



December 16th, 2006
Holiday Fun Run
8:00 a.m.

The ARKANSAS ULTRA RUNNER

December-2006- The Follow-up Edition

A 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 membership.
 Don't commit *AURA* Hare Kari.

On December 16th, AURA insiders, Bob and Rosemary Marston, will host their annual *Holiday Fun Run* from their home west of Roland, Arkansas. Ouachita Trail and road options are available; maps will be provided. Early starts are fine. Walking is also encouraged. The Marston's will provide pancakes, eggs, etc.

Directions: From Little Rock-west on Hwy 10(Cantrell Road) to the stop light at Wal-mart. Turn right and go north on Hwy 300 past Pinnacle Mtn State Park thru the Natural Steps community. At the yield sign approaching Roland, turn left onto Henry Street. Go west 100 yards and turn right onto West Street. Go 150 yards to the four way stop sign and turn left into Roland Cutoff Road. (Also known as Beale Street.) Go two miles and turn left onto Wild Oak Lane. Go to the end of the road and drive up into the woods to the house. Park anywhere taking care not to obstruct any of the roads. It takes 25 minutes to get there from the I-430/Cantrell Road intersection. It is 11 miles from Hwy 10 and Wal-mart.

MESSAGE FROM THE BIGSHOT - 2006 AT100 Post Race Picnic was a great success thanx to the hard work of Stan and Chrissy. I saw many of the finishers and heard lots of race stories. I enjoy hearing race accounts and reading race reports. What I didn't see at the picnic were our AURA brothers and sisters who started the *Traveller* but didn't finish. If I could quote from AURA's Randy Ellis' book, *Running With Payne*, "*Savor the hard times as they make the best stories.*" Because you weren't there, the Bigshot was sad.

An AURA Christmas Gift? An AURA brother has earned a gold star for the following suggestion: "Why not give a *gift of membership* to the AURA. It might just be what motivates someone to come out and try a trail event for the first time.

2006/07 ULTRA TRAIL SERIES

7-22-06	1. Midnight 50K	8. 2-3-07 White Rock Classic 50K
8-26-06	2. Mt Nebo Trail Run(14 Mi)	9. 2-17-07 Sylamore Trail 50K
10-7-06	3. Arkansas Traveller 100	10. 2-24-07 Big Rock Mystery Run(12-13)
10:28:06	4. Devil's Den Trail Run(15 mi)	11. 3-16/18-07 3DaysofSyllamo
11-11-06	5. Gulpha Gorge Challenge(16/18 mi)	12. 4-21-07 Ouachita Trail 50K/50mi)
12-9-06	6. Buffalo RiverTrails Run	13. 5-7-07The Catsmacker
1-6-07	7. Athens-Big Fork Marathon	14. 6-2-07 National Trails Day

Information on the ***Buffalo River Trail Run***, December 9th, 2006 from Run Leader, Darin Hoover.

"The run is a trail marathon. It is held on the Buffalo River trails. Start time is 9:00 a.m. It starts and finishes at the Ponca low water bridge on Hwy 21. It is 2.5 hours from Little Rock or 1 hour from Clarksville on Hwy 21. You can easily get a cabin at Buffalo Outdoor Center (501-868-5514)

The run starts at the low water bridge, goes 11 miles south out to near Boxley, then turns around and comes back 11 miles past the start, over to Steel Creek, 2.5 miles. Then back for 27 + hilly, single track miles. You will have 11 miles without aid or chance of bail out or rescue. There will be a cutoff at Boxley at 1 p.m. and Ponca, 4:00 p.m. There will be hills, a few creek crossing and lot of elk.

No fee; no frill, except donated Red Bull and normal minimal aid. No trail markings except what the park puts out.

Custom T-shirt to all finishers; donations encouraged.

I expect it to be easier than Athens-Big Fork with less aid. I predict a few people will break 4 hours depending on who shows up. Mid packers like me will probably run it in 5 hours.

The Buffalo River may be our most beautiful area and one we have not run before. This is a test run to see how it goes."

Jan 6th, 2007 Athens-***Big Fork Trail Marathon*** and ***Blaylock Creek 17 Mile***

Fun Run UTS #7. 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(\$5.00 suggested) – a good thing.

ATTENTION AURA's IN NORTHWEST ARKANSAS

Fleet Feet Sports in Fayetteville will sponsor a three race trail series beginning January 27th, 2007. The distances for the runs will be 5 Km, half-marathon and an eight mile night run. For complete info do www.fannypackproductions.com or (479) 571-8786

Devil's Den Trail Run-UTS #4

October 28, 2006

Devil's Den State Park, Arkansas

Pl Name	Age	Time		
1. Darby Benson-36		2:10:40	15. Shirley Hyman-38	3:18:09
2. Pablo Lowrey-42		2:17:20	16. George McDonald-53	3:18:09
3. Mark Sitton-21		2:19:30	17. Jay Huneycutt-45	3:26:18
4. John Hughes-39		2:21:00	18. Jay Hansen-32	3:33:40
5. Jon Bitler-35		2:23:05	19. Debbie Lashley-46	3:33:43
6. Tom Brennan-35		2:33:15	20. Spencer Kinsey-35	3:44:20
7. Bill Mase-39		2:39:55	21. Dave Gottschalk-44	3:48:25
8. Stan Ferguson-43		2:42:40	22. Eunika Rogers-35	3:48:47
9. Paul Schoenlaub-47		2:49:08	23. Greg Melton-29	3:48:52
10. Arron Pierce-32		3:08:13	24. James Haston-39	3:55:30
11. John Dolen-43		3:08:40	25. Don Weber-40	3:55:35
12. Roger Rains-40		3:10:20	26. David Caillouet-48	4:03:15
13. Jen Smedlund-26		3:14:10	27. Michael Thames-32	4:16:00
14. Susy Phillips-28		3:14:20		

The Secret Run of Devil's Den

My Story by AURA's George McDonald

As All Hallow's Eve approached few would attempt to enter the Den of the Devil, but a few hardy souls would travel the worn Butterfield Trail of the Devils' Den! Located in Northwest Arkansas, it was named after the longest stagecoach route in the history of the USA which crossed the Boston Mountains in this area. When stagecoaches approached these hills, mules were hitched in place of horses because the hills were difficult at best to travel. Waterman Ormsby, Jr. of the New York Herald wrote in describing this area, "*It is impossible that any road could be worse. I might say the road was steep, rugged, jagged, rough and mountainous, and then I wish for more impressive words.*" After running the course, I can agree with the assessment. The race is roughly 15 miles of trails, 2 creek crossings near the end, and one aid station at around 11 ½ miles. This is not a beginner's trail race, but is well worth the effort to do it. Here is the **Real Description** from the information sheet: **Rocky and technical. The trail is somewhat hard to follow, but marked with blue blazes and mile markers.**

There are places you will get turned around. Some marks on the trees are hard to find. The trail crosses several rock fields. The mile markers seem to be a mile and a half apart!. There are places the Devil will talk to you... Well maybe not, but it is real peaceful out there. The leaves were at their peak and it was hard not to stop and just take in the scenery. The Park was full of folks enjoying the area, and a lot of them wondered why people would just plow through the water! There were places you could just imagine the stagecoaches riding through or a prospector heading west. You could almost

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see the ghosts of the past...or maybe I was a little dehydrated and delirious. For a real low key run through the woods on a beautiful area of our state, the Devil's Den Trail Run is a challenge you would enjoy. Just don't let the Devil know you are coming!

Gulpha Gorge Challenge-UTS #5

November 11, 2006

Hot Springs, Arkansas

Pl	Name	Age	Time
1.	Darby Benson	36	2:08:35
2.	Craig Zediker	39	2:11:10
3.	Stan Ferguson	43	2:24:18
4.	Bill Maze	39	2:26:--
5.	Steve Kirk	46	2:45:--
6.	Guy Patteson	46	2:48:10
7.	John Kelly	40	2:51:22
8.	George Peterka	46	2:59:--
9.	Josh Bornhorst	32	3:05:--
10.	Eunika Rogers	35	3:07:30
11.	Susy Phillips	32	3:11:50
12.	Tom Aspel	51	3:11:53
13.	Asron Pierce	32	3:13:10
14.	Gary Gehrki	52	3:14:00
15.	David Reagler	40	3:14:00
16.	George McDonald	53	3:14:33
17.	Jim Sweatt	50	3:21:49
18.	Nick Avery	53	3:22:20
19.	Sally Scott Young	33	3:35:30
20.	David Caillouet	48	3:37:37
21.	Catheine Chambers	33	3:38:10
22.	Silver Valovich	50	3:40:--
23.	Ronnie Daniel	36	3:50:--
24.	Alaina Wakefield	28	3:51:47
25.	Carrie DuPriest	49	3:52:45
26.	Patty Groth	50	3:52:45
27.	John Hubanks	36	3:48:12
28.	Mona Mizell	56	3:57:--
29.	Lou Peyton	62	4:04:--
30.	Dottie Rea	54	4:10:--

ABREVIATED 2007 ULTRA TRAIL SERIES POINT STANDINGS AFTER FIVE RACES

(For complete UTS Standing, look up WWW.RUNARKANSAS.COM)

2007 UTS Points—Boyz

Age 39 and under	Age 40 to 49	Age 50 to 59	Age 60 and over
Darby Benson 215	Stan Ferguson 195	Gary Gehrki 84.5	Martin Fritzhand 28
Tom Brennan 143	Steve Kirk 124	David Washatka 83	Pete Ireland 28
Kevin Dorsey 110	Chuck Campbell 114	Jeffrey Welch 71	Herb Jarrell 24
Rick Howton 108	George Peterka 107	Ted Bidwell 61	Maurice Robinson 21
Greg Eason 100	Paul Schoenlaub 82	Butch Allmon 46	John Hargrove 13

2007 UTS Points—Girlz

Natalie McBee 201	Debbie Lashley 50	Patty Groth 49	Lou Peyton 16
Suzy Phillips 175	Dianne F. Seager 50	Silver Valovich 27	
Eunika Rogers 114	Laurel Valley 48	Carla Branch 19	
Shirley Hyman 91	Debbie Johnson 48	Mona Mizell 17	
Kathleen Daumer 70	Chrissy Ferguson 42	Angie Fischer 9	

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. Hey Gang, lets do a group hug and clang our old medals

ULTRA CORNER

The BS asked three first time finishers of the 2006 Arkansas Traveller 100 to "*describe their experience*" at the AT-100

My Hundred Mile Thoughts

By Ken Barton – Greenwood, Arkansas-26:39:24

When Charley asked me to express my thoughts on my first AT100 experience, I didn't know where to start. There are so many people to congratulate and thank for a well organized event.

First I want to congratulate Tom Brennan and Kathleen Daumer again for running like machines. No one can really appreciate how fast they ran until you have done the entire course. Tom could have stopped and slept for 8 hours and still finished ahead of me. I Don't know if I want to thank or never talk to Shirley Hyman again for talking me into signing up for the AT100. Shirley and Debbie Lashley started this nonsense that we could run a hundred miles. I have never considered myself a runner and still don't. I'm too heavy and slow. I have never run a marathon and ran my first 50K last year. I told them if we would run a 50 mile test run I would consider it. We ran the 50 miles three weeks before the AT100 and it hurt so I figured they would drop it. Debbie found out she had a wedding to attend the same day as the AT100 and couldn't do it, but Shirley was determined to drag me along. I will be for ever thankful. It was one of the most enlightening experiences I have ever had.

We are Adventure Racers so we planned the AT100 like an adventure race. We had a time schedule for each check point; I mean aid station, we wanted to meet. We had a plan to do the first 50 miles in 12 hours and that would give us 18 hours to finish the last 50 miles, because we had no idea what to expect. The only really goal we set out to accomplish was to finish. We never really pushed ourselves during the run until the last 10 miles and never considered quitting. It just wasn't an option.

When our friends found out we had signed up I received e-mails from Steve Appleton, JB Mullins, Veronica Battaglia, Keith Jordan and other fellow Adventure Racers wanting to pace us. We talked them out of coming just in case we had to walk the last 40 miles to the finish. Eunika and Scott Rogers came anyway and met us at the 67 mile aid station and Eunika paced us during the night. It was a pleasure to have her pace us. She was motivating and kept us moving at a great pace.

I have talked more about the people than the actual run because my experience with the AT100 was more about the people. Like Maurice Robinson, Bill Coffelt, Rob McGruder and all the other volunteers who gave us words of motivation and what to expect out of the next section of the course. Oh and especially to the hot blond who gave me an ice cold sponge bath at Club Flamingo Aid Station. I didn't want to leave.

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As far as the actual run it was sufferfest and Ultra Runners like Adventure Racer like to suffer and believe me it was some good suffering. The AT100 to me was like any endurance event, more mental than physical and you really need to have your mind in shape for this run.

I hope Chrissy, Stan, Charley, Lou and all the volunteers at the AT100 know what a great job they did. I have never seen aid stations so well stocked with so much food and so many friendly volunteers. I never had time to ask for anything. The volunteers had my water bottle filled and food in both my hands. (remember I'm a fat boy) It was hard to leave all that good food and then be on my way. Everybody wanted to see you finish. Thanks again to everybody and I hope to be faster and thinner for the AT100 in 2007

My AT-100 Thoughts

By Shirley Hyman-Fort Smith, Arkansas-27:26:09

One hundred miles is a very long way to run. I knew that. I knew that before I signed up to run the AT-100. But it is hard to put the distance into perspective until you do it. And until you do it, you really don't know how your body and mind (because it is as much a mental struggle as well as a physical one) will react to the extreme demands of this most difficult challenge. How does one even start to prepare for a race of this distance? Many questions and doubts occupied my thoughts in the week preceding this run. I didn't even consider it a race, that would mean competing against others and as far as I was concerned all I had to do was complete the race course. It was just a run with a start line and a finish line and who really knew what I'd find in between those lines. What if I got blisters? Cramped? Injured? Questions filled my mind. What if I needed more light? More sleep? More training? I didn't know the answers to these questions but somehow knew I would arrive at the finish line and eventually snag that coveted buckle. What I also didn't know is how many wonderful volunteers I would have the privilege to meet along the way. Everyone was so friendly and helpful and willing to do anything at all to get you back on your way down the trail. Never would I have dreamed so many special people, most of whom I had never even met before, could motivate me in such a way. I wanted to complete this race, to reach the 100 finish line. I wanted to do it for them as well as for myself. It was as if by finishing this race I would somehow be thanking them for spending all those cold hours in the dark and all the hours out in the heat manning the aid stations. Thank you all for the words of advice and encouragement as well as the fantastic array of food and drinks. Congratulations to Chrissy and Stan and a huge thank you for putting on such a first-class well organized and did I mention *FUN* race. And very special thanks to Eunika and Ken(Barton) who ran with me and made the last 30 miles bearable. The AT100 will most definitely hold great memories of a fantastic race with unbeatable friends. One hundred miles is indeed a very long way to run.

AURA CONFIDENTIAL - #082, your shower room, towel snapping antics might be a turnoff with your trendy new training partners.

My 100 Mile Thoughts

By Matt Walker-Batesville, Arkansas-23:42:35

I had an awesome experience at the Traveller this year. This was my first Traveller and first 100-mile race. I loved the challenge that this race provided. I was very impressed with how organized the event was and also with the number of volunteers.

These people are very unselfish for sacrificing an entire weekend to help us (runners) out. Chrissy and Stan work so hard and were so detail oriented to ensure that the race would be successful and enjoyable to all who are involved.

We were lucky with the great weather that God provided us. The scenery along the race was beautiful. The food and the aid stations always hit the spot, especially the pancakes and bacon and the pumpkin pie. My wife Sara worked the Powerline Aid Station and helped with the weigh in. She also paced me for about 10 miles. She had a great time.

This was a weekend I will never forget and I look forward to many more great memories to be made in future Traveller races.

ULTRA CORNER BONUS REPORT

Iron Maiden finishes 10th Arkansas Traveller

By George McDonald

Most of us long time members of the Arkansas running community know a lot about Angie Ransom-Orellano-Fisher's accomplishments. As a training partner, I've been a witness to a lot of them. I know first hand the determination and spirit she has put into everything she has done. Over the years she has held different positions of the Board for Arkansas Running Klub, and she put as much into that work as racing.

Her most recent milestone was completing her 10th Arkansas Traveller 100 mile race. Having done three of them, I can tell you this was a remarkable feat. Most people will never run a 100 mile race. It takes a lot of strength, both physical and mental, plus support to run one. Angie has finished several of these races without a pacer. This year she did it completely on her own, which makes it all the more of an achievement. She has left a mark on the Masters racing scene and since her move to California in May, she has opened the door for others to finally get a trophy or two! She will be missed, but don't be surprised if she shows up for a race just to keep you all honest!

The Mother Road 100 Miler

Route 66, Oklahoma, USA

Pl	AURA's	Time
29 th	Randy Ellis	23:06:36
46 th	Maurice Robinson	25:39:38
52 nd	Mike Samuelson	26:24:02

AURA HOT FLASH!

My Mother Road Story By Maurice Robinson

My completing the Traveller in 2003 was no fluke, I suppose. But it did take 3 years, a DNF at mile 85 in 2004, and a battle with blood pressure regulation in 2005 to complete a 2nd 100 miler, the Mother Road 100 mile foot race. The MR 100 was a most enjoyable event, a one-time event to commemorate the 80th anniversary of the commissioning of U.S. Route 66 between Chicago and California. It was run from Oklahoma City to Tulsa on old Route 66. During the Great Depression, thousands of families traveled Route 66 to flee the Dust Bowl, poverty, changing times in rural America, and to seek opportunity in California. John Stienbeck in The Grapes of Wrath coined the 2,448 miles of highway as the "Mother Road". After 11 years of road construction and WW II, tourists traveled Route 66 to see the sights America had to offer.

Registration for the MR100 opened in October 2005 and was limited to 200 runners. It is thought to be Oklahoma's first organized 100 mile foot race. I wanted AURA to be represented in this national event so I entered just before the cutoff. There were runners entered from 35 states and 3 countries. I met and talked to several of them. Ole John Hargrove, ten-time finisher of the AT100 helped with the race and ran the 100 miles. Ray Krolewicz was there from South Carolina. He writes a monthly ultra running column in The Running Journal. Fast running Marie Bartoletti from Pennsylvania was first female to finish. The ornate and very popular Catra Corbett, ultra runner from Fremont, California was there with her hardware and tattoos. It's amazing, she runs a 100 miler every 2 or 3 weeks. I enjoyed colorful Gary Cantrell from Tennessee, the Barkley race director. I ran and talked with timid Barefoot Ted.

I had trained under conditions I expected to encounter during the race. During the week I ran 3-6 mile multi-style runs on most days. Every other weekend I would run up to 25 miles on highways facing traffic. I carried my 'aid station'. Half of my training was done at nights with a head lamp. Some training was done in the rain. I did no trail running; this would not be a trail run. I wore mid-weight shoe and put extra cushioning in the heels.

I do believe the MR100 course was 100 miles long. The course had no killer grade changes, but in the hill country of eastern Oklahoma the course was not flat; it had no rocks or roots; it was all either concrete or asphalt; it was mostly chamfered and contained little shoulder; it had sand burrs nearby; every step was exactly alike; and there were tens of thousands of cars meeting us head on. I was running east on the same lane on which millions drove west in search of work, engaging in commerce and in seeking enjoyment of automobile based vacations. The course was rich in long gentle grades that eventually took a toll from my legs.

The race began at 7:00 am when the 12 gauge shot gun exploded into the quiet Oklahoma sky. My strategy was to run the flats and downhill grades steadily as long as I could, then walk and jog to the finish. The first 8.5 miles out and back segment went great...only 91.5 miles point-to-point to go. The aid stations averaged 7.7 miles apart. I carried the fuel, water and clothing I needed. At each drop bag station I would restock, dress up or down, drink a V8 juice and an Ensure and walk away. I stayed hydrated and

took an electrolyte capsule on the hour. Neither diarrhea nor nausea was an issue. I began to feel my left IT band tighten at about mile 30. I had no pacer or crew. However, my wife, Norma did have a hamburger and a coke float waiting for me at the mile 50 weigh in. At about mile 80 the inside of my right knee developed a pain. Now, the left side of both knees hurt. But they hurt only when I ran. For the last 11 miles I could only walk for fear that if I did run, for time sake, it could force a DNF.

We could not have asked for better weather. The wind was not a factor. I saw the sun rise on both days. We saw autumn in full color. We saw vintage cars and motorcycles touring. At night we saw stars and the half moon. We could hear the unique sounds and endurance of old oil wells pumping. Coyotes howled in the darkness. The temperature ranged from 56 deg. F. on Saturday to about 30 deg. F. Sunday just before daylight. At dawn there was a big frost on everything. The pleasant warmth of the sunlight tricked several first time 100 mile runners into a very cold, dark and unpleasant evening. Many dropped out and settled for a 50 miler. One runner rushed to catch up with me near mile 83. With slurred speech he said he was cold and asked me if I would stay with him to make sure he got to the next aid station. At the aid station he got into a warm parked car. I ran on and didn't see him again.

I got a "kick out of Route 66". But trust me, at the finish of the MR100 I had nothing left to give to the road. I was helpless. I had finished 1st of all senior runners with a time of 25:39:38. I enjoyed all the activities and surroundings of every mile of the one and only Mother Road 100. We were running on a national monument. Truly, it was the Mother Road.

2007 Regional Ultra Calendar

Jan 13, 2007	Bandara 100 km and 50 km	Bandera, Texas	
	www.tejatrails.com/Bandara.html		
Jan 14, 2007	Swamp Stomper 50Km	Memphis, Tennessee	www.runthetrails.com
Jan. 29, 2007	Mtn Mist Trails 50Km	Huntsville, Alabama	
	www.huntsviletrackclub.org		
Feb 3 rd , 2007	Rocky Raccoon 100 Mile, 50 Mile	Huntsville, Texas.	
	www.tejatrails.com/Rocky.html		
Mar 10, 2007	Misissippi Trail 50 Mile(50Km/20Km)	Laurel, Mississippi	ms50.com
Mar 10, 2007	Waco Five-0	Waco, Texas	www.runnerone.com
Mar 23, 2007	The Grasslands Run 50 Mile	Decatur, Texas	www.nttr.org
Mar 31, 2007	Umstead 100 Miler	Raleigh, North Carolina	www.Umstead100.org
Jun 2 nd , 2007	Kettle Moraine 100 Mile, 100 km and 38 Miler	La Grange, Wisconsin.	
	www.Kettle100.com		

AURA Confidential to #001-If you don't want to give a "gift of membership" to your *fantasy companion* for Christmas, consider AURA's Randy Ellis' book, *Running with Payne* (see info at www.runarkansas.com or AURA brother, David Horton's DVD running the Pacific Crest Trail. Do www.Amazon.com and search for *The Runner*(David Horton).

The Bigshot and the Coach Doctor

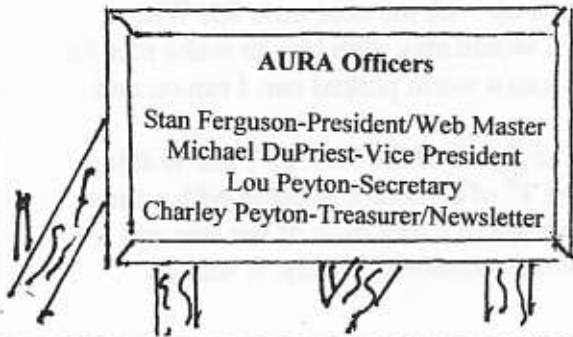
An AURA Cartoon

Coach Doctor, I placed 3rd
In my age division at the
Enola 5K.

Bigshot, that's impossible. You
Were with me all day at the
Gulpha Gorge Challenge!

I was CD, BUT when I got home
I looked up the race results
Then went to the track and ran
A 5 Km. I was faster than my
competition. Walla! I Won!!!!

A VIRTUAL 5 K, Bighot!
Outstanding BS
OUTSTANDING!!!!!!!!!!!!!!



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