

# *The ARKANSAS ULTRA RUNNER*

AURApril 2006 – The Post-Numerical Edition

*A Newsletter For Members and Friends Of The Arkansas Ultra Running Association.*

[WWW.RUNARKANSAS.COM](http://WWW.RUNARKANSAS.COM)

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, avoid the Repo-man by renewing your AURA membership. The Bigshot insists; you must re-enlist. [ ]

MESSAGE FROM THE BIGSHOT – Some of you who ran the Sylamore 50 Km commented on my birthday cake that was on the aid station table. You might be able to say that I was born for aid station duty. You, however, were born to run. There could come a time when one might feel a desire to be a volunteer at one of the runs. If this happens to you, don't fear that you will be obligated to do it every year like teaching a Sunday school class. Just tell the Race Director that you would like to work the race this year and probably run it next. And don't worry about being put in a situation you don't feel comfortable doing. Race Directors are very accommodating. For example, a Race Director would never put the BS in charge of parking cars because he knows that the outcome would be like bumper cars at the I-30 Speed Bowl. No the BS is good at filling cups with water and picking up trash. It's a beautiful thing.

Bottom Line - Race Directors are always looking for help and there is no easier way to add a *Star* to your *AURA P.I.N.*

Our AURA President, Stan Ferguson, has added an Archive Link to the AURA Website. The newest addition to the race results is the first 50 miler held in Arkansas, the *Arkie Ultra 50 Miler* held in October of 1983. The results can be viewed on page 2 of this newsletter. It is nice to read the names of some of our current AURA members who did this race 23 years ago.

Check out [www.runarkansas.com](http://www.runarkansas.com) Stan continually updates the AURA website to reflect the current Ultra Trail Series point standings. In this newsletter I have listed the point totals through 10 races. To find out the points earned for each of the 10 races, look at the website. If you don't do computers, let me know and I will get you the information. With three races remaining to be counted, it is going to be exciting to see how it all shakes out.

## CROSS TRAINING OPPORTUNITY

On the 2<sup>nd</sup> Saturday in October there is going to be a canoe/kayak race from Port Gibson to Natchez, Mississippi. Distance will be 42 miles. For complete information look up the website [KAYAKMISSISSIPPI.COM](http://KAYAKMISSISSIPPI.COM). Imagine going 42 miles without having to use your legs! This sounds too good to be true. Let's do a group

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## AURA Archives

### *Arkie Ultra 50 Miler*

Russelville, Arkansas  
October, 1983  
Bona Dea Trail

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



Archive photo of pre-AURA members, Steve and Lou Peyton, following their finish of the 1983 *Arkie Ultra 50 Miler*

\*- Present day AURA Members

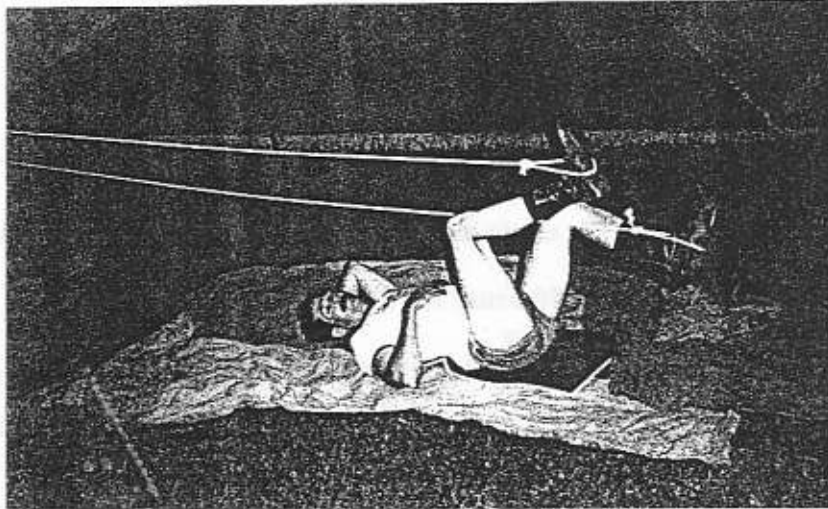
## The Coach Doctor

In the February issue of the AUR, the *Coach Doctor* published the BigShot's training guide for marginal runners to complete an Ultra-marathon. CD then asked for our AURA members to send in their thoughts and/or methods that they would use to help out our members. In the intervening two months the only reply he received was another training tip from the BigShot. The picture on the following page says it all. It shows the BS in the early 80's trying to find a shortcut to ultra training. Lying on his back with a pulley system to the rear and ropes attached to his boots, he thought he could finally gain the advantage without training runs. This brothers and sisters is not exactly what the Coach Doctor is looking for. So the CD will ask again, "Do you have training tips to share?" Be brief; be long. You can remain anonymous if you wish. Surely you can beat this risky, training tip!

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The Bigshot demonstrating his now abandoned "short-cut to victory" scheme.

## 2006 REGIONAL RACE CALENDAR

If you have a favorite race that you want listed contact the BS at [Chrlvpytn@aol.com](mailto:Chrlvpytn@aol.com)

- Apr 22<sup>nd</sup>, 2006**      **Ouachita Trail 50 Miler/50Km** UTS #9. Little Rock, Arkansas. Stan and Chrissy Ferguson, RD's. 501-329-6688.  
[www.runarkansas.com](http://www.runarkansas.com)
- May 6<sup>th</sup>, 2006      **28<sup>th</sup> Annual Strolling Jim 40** WarTrace, Tennessee.  
**Info:**[www.tynesweb.com/sj](http://www.tynesweb.com/sj)
- May 27<sup>th</sup>, 2006      **Berryman 50K, 50 Mile Potosi, Missouri** David White Email  
[DavidWhite465280@cs.com](mailto:DavidWhite465280@cs.com)
- October 7, 8, 2006      **16<sup>th</sup> Annual Arkansas Traveller 100 Miler**

**Info below provided by AURA brother, Mike Samuelson, regarding ultra-marathons in Northern Alabama (and the Stump Jump):**

Date	Race	Web Site
3-25-06	Oak Mountain 50K	<a href="http://webpages.charter.net/jnparker/om50.html">http://webpages.charter.net/jnparker/om50.html</a>
	More than 4000 feet of gain and loss	
10-7-06	Stump Jump 50K (Chattanooga, TN)	<a href="http://www.rockcreek.com">www.rockcreek.com</a>
	Same day as the AT100; see Becky Leahy's article in the OCT-DEC05 SLUG newsletter	
11-18-06	Dizzy 50s	<a href="http://www.dizzvfifties.com">www.dizzvfifties.com</a>
	Flattest 50K in the region, loop course	
12-30-06	Recover From the Holidays 50K	<a href="http://www.fleetfeethuntsville.com">www.fleetfeethuntsville.com</a>
	Ten 3 mile loops plus a mile out-and-back	
1-27-07	Mountain Mist 50K	<a href="http://www.huntsvilletrackclub.org">www.huntsvilletrackclub.org</a>
	Great, tough course, 3500 feet of gain and loss, a couple rocky stretches	
???	Black Warrior 50K	<a href="http://www.firstplaceathletics.com/blackwarrior50k.org">www.firstplaceathletics.com/blackwarrior50k.org</a>
	Inaugural race conducted 2-25-06; rolling hills with 3500 feet of gain and loss	
???	Mount Cheaha 50K	<a href="http://www.mountcheaha50k.org">www.mountcheaha50k.org</a>
	Inaugural race conducted 2-25-06; tough course with more than 5000 feet of gain	

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# 2006 ULTRA TRAIL SERIES

## 2005-2006 Ultra Trail Series Schedule

[www.runarkansas.com](http://www.runarkansas.com) for up-to-date info on point totals and standing.

**4-22-06 #12-Ouachita Trail 50-Entry fee escalates April 10<sup>th</sup>.**

Complete info at [www.runarkansas.com](http://www.runarkansas.com)

**5-27-06 #13-The Catsmacker 19 miles Plus/Minus. Lake Sylvia/Ouachita Trail parking lot. 7:00 a.m. state.**

## Big Rock Mystery Run-UTS #10

March 11, 2006

North Little Rock, Arkansas

Pl	Name	Time	Pl	Name	Time	
1.	Craig Zediker	1:20:00	24.	Kimmy Riley	2:22:00	
2.	Bill Maze	1:20:55	25.	Brenda Ransom	2:23:53	
3.	John Muir	1:32:10	26.	Cindy Cloniger	2:23:53	
4.	Stan Ferguson	1:44:06	27.	Rhonda Ferguson	2:24:00	
5.	Maurice Robinson	1:51:09	28.	Lou Peyton	2:39:20	
6.	Shirley Hyman	1:51:20	29.	Dottie Rea	2:48:00	
7.	Ken Barton	1:52:42	30.	Robin Ballheimer	2:48:00	
8.	Debbie Lashley	1:53:00	31.	Debbie Sobolewski	2:48:42	
9.	Darin Hoover	1:53:30	32.	Courtney Goins	2:48:42	
10.	Rodney DeClue	1:56:45	33.	Suzanne Volner	2:55:07	
11.	Lance Reaves	1:57:38				
12.	Pete Ireland	1:59:30	Less Than Full Route Runners			
13.	Mike DuPriest	1:59:40	<i>Name</i>	<i>Tm</i>	<i>Mi</i>	<i>Credits*</i>
14.	Tom Zaloudek	2:06:00	Mike Branch	1:08:00(6)		50
15.	Angie Orellano	2:07:00	Charlie Dunn	1:14:00(6)		40
16.	George McDonald	2:08:10	Jenny Foster	1:20:00(6)		30
17.	Rick Rainey	2:09:37	Luise Armstrong	1:24:50(6)		25
18.	Carla Branch	2:09:43	Barbara Rainey	1:25:00(6)		20
19.	Brenda Bonner	2:09:43	Ron Gimblet	1:25:00(6)		15
20.	Emily Hartman	2:09:43	Donna Duerr	1:40:00(6)		10
21.	Dave Caillouet	2:17:47	Elaine Gimblet	1:40:00(6)		7
22.	Carrie DuPriest	2:22:00	Corky Zaloudek	2:15:00(8)		5
23.	Patty Groth	2:22:00	Bob McKinney	2:15:00(8)		3
			Ann M. Moore	2:15:00(8)		1

\* - Credits R-US at the AURA

**RETREADS(Retired Runners Eating Out)** meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Dress up with runner related items to identify yourself. Bring your old pictures and press clippings.

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## Sylamore Trail 50 Km

Allison, Arkansas  
February 18<sup>th</sup>, 2006

Place	Name	Time
1.	Tom Brennan	4:36:37*
2.	Dink Taylor	4:47:51
3.	Doug Assenmacher	4:49:50
4.	Craig Zediker	4:49:56*
5.	Bill Maze	5:01:05
6.	Ian Alaimo	5:05:14
7.	Billy Simpson	5:09:40
8.	John Muir	5:12:30*
9.	Anna Assenmacher	5:13:46**
10.	Paul Schoenlaub	5:21:53*
11.	Jon Vogler	5:24:00
12.	Jon Bitler	5:25:18
13.	David Scott	5:25:50
14.	Kyle Baldwin	5:29:55*
15.	Steve Kirk	5:34:19*
16.	Raton Parmain	5:35:21*
17.	Dave Krishock	5:36:05
18.	Stuart Johnson	5:36:05*
19.	Lauren Coffelt	5:36:59
20.	Ira White	5:36:59
21.	Les Jones	5:40:30
22.	Jerry Frost	5:41:32
23.	Brian Wieck	5:42:25
24.	Sarah LaVaute	5:43:57
25.	Mike Samuelson	5:44:08*
26.	Darius Sampry	5:44:55
27.	Paul Lowery	5:47:22
28.	Kevin Dorsey	5:47:22*
29.	JamieWynne	5:47:22
30.	Steve Appleton	5:49:29
31.	Jason Coleman	5:54:57
32.	John Bradley	5:55:34
33.	A.J. Wolfe	5:55:50
34.	Maria Luckey	6:00:22
35.	Brian Kuhn	6:00:23
36.	Keith Jordan	6:03:21
37.	Michael Terrell	6:05:30
38.	Sam Crain	6:11:37
39.	Tod Gruener	6:13:50
40.	Scott Stricklin	6:15:36
41.	Richard Williams	6:15:53
42.	Scott Davis	6:16:22
43.	James Mullins	6:16:33
44.	Rodney DeClue	6:17:48
45.	Eric Smith	6:19:15
46.	Don Erichl	6:19:16
47.	Lindy Biglieni	6:19:20
48.	Danielle Rideout	6:22:41
49.	Joy Johnson	6:24:47
50.	Greg Lauman	6:26:50
51.	Laurie Terrell	6:27:39
52.	Mark Carter	6:32:45
53.	Adam Korona	6:33:12
54.	Barry King	6:33:12
55.	Dennis Rathke	6:33:42
56.	Deb Johnson	6:34:44
57.	Maurice Robinson	6:37:57*
58.	William Harlow	6:39:31
59.	Mark Williams	6:39:31
60.	Amanda Perron	6:42:15
61.	Scott Rogers	6:48:20
62.	John Conner	6:50:14
63.	John Montgomery	6:50:30*
64.	Anthony Diede	6:52:43*
65.	Michael Mayo	6:54:30
66.	Diane Diebold	6:57:18
67.	Corey Rhodes	6:57:18
68.	Thomas Lale	6:59:12*
70.	Tony George	7:00:00
71.	Mike Cooley	7:03:10
72.	Susy Phillips	7:04:03*
73.	Tim Brayfield	7:08:33
74.	Danny Greer	7:09:24
75.	Steve Hobbs	7:09:40*
76.	Jim Sweatt	7:11:56*
77.	Sandy Strawn-Smith	7:12:10
78.	William Egbert	7:12:25
79.	Chuck Dale	7:13:25
80.	Chuck Parks	7:15:03
81.	Dave Swenson	7:15:05
82.	Brad Bledsoe	7:16:47
83.	Pete Ireland	7:19:00*
84.	Richard Martin	7:19:25
85.	Chris Williams	7:23:40
86.	Frank Ingalls	7:25:32
87.	Pete Rommel	7:27:34
88.	Barb Gruener	7:27:50
89.	Eva VanStratum	7:28:25
90.	Carl Phillips	7:29:00
91.	Karin Gibbs	7:33:40
92.	Lee Hess	7:35:20
93.	Jim Baxter	7:35:40
94.	Nick Herron	7:35:45
95.	Clancy McMahon	7:39:55
96.	David Pearson	7:42:40
97.	Ken Barton	7:45:00*
98.	Patricia Moncada	7:47:40
99.	Tim Gill	7:55:05
100.	Tom Webb	7:57:30
101.	Terry Bishop	7:58:44
102.	Shirley Hyman	8:02:20*
103.	Debbie Lashley	8:02:20*
104.	Julie Martin	8:05:05
105.	Mike Wintroath	8:11:50
106.	Mariah White	8:13:30

107. Ronnie Adkison	8:22:05	127. Phillip Jones	8:53:25
108. James Crabill	8:22:05	128. Michael Taylor	8:55:03
109. Mary Ann Lipin	8:22:05	129. Susan Diggons	8:57:13
110. Jen Rengachary	8:23:20	130. Jan Snow	8:59:58
111. Rodney Diggons	8:24:30	131. Wes Seitz	9:04:54
112. John Greenwald	8:24:30	132. Marj Schmidt	9:04:54
113. Randy Stepherson	8:24:30	133. Terri Clarke	9:07:10
114. Carol Izadi	8:25:27	134. Sheila Harris	9:07:10
115. David Blankinship	8:31:44*	135. Mark Higginbotham	9:12:37*
116. Mickey Bevell	8:31:44*	136. Susan Krohn	9:12:37
117. Scott Moss	8:34:41	137. Ulla Mansdorfer	9:15:50
118. Barry Cresap	8:35:36	138. Ulrike Reiss	9:15:50
119. Amy Bailey	8:35:40	139. Mary Legoria	9:16:50
120. Greg Holland	8:55:41	140. Lou Peyton	9:36:42
121. Hal Mabray	8:38:16	142. Charles Stroud	10:--:--
122. Kevin Roehl	8:41:45	142. Marshall Singer	10:50:05*
123. Edward Keller	8:42:50		
124. Dion Cruz	8:45:59		
125. Aaron McDonald	8:50:52		
126. Stuart Mitchell	8:50:52		

\* - AURA Member

\*\* - First Female, Springfield, Mo.

## AURA Fun Run Report

Thanks to all who showed for the *Corkscrew Fun Run* on March 25<sup>th</sup>. What better way to celebrate the beginning of 18 years of AURA than to have a fun run. I already have another one in the planning – *Mystic River Fun Run*. Instead of biscuits at the finish, I'm dreaming of pancakes.

Photo below is of two AURA runners who happened to show up when the biscuits were getting done: Darin Hoover(left) and John Muir(right)



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# AURA HOT FLASH!

## 2006 3 Days of Syllamo

March 17, 18 and 19, 2006  
Blanchard Springs, Arkansas

### Stage Finishers-Male

1. Craig Zediker	13:12:12
2. Mike Mason	13:31:00
3. Paul Schoenlaub	14:26:02
4. Steve McBee	14:43:36
5. Paul Turner	16:52:09
6. Stuart Johnson	18:53:53
7. Jerry Frost	19:13:19
8. Maurice Robinson	19:25:40
9. Dennis Rathke	19:45:31
10. Steve Bunch	20:42:12
11. Pete Ireland	21:23:57
12. Bryce Davenport	22:45:53

### Stage Female

1. Magdalena Font	15:47:09
2. Anna Assenmacher	15:47:20
3. Natalie McBee	16:33:24
4. Lindy Biglieni	20:03:44
5. Kimmy Riley	20:37:48
6. Carla Branch	21:02:29
7. Melinda George	22:45:53
8. Susy Phillips	23:23:49
9. Brenda Bonner	24:22:36
10. Emily Hartman	24:31:46



Magdalena Font, 2006 3DaysofSyllamo 1<sup>st</sup> Female

50 starters; 22 finishers(44%)

### Race comments from AURA's Daren Hoover:

*"I was there for two days of this great race, Friday and Saturday, and it was a tremendous experience. The Trails are so well groomed and the views are beautiful. Steve and his whole family, Liz, his brother, their kids all worked non stop to make the race such a great success in my mind. Plus Greg, Cal, the BigShot, and all the normal volunteers that I always see and count on at aid stations. It was one of the best running experiences I have ever had. I was not competitive in any way but I still wish I could have run the third day. If you missed it, you really missed it!"*

### 3 Days of Syllamo-20K

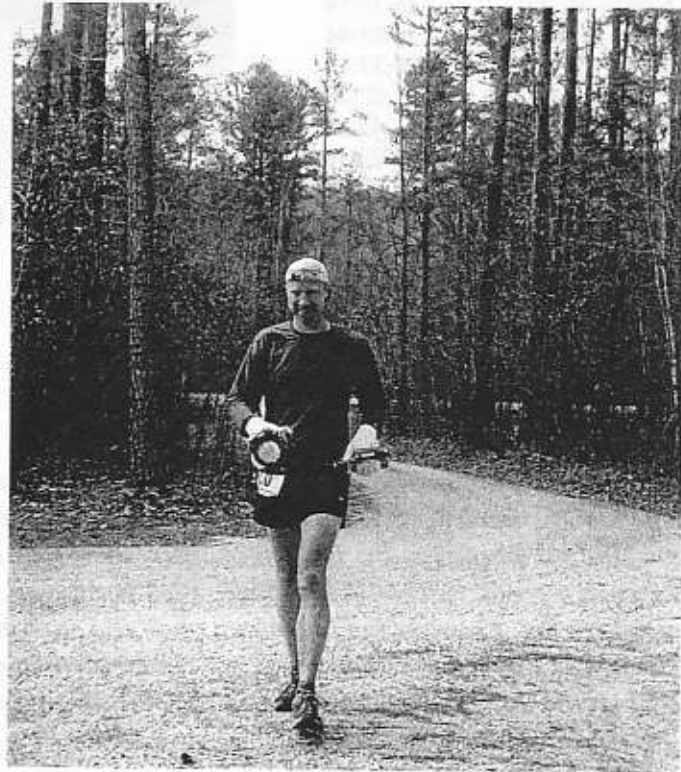
March 17, 2006

#### Men

1. Craig Zediker	1:43:44
2. Mike Mason	1:46:03
3. Bill Maze	1:46:30
4. Steve McBee	1:49:12
5. Bill Simpson	1:50:59
6. Paul Schoenlaub	1:51:38
7. John Hughes	1:56:02
8. John Muir	1:59:07
9. Matt Walker	2:00:53
10. Paul Turner	2:00:54
11. Pablo Lowrey	2:00:54
12. Greg Eason	2:06:04
13. Raton Parmain	2:10:49
14. John Bradley	2:13:39
15. Darin Hoover	2:15:17
16. Jason Coleman	2:16:14
17. Stuart Johnson	2:16:17
18. Maurice Robinson	2:17:38
19. Tim King	2:26:55
20. Jerry Frost	2:30:14
21. Harvey Bauer	2:30:14
22. Tom Lae	2:30:55
23. Frank Wells	2:31:37
24. Greg Martens	2:33:03
25. Mike Strong	2:34:39
26. Curt Chambers	2:36:21
27. Steve Bunch	2:38:33
28. Michael DuPriest	2:39:30
29. Talon Windwalker	2:42:00
30. Dennis Rathke	2:42:31
31. Gary Buckley	2:43:15
32. Todd Christell	2:57:55
33. Mitch Frost	2:58:50
34. Jim Schuler	3:00:29
35. Dave Cawein	3:00:30
36. Bryce Davenport	3:00:30
37. Dirk Sutterfield	3:03:47
38. Herb Jarrell	3:07:10
39. David Harris	3:09:00
40. Tom Singleton	3:09:10
41. Pete Ireland	3:11:46
42. Nick Avery	3:15:20
43. Charley Smith	3:15:52
44. Lynn Wetzel	3:27:06
45. Bob McKinney	3:40:49



AURA's Power Couple from Fayetteville  
Natalie McBee shown above and Steve McBee  
shown below.





## 20K Female

1..Anna Assenmacher	1:59:08
2. Magdalena Font	2:06:04
3. Julie Thomas	2:10:49
4. Natalie McBee	2:12:29
5. Diane Diebold	2:30:13
6. Cynthia Petty	2:40:30
7. Carrie DuPriest	2:41:40
8. Lindy Biglieni	2:42:31
9. Miki Wetzel	2:44:49
10. Susy Phillips	2:45:52
11. Elizabeth Woodruf	2:47:47
12. Stephanie Stewart	2:48:34
13. Yvonne Rippee	2:48:35
14. Carla Branch	2:50:15
15. Brenda Bonner	2:50:15
16. Emily Hartman	2:59:25
17. Melinda George	3:00:30
18. Krista Baily	3:00:47
19. Marie Gardner	3:08:39
20. Kim Riley	3:08:50
21. Christine Bettis	3:09:10
22. Kelly Machan	3:09:40
23. Nicole Baker	3:18:14
24. Dottie Rea	3:23:39
25. Robin Balheimer	3:37:35
26. Lou Peyton	3:41:45
27. Elaine Gimblet	3:41:45
28. Ann M. Moore	4:04:10
29. Hobbit Singleton	4:47:20



AURA brother: Memphis' Mike Samuelson  
Syllamo 60 Km and 50 Km finisher.(file photo)

**3DaysofSyllamo-60k Results**

March 18<sup>th</sup>, 2006

## Men

1. Craig Zediker	6:17:30	26. David Cawein	10:06:03
2. Mike Mason	6:17:30	27. Brad Bledsoe	10:06:05
3. Paul Schoenlaub	6:45:40	28. Mike Samuelson	10:17:12
4. Steve McBee	7:06:31	29. Raton Parmain	10:23:53
5. John Hughes	7:53:40	30. Tm King	10:42:26
6. Paul Turner	7:57:20	31. Bryce Davenport	10:56:12
7. Kevin Dorsey	8:01:06		
8. John Bradley	8:05:13		
9. Darin Hoover	8:14:51		
10. John Muir	8:14:51		
11. Pablo Lowrey	8:18:52		
12. Jerry Frost	9:03:54		
13. Herb Jarrell	9:15:04		
14. Greg Martens	9:17:16		
15. Rodney DeClue	9:20:28		
16. Stuart Johnson	9:23:41		
17. Michael DuPriest	9:41:10		

## Women

1. Natalie McBee	7:53:28
2. Magdalena Font	7:53:30
3. Anna Assenmacher	8:00:47
4. Lindy Biglieni	9:03:54
5. Dianne Diebold	9:15:40
6. Kim Riley	9:38:05
7. Dianne Seager	9:41:10
8. Patty Groth	10:06:01
9. Carla Branch	10:06:03

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18. Maurice Robinson	9:41:11	10. Patricia Moncado	10:06:04
19. Steve Bunch	9:45:52	11. Cynthia Petty	10:38:45
20. Jason Coleman	9:46:26	12. Julie Thomas	10:42:26
21. Harvey Bauer	9:51:20	13. Carol Izadi	10:51:20
22. Curt Chambers	10:00:57	14. Melinda George	10:56:12
23. Dennis Rathke	10:03:00	15. Susy Phillips	11:46:20
24. Pete Ireland	10:06:00	16. Brenda Bonner	11:46:20
25. Jim Schuler	10:06:03	17. Emily Hartman	11:46:20

### 3DaysofSyllamo 50 Km

March 19<sup>th</sup>, 2006

#### Men

1. Craig Zediker	5:10:58
2. Bill Maze	5:13:06
3. Bill Simpson	5:19:22
4. Mike Mason	5:27:27
5. Greg Eason	5:47:35
6. Steve McBee	5:47:33
7. Paul Schoenlaub	5:48:44-
8. Jerry Frost	6:39:11
9. Devin Dorsey	6:48:10
10. Paul Turner	6:53:55
11. Dennis Rathke	7:00:00
12. Scott Rogers	7:00:27
13. Greg Melton	7:13:55
14. Stuart Johnson	7:13:55
15. Maurice Robinson	7:26:51
16. Darren Greenburg	8:05:53
17. Allen Sills	8:05:53
18. Pete Ireland	8:06:11
19. Ron Gimblet	8:17:26
20. Brad Bledsoe	8:17:26
21. Steve Bunch	8:17:47
22. Tom Singleton	8:37:00
23. Bryce Davenport	8:49:11

24. James Haston	8:51:48
25. Donald Weber	8:53:16
26. Mike Samuelson	9:18:17

#### Women

1. Anna Assenmacher	5:47:25
2. Magdalena Font	5:47:35
3. Natalie McBee	6:27:27
4. Kim Riley	6:50:53
5. Patty Groth	8:06:11
6. Lindy Biglieni	8:17:19
7. Patricia Moncado	8:17:27
8. Christine Bettis	8:37:01
9. Melinda Gerge	8:49:11
10. Christi Martin	8:51:13
11. Kim Johnson	8:51:14
12. Susy Phillips	8:51:37
13. Lou Peyton	9:20:26
14. Brenda Bonner	9:46:01
15. Emily Hartman	9:46:01

## AURA Spring Horoscopes

Play the Lotto with your new AURA number and you might strike it rich. You could be on your way to eating yourself out of an Ultra-marathon finish. Your *fantasy companion* will soon give you a sign to take a risk at your next race. The unexpected arrival of a long, forgotten person in your past will stimulate you to an unnatural *P.R.* at the Ouachita Trail 50.

18<sup>th</sup> EDITION; Number 3

The AURA – Aren't you glad you've got a number!

Founded 1989; RRCA since 2001

## Current Standings of the 2006 UTS

## Thru 10 UTS Races

Men's Rank	Name	Age	Total		Name	Total	
1	Craig Zediker	38	455	68	John Montgomery	28	64
2	Pablo Lowrey	41	310	69	Adam Korona	31	63.5
3	Paul Schoenlaub	46	299.5	70	Barry King	38	63.5
4	Steve Kirk	45	289	71	Dennis Rathke	39	62
5	Po Dog Vogler	39	231	72	Don Ryan	56	60
6	Tom Brennan	34	221.5	73	Mark Williams	38	59.5
7	Stan Ferguson	42	214.5	74	William Harlow	41	59.5
8	Kevin Dorsey	35	204.5	75	David W. Wakefield		58
9	John Muir	27	183	76	Bill Coffelt	45	57
10	Steve Appleton	32	164	77	Brian Hurley		57
11	Tom Aspel	50	164	78	Declan Aspel	18	57
12	Stuart Johnson	46	153	79	Tim Brayfield	48	56
13	Dink Taylor	40	146	80	Anthony Diede	34	55
14	Steve McBee	39	143	81	George Peterka	45	55
15	John Hughes	39	142	82	Jimmy Sweatt		55
16	Doug Assenmacher	40	135	83	Michael Mayo	34	54
17	Darby Benson		134	84	Corey Rhodes	30	53
18	Kyle Baldwin	34	132	85	Kyle Kruger	23	52.5
19	Mike Samuelson	40	130	86	Thomas Lale	46	52
20	Maurice Robinson	63	125	87	James Stroup	58	51
21	Bill Maze	38	123	88	Tony George	58	51
22	Keith Jordan	33	120	89	Jerry Riddick	53	50
23	Paul Turner	42	119	90	Mike Cooley	37	50
24	Ian Alaimo	29	117	91	John Kelly	39	49
25	Rodney DeClue	41	115	92	Mike Smith	47	49
26	Raton Parmain	37	114	93	Danny Greer	47	47
27	Billy Simpson	51	111	94	Shawn Moreland	35	47
28	J.B. Mullins	26	105	95	Jerry McGath	67	46
29	Brian Kuhn	32	102.5	96	Mark Sitton	20	45
30	David Washatka	51	99	97	Paul Schmidt	53	45
31	Jon Bitler	34	98	98	Steven Michael	55	44
32	David Scott	45	97	99	William Egbert	30	44
33	Chuck Campbell	42	95	100	Chuck Dale	37	43
34	John Conner	26	94	101	Sean Luitjens	36	42.5
35	Dave Krishock	46	92.5	102	Thomas Thornton	35	42.5
36	Eric Smith	26	92.5	103	Chuck Parks	32	42
37	Ira White	25	91	104	Dave Swenson	51	41
38	Les Jones	47	90	105	Frederick Davis II	57	41
39	Jerry Frost	50	89	106	Brad Bledsoe	41	40
40	Brian Wieck	33	88	107	David Partridge	42	40
41	Scott Eppelman	39	88	108	Dylan Copeland	24	39
42	Darius Sampry	40	86	109	Rob Wistrand	28	39
43	Michael DuPriest	49	84	110	Richard Martin	42	38
44	Jamie Wynne	32	83.5	111	Tony Bierman	49	38
45	Robert Curci	48	82	112	Chris Williams	29	37
46	Jason Coleman	28	81	113	Eli Perez	41	37
47	Brett Bassham	45	80	114	Frank Ingalls	61	36
48	John Bradley	39	80	115	Todd Leatherwood	37	36
49	Scott Rogers	41	80	116	Peter Rommel	28	35
50	AJ Wolfe	32	79	117	Robert Calabria	64	35
51	Scott Eason	40	77.5	118	Carl Philips	56	34
52	Michael Terrell	38	76	119	Jeff Bryan	38	34
53	Sam Crain	54	75	120	Jacob Wells		33
54	Ken Barton	47	74	121	Jon House	37	33
55	Ted Gruener	37	74	122	Lee Hess	56	33
56	Scott Stricklin	37	73	123	Jim Baxter	53	32
57	Pete Ireland	65	72	124	Joe Kallo	31	31.5
58	Richard Williams	38	72	125	Nick Herron	26	31
59	Scott Davis	34	71	126	Clancy McMahon	38	30
60	Randal Whorton	45	70	127	James Sullivan	53	30
61	Israel Holby	26	68	128	David Pearson	37	29
62	Don Frichtl	49	67	129	Gary Hemmelgarn	55	29
63	Mario Martinez	52	67	130	Gary Speas	52	29
64	Greg Lauman	37	66	131	Harold Hays		29
65	Mark Carter	32	65	132	Tim Gill	46	27
66	Steve Hobbs	49	65	133	Tom Webb	61	26
67	Andrew MacGinnitie	39	64	134	Keith Gilstrap		25
				135	Terry Bishop	61	25
				136	Mark Oliver	40	24
				137	Mike Wintroath	35	24
				138	Vincent Swendsen	43	23
				139	James Crabill	45	22.5
				140	Ronnie Adkison	47	22.5
				141	David Reagler		21
				142	Scott Parker	41	21
				143	Tony Bliss	39	21
				144	John Greenwald	63	20
				145	Randy Stepherson	53	20
				146	Rodney Diggons	58	20

UTS Standings

UTS Standings

147	Vicente Ledesma	54	10
148	Greg Eason		9
149	John Hargrove	61	19
150	Nick Avery	52	19
151	Jean-Jacques d'Aqu	66	18
152	Johnny Brown	50	18
153	David Blankenship	42	17.5
154	Mickey Bevill	46	17.5
155	Ken Bland	57	17
156	Larry Rigsby	54	17
157	Phil Prater		17
158	Tim King	38	17
159	David Cawein	52	16
160	Mike Bouscaren	58	16
161	Randy Ellis		16
162	Scott Moss	48	16
163	Barty Cresap	52	15
164	Chris Harper	28	15
165	Herb Jarnell		15
166	Lance Reaves	33	15
167	Mike Stansberry	44	15
168	David Trower	39	14
169	Elmer Norvell	40	14
170	Greg Holland	42	14
171	Cory G. Johnson		13.5
172	Jason McGhee		13.5
173	Hal Mabray	48	13
174	James Allen		13
175	Ryan Johnson	33	12.5
176	Brian Tidmore	42	12
177	Bryce Davenport	39	12
178	David Caillouet	47	12
179	Kevin Roehl	41	12
180	Terry Jamieson		12
181	Chris Marley	34	11
182	Edward Keller	44	11
183	Bill Thornton		10
184	Cary Berdan	47	10
185	Dion Cruz	39	10
186	Dmitry Rozinsky	29	10
187	Mike Smets		10
188	Duane Grigg	54	9
189	John P. Kelly		9
190	Aaron McDonald	35	8.5
191	Stuart Mitchell	50	8.5
192	Joseph Cichon	41	8
193	Mikel Holliman	49	7
194	Phillip Jones	57	7
195	Steve Hern	51	7
196	Darin Hicks	25	6.5
197	Will Blanchard	24	6.5
198	Chau Pham	52	6
199	Michael Taylor	46	6
200	David Samuel		5
201	Jason Vance	36	5
202	Jon Gheen	37	5
203	Wes Seitz	65	5
204	Davey Harrison	53	4
205	John Hubanks		4
206	Mark Higginbothom	51	4
207	Rick Zachery	35	4
208	Ryan Stalder	34	4
209	Charles Stroud	62	3
210	Greg Bourns	66	3
211	Katsuyuki Hatta	41	3
212	Warren Kastner		3
213	Bob McKinney		2
214	Ken Childress	46	2
215	Kenny Simpson		2
216	Marshall Singer	48	2
217	Mike Ray		2
218	Patrick Brock	38	2

Women's

Rank	Name	Age	Total
1	Debbie Lashley	45	254
2	Susy Phillips	27	187

3	Shirley Hyman	37	176
4	Kimmy Riley	44	174
5	Lindy Biglieni	29	111
6	Dianne Seager	49	106
7	Angie Orellano	55	91.5
8	Chrissy Ferguson		88
9	Patty Groth	49	86.5
10	Anna Assenmacher	37	85
11	Lauren Coffelt	36	74
12	Magdalena Font		71
13	Tracy Thomas	44	68
14	Tina Coutu		64
15	Sarah LaVaute	31	63
16	Aoife Cooke	18	62
17	Jen Foster	33	61
18	Natalie McBee	32	58
19	Kristine Whorton	40	57
20	Marla Luckey	25	57
21	Mona Mizell	54	54
22	Kim Morton	33	51
23	Carrie Dupriest	48	50.5
24	Tamara Zagustin		49
25	Lou Peyton	61	46
26	Danielle Rideout	27	45
27	Erin Combs	25	40
28	Ilona Peterka	41	40
29	Joy Johnson	29	39
30	Carla Branch	54	36.5
31	Laurie Terrell	37	35
32	Liz Walker	46	34
33	Melinda George	42	33
34	Deb Johnson	46	32
35	Barb Bellows	51	30
36	Amanda Perron	32	29
37	Meg Crawford	41	28
38	Diane Diebold	42	26
39	Eunika Stevula		24
40	Sandy Strawn-Smith	42	24
41	Barb Gruener	34	23
42	Emily Hartman	37	23
43	Sarah Stalder	33	22.5
44	Eva VanStratum	46	22
45	Patricia Cook	53	22
46	Karin Gibbs	40	21
47	Stephanie Parker	22	21
48	Patricia Moncada	36	20
49	Melissa Rhodes	35	18.5
50	Julie Martin	27	17
51	Mariah White	26	16
52	Silver Valovich	49	16
53	Mary Ann Lipin	28	15
54	Jennifer Rengachary	28	14
55	Carol Izadi	47	13
56	Brenda Bonner	44	12.5
57	Hilde Haynes	62	12.5
58	Amy Bailey	33	12
59	Mindy Wilson		12
60	Paulette Brockinton		11
61	Susan Diggons	58	11
62	Hiromi Hatta	44	10.5
63	Jan Show	52	10
64	Holly Lynch		9.5
65	Marj Schmidt	56	9
66	Lisa Felder	58	8
67	Sheila Harris	40	7.5
68	Terri Clarke	49	7.5
69	Dottie Rea	53	7
70	Stephanie James	31	7
71	Susan Krohn	26	6
72	Maegeen Kastner		5
73	Laurel Stabler	49	4.5
74	Lynda Sivils	57	4.5
75	Ulla Mansdorfer	47	4.5
76	Ulrike Reiss	43	4.5
77	Carol Foster		4
78	Mary Vish	55	4
79	Catherine Chambers		3
80	Debbie Rigsby		3
81	Mandy Yelvington		3