Price	1:53:07
17. James Merritt	2:01:41
18. Gary Speas	2:02:06
19. Lloyd Moore	2:03:04
20. Angela Montgomery	2:04:19
21. Ernie Peters	2:04:35
22. David Samuel	2:05:25
23. Dottie Rea	2:06:43
24. Lou Peyton	2:08:30
25. Nick Williams	2:08:30
26. Mona Ball	2:10:30
27. Kim Fischer	2:15:15
28. Carrie Dupriest	2:15:32
29. Patty Groth	2:15:32(tie)
30. Ron Thompson	2:20
31. Pam Wilson	2:22
32. Jesse Riley	2:40
33. Kimberly Riley	2:40
34. Ann Moore	2:46
35. John Knapp	3:13:20

The Arkansas Ultra Running Association

Stan Ferguson-President
 Mike Dupriest-Vice President
 Charley Peyton-Treasurer/Newsletter
 Lou Peyton-Secretary

UTS RACE CALENDAR

(Place Refrigerator Magnet here)

It is now January and we might soon be encountering ice and snow conditions on some of the winter UTS runs. If weather conditions make driving to the runs hazardous, they will probably be cancelled. If you think the roads are unsafe, they probably are.

UTS #5 Athens-Big Fork Trail Marathon January 8th, 2005

Jan 8th, 2005 *Athens-Big Fork Trail Marathon and Blaylock Creek 17 Mile*

Fun Run UTS #5 8:00 a.m. start from the Big Fork Community Center, Big Fork Arkansas. Directions to the Big Fork Community Center: I-30 thru Benton to Hwy 70 West, the Hot Springs highway. Follow Hwy 70 West thru Hot Springs turning south or left near the airport. Follow Hwy 70 West to Glenwood. At Glenwood, turn right onto Hwy 8. Big Fork Community Center is on Hwy 8 about 32 miles west of Glenwood. The BS allows 3 hours driving time. No entry fee however you are encouraged to make a donation to the BFCC for the use of the community center – a good thing.

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.

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.

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

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

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

AURA JANUARY HOROSCOPES – *Taurus*- Beware of the first runner to attempt to console you following a spring time ultra debacle. *Virgo*-Your fantasy companion will intervene on your behalf and preserve your pristine reputation. *Pisces*-Being thin might show you who your fair weather friends really are. *Capricorn*-The Bigshot knows whether you have been naughty or nice this year.

THE AURA SENIOR

MESSAGE FROM THE COACH DOCTOR – As promised from last month's AURA, the Coach Doctor is going to give marginal ultra runners the 5+ keys to successfully complete the Arkansas Traveller 100 Miler. Call your financial planner and your banker. Tell them your odds of finishing the AT100 is in the lockbox and that you are going to load up on it. I am going to list these 5+ keys in random order without any minutia. It is what it is.

Number One – Familiarize yourself with the race course. You want all of the questions and doubt out of your mind before the race starts. This includes where the aid stations are and how far they are apart. You want to know where the rough sections are and where the good sections of the course come in the race. Before the race starts you should be able to see in your mind the entire race. And don't forget that you will be in the dark for 12 hours. See Training Tip # 4 – Ask around about what light works best at the AT100

Number Two – Train on terrain that is similar to what you will be racing. This could be the AT100 race course or any place with lots of rocks and hills. Your running muscles need to adjust and strengthen to the up and down hills that are found at the AT100.

Hint: Running your mileage on the Ouachita Trail won't get you to the finish.

Number Three – Learn to eat and drink on the run. In the Coach Doctor's opinion, most ultra runners eat and drink too much at the AT100. Too many runners are getting sick: too much time is spent stopping to urinate. At the aid stations will be candy and sweets; salty chips and snacks and maybe sandwiches and such. In your practice training, find out if anything works for you. Take note if anything gives you a boost or maybe a bonk. Bonk is bad. At the aid stations don't be a compulsive eater; don't gorge yourself just because someone told you that you needed to eat. As a rule of thumb, if something at an aid station appeals to you take it in moderation. You will finish the AT100 on your training but lose it on your eating.

Number Four – Learn to power walk – Your finishing plan should include power walking any steep hill or rough section. . Power walking at night is a good thing. Practice your power walking as you would practice your running and you will avoid those mile15 blisters

Number Five – Be in good enough condition so that you could run a marathon. This does not mean run-walk a marathon. This implies that on any given weekend you could go out and cover the distance without too much depletion. Now the Coach Doctor won't call upon you to run a Marathon, he only wants you to be able to. What he will require of you is to train as if you were going to run one. Therefore, the cornerstone of your training will be the cornerstone of marathoning which is the 16 to 20 mile run. This run will be on surface and terrain that is similar to the AT100. Two examples come to mind: 1. The 20 mile Flatside Loop which starts at Lake Sylvia and does a loop around Flatside Pinnacle, 2. The 17 mile Lake-to-Lake run that starts at Lake Sylvia and goes to Lake Winona and back. You set your own pace-fast or slow but I repeat you must run. Under no circumstances can you mix in your power walking.

Number 5+ - Do the following: Wear a hat; buy shoes with a lot of fore-foot protection; dress in light colored clothing; put band aids on your nipples and grease your booty. If you don't grease up, you'll be walking like a cow with the scours by 50 miles and riding in on the aid truck by 60 miles.

The Coach Doctor's 7 day AT100 Training Schedule for Marginal Ultra Runners

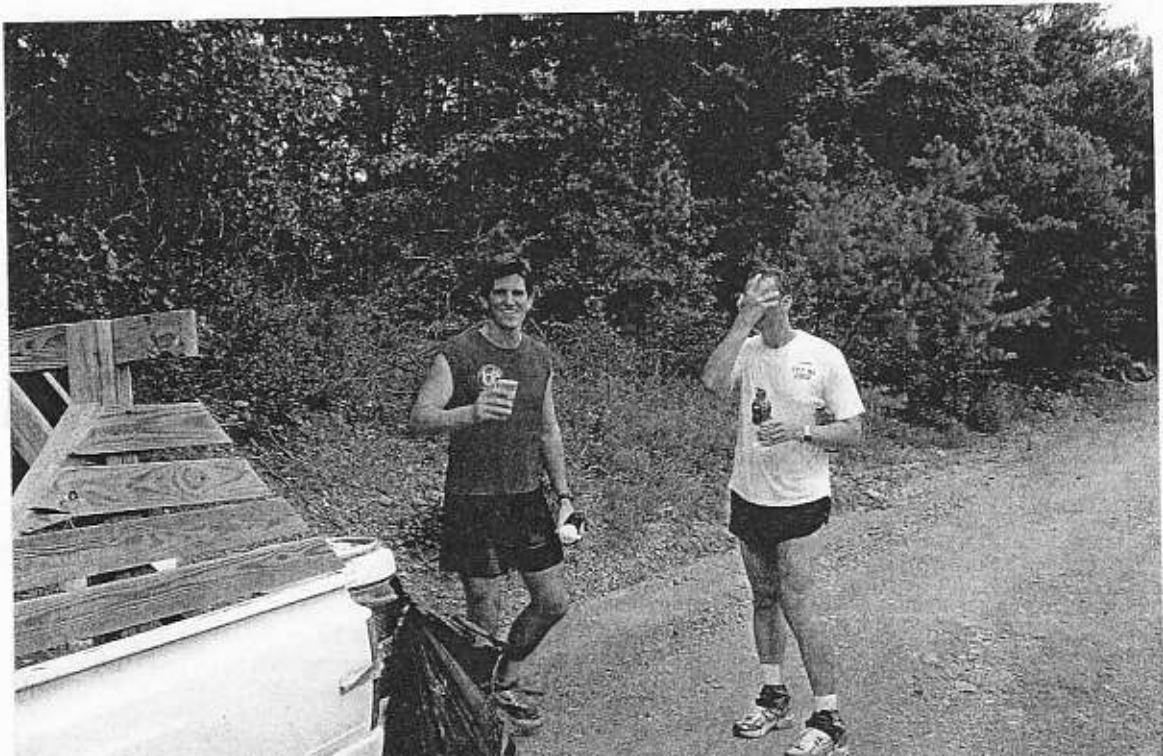
Monday-	Rest
Tuesday-	10 Mile Run. Your choice
Wednesday-	5 Mile Power Walk. Your choice
Thursday-	Rest
Friday-	Rest
Saturday-	20 Mile Run on AT100 like terrain
Sunday-	10 Mile Power Walk on AT100 like terrain.

Next month the Coach Doctor will tell you how marginal runners can successfully complete the Colorado 100's.

ULTRA CORNER

Tales O' The Traveller

This month's interview is with AURA's Kevin Dorsey from Cordova, Tennessee. In the picture below is Kevin on the left and his running mate from Millington, Tennessee, Mike Samuelson (You would have thought that the BS could have taken a better photo of Mike. Kevin finished the AT100 with a time of 25:26:28 and Mike finished with 28:17:33).



Greetings Kevin and congratulations on finishing the 2004 Arkansas Traveller 100. Can you share what peaked your interest in the AT100 and had you done other races in Arkansas?.....*I had done the Sylamore 50K, the Ouachita Trail 50 Miler, the Midnight 50K in Arkansas in 2004. I heard a little about the AT100 from talking to folks at these events and that helped my interest to grow. But, back in early 2004, I would never have imagined I could complete such a race.*

You amazed the folks at the *Heart O the Traveller* weekend by running the 24 mile fun run on Saturday; driving to Tupelo, Mississippi, for the *Tupelo Marathon* and then showing up for the Labor Day run on Monday. Tell us what your training regimen was going into the AT100 and since you are from the Memphis area what is the terrain description.....*I did not have a very organized schedule, but in general It was something like this: February '04 to September '04 I consistently ran 55 to 70 miles per week with 4-5 weeks exceeding 90. I typically run 8-10 miles 3-4 days a week after work/early evening and do a long run of 20—32 miles on Saturday and usually 10 on Sunday. I run trails at Shelby Farms)1/3 mile jog from my house) Whenever I can, but when it gets dark early, my weekday runs are on concrete sidewalks. My running buddy(AURA's Mike Samuelson) and I sometimes meet up on the weekend to do a long run and this is usually at Stanky Creek State Park on an 8 mile bike/dirt trail in the woods in Bartlett, Tennessee. Stanky Creek is midway between Mikes' home in Millington, Tennessee, and my home in Cordova, Tennessee. Training with Mike for the long runs really helped me. He is a good friend and has a very positive friendly attitude and possesses a great passion for ultra running. I usually run whatever speed I can, but I try to go hard at least 1 or 2 times a week on the 10 mile runs. I did several organized events in '04 leading up to the AT100. This includes my first ultra, Mountain Mist 50(Alabama), Sylamore 50K, Ouachita Trail 50, the Midnight 50K, Country Music Marathon in Jackson, Tennessee, Kettle Moraine 100 Miler, Ice Age 50 Miler, Mississippi Marathon and the Tupelo Marathon. I also did several 5k races and tried to do 400 and 800 meter repeats every once in awhile. I tried a stairmaster and treadmill for about a week for hill training but found I just didn't like them. As part of our approach to the AT100, Mike and I did a 50 Miles training run at Stanky Creek in August and that was tremendously helpful mentally as well as physically. We also did one 16 mile night time run on the trails in Shelby Farms last summer. As far as the terrain in the Memphis area, it is FLAT! And there is a lot of concrete and a lot of cars. Fortunately, I am blessed to live within three minutes by foot from Shelby Farms which as one of the largest urban parks in the United States and at 4,500 acres is five times larger than New York's Central Park. There are several very good trails for running. Another of my favorite running areas is Stanky Creek, an 8 mile wooded mountain bike trail but again it is fairly flat.*

What was your strategy at the AT-100 this year and were you able to stick with your plan? *The short answer is "to finish and Yes! I knew I was supposed to eat and drink a lot. I also originally planned to do what most of us middle of the pack participant do – walk most of the up hills, jog most of the flats(at least as long as the body could and mind could)and jog the down hills. Also, I wanted to avoid lingering at aid stations. Mike and I planned to run the first 32 or so miles together (to Lake Winona) and se did must that. The weekend prior to the AT100 I stoved my big toe in a root stump. Up until the morning of the AT100, I was afraid I might have to scratch. I figured if I couldn't run, I could at lest crew for Mike. But, I was*

able to go. I just had a little trouble on the rocky, rooty parts of the course and especially on any downhills, so I tried to compensate by running most of the uphill during the first half. I felt strong so I thought this would be okay, I also wanted to see what was possible. In retrospect, I still probably should have done more walking during the 1st half on the up hills. Between Smith Mountain and Pig trail on the return, I had a bad stretch. I thought I was fixing to give up the ghost and that the good Lord was calling me home. As I recall, I wasn't sick or hurt, just tired and slow. I would have liked to have gone under 24 hours, but that was probably an unrealistic expectation

Were you surprised by anything during the AT100?.....I was surprised and exceedingly pleased with how clean Smith Mountain was. Many thanks to all those that worked to clean it up. They did an exceptional job. I was also surprised at how rocky "Rocky Gap" was. (duh!) Somehow, it was much more rocky on the way back than on the way out. Not a bad thing; just challenging. I was surprised that a human could run under 16 hours. Wow! There was one thing that I was not surprised by—that Stan and Chrissy put on a truly outstanding event. Thank You!

Any comments that you would like to share with your AURA brothers and sisters?.....The aid stations and volunteers at the AT100 were the Best! The pre-race dinner and post-race breakfast were delicious. And, the course was very well marked especially with all of the glow-sticks at night. I have a great talent for getting lost in trail races and even I couldn't get off course at the AT100.

REGIONAL ULTRA CALENDAR

(For detail information on these and other Ultra Runs in the region, visit www.runarkansas.com and look for "LINKS")

2005

Jan 8th, 2005 **Bandara 100K**. Bandara, Texas. Joe Prusatitis, 1101 Plymouth, Austin, Texas 78758. www.hillcountrytrailrunners.com/raceBandara.htm.

Jan 29th **Mountain Mist 50 Km** Huntsville, Alabama. Dink Taylor
Email<runstrong@fleetfeethuntsville.com>

Feb 5th. **Rocky Raccoon Trail 100**. Huntsville, Texas. Joe Prusatitis, 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 limit this year.

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 threedaysofsylamo@mail.com

Mar The Grasslands 50 Mile

Mar Cross Timbers 50 Mile Sherman, Texas.

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

May Strolling Jim 40 WarTrace, Tennessee.

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

The AURA Holiday Personality Inventory

**The BigShot is often thought of as: 1. A Bell-Cow; 2. A Cash-Cow;
 3. A Link-Pin; 4. A Linch-Pin; 5. A Fantasy Companion; 6. A Large
 Load**

Mark the most appropriate response and file for future reference.

Arkansas Ultra Running Association, RRCA Club

MEMBERSHIP APPLICATION

Annual dues for the AURA are \$15 (this includes all family members).
 A \$1.25 of this amount is for a subscription to the RRCA's quarterly
 magazine, *Footnotes* for one year.

Make checks payable to: Arkansas Ultra Running Assoc.
 41 White Oak Ln
 Little Rock, AR 72227



(Please print)

Name _____ Sex: M F

Phone _____ E-mail address _____

Address _____

City _____ State _____ Zip _____

Other family members _____

If you are already a member of an RRCA club, and would just like to receive the AURA
 newsletter, please check here----> _____

Membership WAIVER: I recognize that running and related activities are potentially hazardous. I assume all risks associated with
 participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this
 waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas Ultra
 Running Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in
 club related activities.

Signature(s) of adult member(s) / Date