

15th Annual Midnight 50Km
8:00 P.M.- July 22nd, 2006-Assistance Needed!

The ARKANSAS ULTRA RUNNER

June/July 2006 – The Victory 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 be an AURA slacker.

MESSAGE FROM THE BIGSHOT – On July 22nd we will have the 15th edition of the Midnight 50Km. Fun Run. I do this as a birthday celebration for Lou Peyton. For those doing half, you will have the option of running 25 Km. There are a lot of new AURA members so the BS will go over some of the Midnight 50 Km ground rules. This is a night time run. Buy a good light and carry extra batteries. This is a no entry fee; no registration fun run starting and finishing at the Lake Sylvia/Ouachita Trail parking area. Course will be marked; water set out every 3 to 4 miles. I will set the water out and mark the route after the start. You are welcome to start early; however, you should be familiar with the course and carry your provisions. Two Aid station with food and drink at the 25 Km and 50 Km turnaround. There will be a trail briefing at 7:45 p.m. If you feel led to donate some loose change for the aid station cost, I encourage you to do so. We will do the run regardless of the temperature. In case of lightning, we might have to postpone the start. I need assistance with some of the aid stops. Call me at 501-225-6609 or do chrlypytn@aol.com. Earn yourself an AURA gold star.

May 20th 2006 *Fourche River Days 5K* Perryville, Arkansas

On May 20th, Charley and Lou Peyton entered and completed the Fourche River Days 5K. Lou was first female in her age group division; Mr. Peyton, who was orphaned at age 58, was awarded a 3rd place medallion in his age group. Wearing burgundy Promised Land 50k running trunks and a 2000 Arkansas Traveller shirt, Peyton lost precious seconds as he waved to the traffic as he crossed and recrossed Hwy 10 on the Perryville race course. Despite this indiscretion he gathered himself for a strong finish.

Afterwards, he exclaimed "I give all the credit to the Coach Doctor who encouraged me to enter Ultra-Rehab. I was able to lay it on the line at Perryville." He also added that he hopes to return and defend his title and is considering the Fire Cracker Fast 5k. His 3rd place age group medallion can be seen at the next two RETREADS luncheons.

Editor's Note – For his assistance in organizing this race, AURA brother, Jim Schuler, will be awarded an AURA gold star.

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AURA FUN RUN

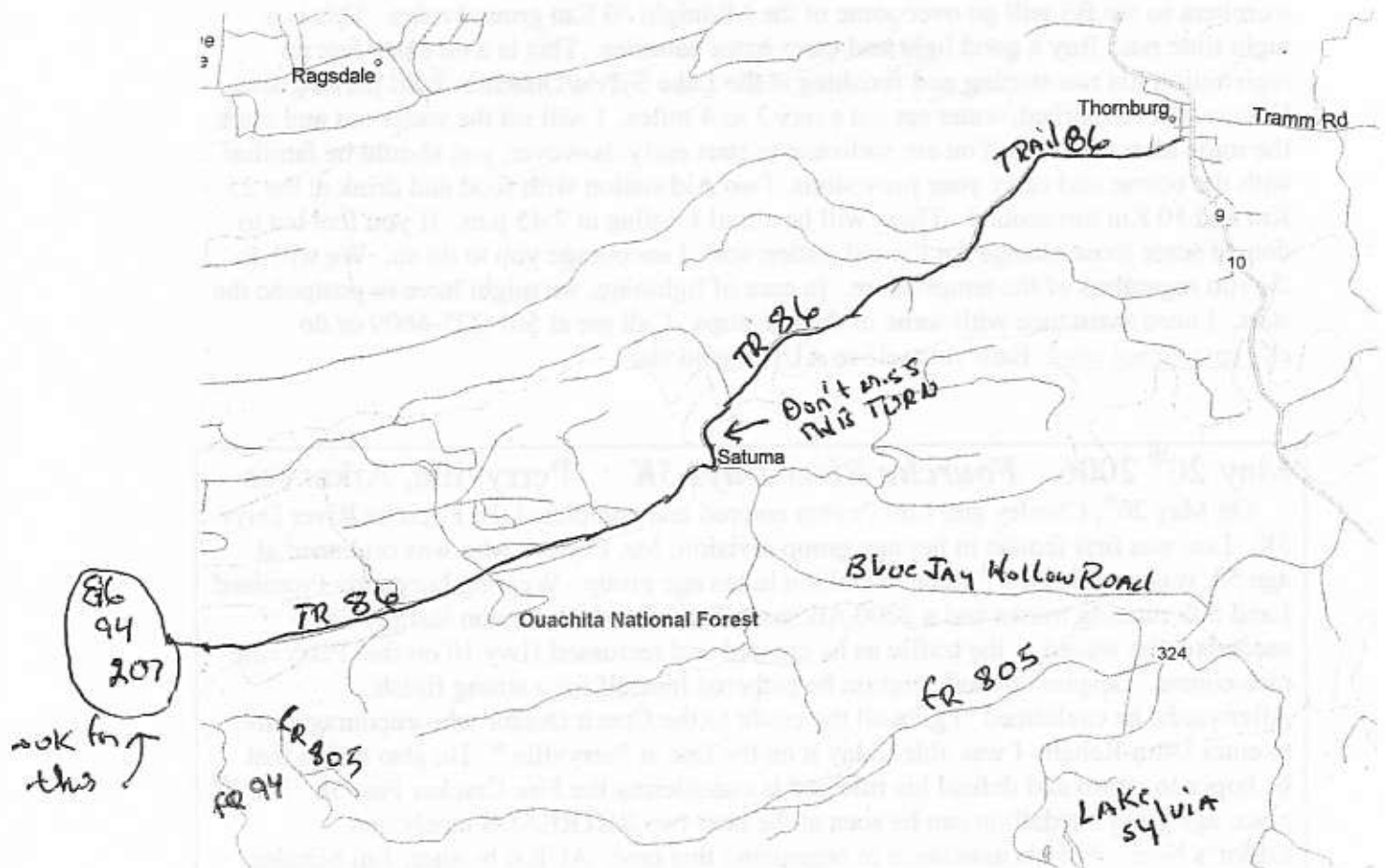
The Mystic River Fun Run – 20 Miles +/-

June 13th, 7:00 a.m.

This is an official Arkansas Traveller augmentation training run. Meaning that the route you will be running will not be a part of the AT-100 but the terrain will be somewhat similar. The route will be a 3 mile loop, then out and back for approx 17 miles. The route will be marked with flour and water only set out every 3 to 4 miles. If you need food, you will need to carry it in your pack. At the finish the B\$ will be cooking pancakes. Bring your drinks and maybe some syrup or butter.. Honey is okay, too. He'll have the forks and plates

Directions: This is an area that we've not run before. Go west on Hwy 10 past the Lake Sylvia turnoff. At the Thornburg community, you will see Forest road 86 on the left.. Also known as Trail 86. Turn left. For the most part, Trail 86 is well maintained without major climbs. We will start at a 5-way intersection with a large Oak tree in the middle of Roads 86, 94 and 207. The intersection is about 8 or 9 miles off of Hwy 10.

Map to the Start



AURA's SUMMER HOROSCOPE

Taurus- Playing your pity card could work to your advantage in building a new relationship. **Leo-** Your bazaar pre-race antics might endear you to the wrong running crowd. **Cancer-** After much consideration, it is felt that you would be better off living in a group setting. **Stoic-** Bad girlz only appear to have more fun. **Aquarius-** You are about to begin your ride on the bucking bronco of ultra-marathoning.

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. Everyone bring a medallion this month..

2006 ULTRA TRAIL SERIES

A big round of applause to our AURA president and UTS coordinator, Stan Ferguson, for putting together a great year of trail running. As I go to press, the age group categories have not been announced; however, the overall King and Queen of the Trail are known. Craig Zediker and Debbie Lashley are crowned.



Photo of Craig Zediker(left) at the Wildcat Mtn Run and (right) Debbie Lashley at the same run.

UTS Interview

2006 Queen of the Trail – Debbie Lashley

1. Congratulations to the 2006 Ultra Trail Series, Queen of the Trail. Will you share with your AURA brothers and sisters your background in running.

I live in Fort Smith, Arkansas. I started running in 1997 to try and loose weight and to get healthier. I couldn't run across the street when I began. I started on an indoor track at my fitness center. Running a lap and walking a lap and increasing the running laps each day until I could finally run a mile. I noticed a couple of women running outside each day I was there. I talked with them and they invited me to run outside. I lasted one mile and then walked all the way back. I thought my lungs were going to collapse. Each day I tried to go a little farther with them until one day I could keep up. Then one of them said "you need to run a 5k race." We ran a local 5k and half way through it I vowed I was never doing this again. I hurt so badly! Needless to say the running bug had bit me. I had become best friends with the girl that talked me into the 5k. We proceeded to do the Tulsa Run and other racing events. Bill Coffelt talked us into doing the White Rock Marathon in Dallas. My second marathon I missed qualifying for Boston by two minutes. This encouraged me to try harder. I started running with people who were faster than me. I qualified at Mardi gras Marathon in New Orleans and in 2004 I got to run the Boston Marathon. This is one of my proudest moments.

2. Describe a typical training week for you.

A typical training week for me is:

Monday-3.5 mile run

Tuesday-Strength training 45 minutes/run 6 to 7 miles

Wednesday-Run 3.5 miles/bike 20 miles

Thursday-Strength training 45 minutes

Friday-Run 3.5 miles

Saturday-5 to 7 mile run

Sunday-Bike 20 or rest

(Granted, here lately I haven't had a lot of time for this schedule)

3. As for ultra-marathoning, what do you consider your strengths or maybe even your weaknesses.

My strengths for ultra-marathoning I guess would be endurance. Weaknesses would be I am not agile on the trails. I have a hard time getting in a groove.

4. At the UTS runs you are never far from your running partners. Who are they and do you also train with them?

My running partners would be Ken Baron and Shirley Hyman. If not for them I would not have known about the ultra running club. We train a lot together. They motivate

me. We did a lot of our training on the trails around the White Rock Mountain area. They would drag me along and listen to me whine.

5. You did most of the UTS runs this year. Let me back up. If I am not correct, this was your first year to compete. What interested you in doing the *series* and as far as winning did you set out to be #1 or did you let it just happen?

Ken called me last summer when I was training for the Twin Cities Marathon and said he had signed all of us up for the AURA and we were going to do our first 50 K at the Lake Sylvia night run. We ran it slow and had a blast! Then we ran Devils Den. Ken wanted me to go to Hot Springs and do that one and I didn't really want to. He said do you know you are in second place. I said "second place of what?" He sent the web site to me and told me to look at the standings. I was surprised and decided to do to the race. I never dreamed I would be in this position. I am so happy that the ultra running women decided not to do as many races as I did this year! I am not fast. I just enjoy running. I had to miss the 3 Days of Sylamo because my daughter was graduating from Lackland Air Force Base in San Antonio or I would have given it my best shot..

6. Of the series runs that you did this year, what was your favorite?

My favorite series run, I guess, would have to be the Midnight 50k at Lake Sylvia. I love running in the dark. I did not carry a light and never even tripped which is unusual for me because I am a klutz. It was my first 50k and I was very proud of that. I love my rooster trophy I got from the Ouachita Trail 50k and I was very proud of that. You and Chrissy put on great races and inspire us all to run!

7. Now that you have a little running under you belt, what is next. Any thoughts on the AT100. or maybe another.

Ken, Shirley and I have been talking about doing the AT100. It would be a huge accomplishment for us. That is a whole new ballgame for us!

8. I overheard you and your running mates commenting that you do Adventure Racing, too. Tell me a little about this.

Shirley is the animal in Adventure Racing. I love doing it but biking is not my thing. Ken and Shirley tolerate me when they need a partner. I love the orienteering. That is challenging for me

9. Last word!

I want to say that the trail running has been wonderful! Runners are just great people. This year has been great. I don't know if I can do as many races this coming year but we shall see. I am looking forward to Catsmacker to end this year's series. I haven't trained for this race so I just want to finish

The AURA

Stan Ferguson-President/Michael Dupriest-Vice President

Lou Peyton – Secretary

Charley Peyton – Treasurer/Newsletter

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The Catsmacker

May 27, 2006

Lake Sylvia, Arkansas

The Catsmacker - 20 miles (+/-) (2005-2006 UTS Race #13 - Season Finale)

Place	Name	Sex	Age	City	Time
1	Bill Maze	M	38	Fayetteville	2:56:26
2	Tom Aspel	M		Russellville	3:10:28
3	Paul Turner	M	43	Conway	3:10:57
4	Rodney DeClue	M	41	North Little Rock	3:37:10
5	John Kelly	M	39	North Little Rock	3:38:59
6	Maurice Robinson	M	64	Benton	3:48:09
7	George Peterka	M	46	Hot Springs	3:55
8	Ken Barton	M	46	Greenwood	3:55
9	Richard Williams	M	30	Fayetteville	4:02
10	Mike DuPriest	M	50	Little Rock	4:03:35
11	Shirley Hyman	F	38	Fort Smith	4:05:42
12	Scott Rogers	M	42	Memphis, TN	4:09:10
13	Jimmy Sweatt	M	50	North Little Rock	4:10:00
14	Herb Jarrell	M	62	Texas	4:10:00
15	Debbie Lashley	F	46	Fort Smith	4:19:26
16	Ted Bearden	M	37	Little Rock	4:19:26
17	Eunika Rogers	F	35	Memphis, TN	4:19:50
18	Mark Roth	M	44	North Little Rock	4:20:00
19	Diane Seager	F	49	Little Rock	4:28:13
20	George McDonald	M	53	North Little Rock	4:28:13
21	Carla Branch	F	54	Maumelle	4:30:00
22	Ken Bland	M	57	Little Rock	4:30:00
23	Emily Hartman	F	38	Little Rock	4:31:00
24	Patty Groth	F	50	Ward	4:48:39
25	Carrie DuPriest	F	48	Little Rock	4:48:39
26	Pete Ireland	M	65	Benton	4:48:39
27	Rhonda Ferguson	F	50	Little Rock	4:55:20
28	Kim Johnson	F	37	Harrison	4:55:20
29	Lou Peyton	F	61	Little Rock	4:59:50
30	Mona Mizell	F	55	Little Rock	5:04:18
31	David Trower	M	40	Little Rock	5:42:40
32	Alston Jennings	M	58	Little Rock	6:10:00
Early Starters:					
33	Paulette Brockinton	F	57	Sherwood	4:39
34	Corky Zaloudek	F	60	Little Rock	6:36:10
35	Rosemary Marston	F	58	Roland	6:36:10
36	Ann Moore	F	65	Little Rock	6:37:04
37	Robin Hanle	F	55	Little Rock	6:37:04
Trail Sweep:					
38	Stan Ferguson	M	42	Conway	

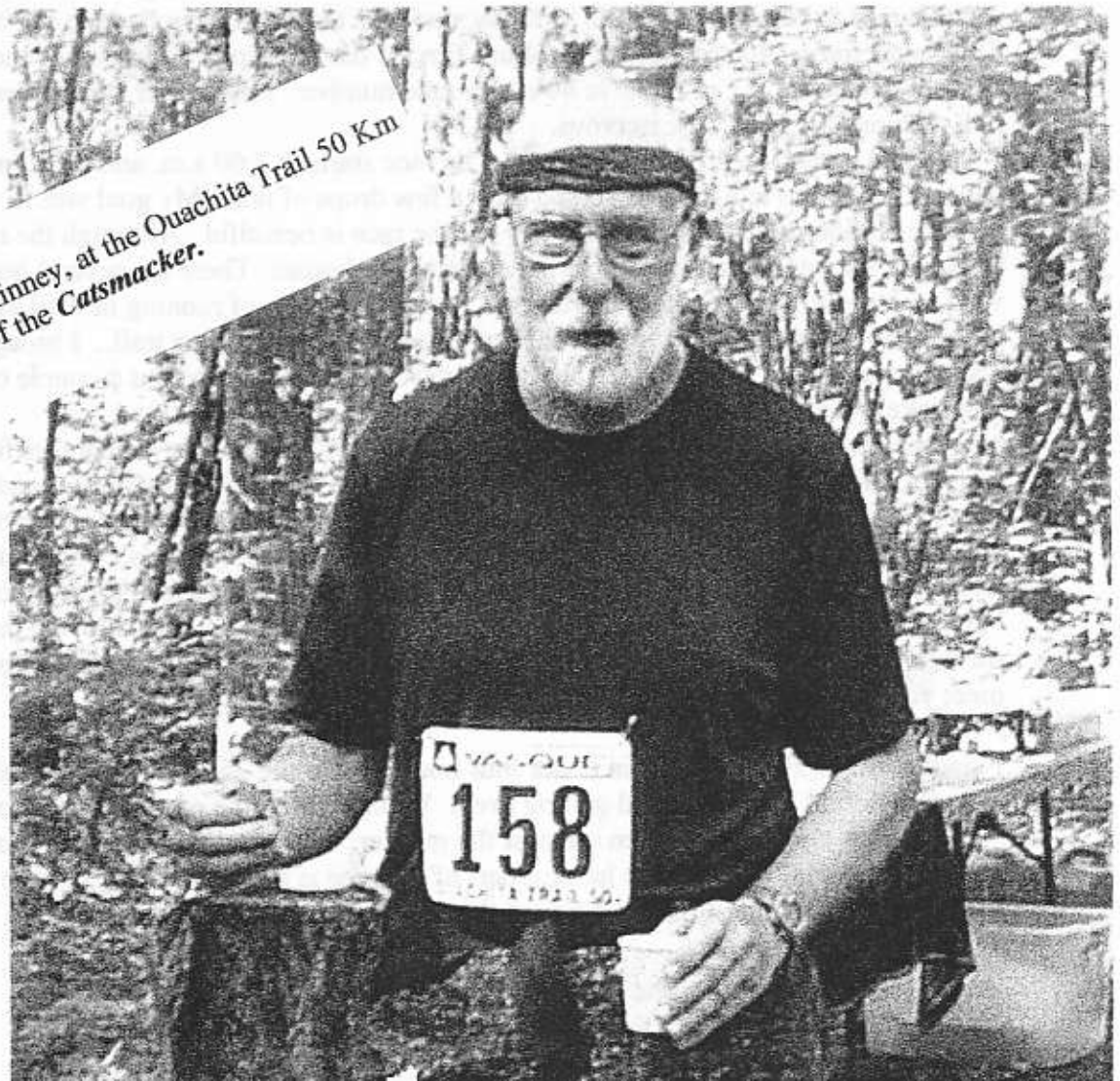
Runners of other distances (in order of sign-in):

Name	Sex	Age	City	Time	Distance
Charlie Dunn	M	64	Conway		7
Fletcher Ward	M	62	Maumelle		7
Linda Humble	F	52	El Dorado	1:28	7
Nancy Whitmore	F	51	El Dorado	1:28	7
Chris Bettis	F	50	Little Rock		
Tom Singleton	M	53	Maumelle		
Harold Hays	M	48	Little Rock	1:57:29	11
Jayne Sturgeon	F	29	North Little Rock	1:55	7

2006 Catsmacker Results

Elaine Gimblet	F	59	North Little Rock	1:55	7
Ellis James	M	49	Fayetteville	2:03	11
Chrissy Ferguson	F	45	Conway	2:03:50	11
Mary Ann Robinson	F	46	Little Rock	2:03:52	11
Sarah Olney	F	28	Little Rock	2:03:55	11
Paul Mattocks	M	58	El Dorado	2:04:30	11
Joe Milligan	M	56	North Little Rock	2:04:35	11
Lisa Newman	F	42	Little Rock		11
Mike Branch	M	54	Little Rock	2:14	11
RC Fason	M	61	Little Rock	2:14	11
Ron Thompson	M	54	Little Rock	2:16	11
Kimmy Riley	F	45	Mabelvale	2:20	11
Meagan Sniper	F	16	Little Rock	2:38	11
Karen Stone	F	50	Little Rock	2:38	11
Letty Hardee	F	48	Maumelle	2:40	11
Nancy Collins	F	53	Little Rock	2:30	11
Marliese Kerr	F	41	Little Rock	2:30	11
Linda Fason	F	56	Little Rock	2:30	11
Frances Barger	F	72	Little Rock	2:30	11
John Krillenberger	M	45	Little Rock	2:24	15?
Yvonne Rippee	F	48	Memphis, TN		11
Ron Gimblet	M	58	North Little Rock	3:10	12+
Valerie Pino	F	43	Memphis, TN		
Bob McKinney	M	63	Little Rock	3:43:59	~14

Trail Favorite, Bob McKinney, at the Ouachita Trail 50 Km
 Bob also ran 14 miles of the Catsmacker.



ULTRA CORNER

May 6th, 2006 *Strolling Jim 40.* Wartrace, Tennessee

Place	Name	Time	
4 th	Kevin Dorsey	5:11:26	
21 st	Chrissy Ferguson	6:48:14	1 st Female
64 th	David Trower	10:17:50	

My Thoughts on the Strolling Jim 40

by David Trower

On the first Saturday of May there is a 40 mile race in Wartrace, Tennessee, called the *Strolling Jim*. The race is unusual for an Ultra since it is all on blacktop roads instead of trails. It is also one of the few races that is 40 miles. A few years ago, I decided I would run this race to celebrate my 40th birthday since the race is always close to my birthday. This year I turned 40 so I ran the Strolling Jim for the first time. I also wrote the race director and asked if I could have 40 as my race number. I had never run farther than a 50K before so I was a little nervous.

We had perfect weather for the race. The race starts at 7:00 a.m. and it was around 50 degrees. It got up to a high of 70 and only a few drops of rain. My goal was to run each 10 mile section in 2 hours. The scenery for the race is beautiful. Although the race is on road, you are running along side farms and country houses. There are several horse farms with white picket fences that you run past. It reminded me of running in the Lake Sylvia area where you are running on a roads but you feel like you are on trail.. I brought along a small camera and took pictures along the way. The course also has a couple of hills like Lake Sylvia does.

I thought that there was enough aid for the course. I did not have a handler for the race but I did fine without one. There are just jugs of water every two miles and the miles are marked every 5 miles. Also, for the first time, there were four aid stations that had food and sport drinks. Each aid station also were drop bag points. I brought along a water bottle that I refilled every two miles. I also had a fanny pack that had five power bars and I had a box of cookies at each aid station. Handlers are also allowed throughout the course except for the first five miles. Since the race is on roads, your handler can meet you just about anywhere on the course.

I made it to the 20 mile mark in under four hours and to the 25 mark a couple minutes over five hours. Then I started getting tired. When I got to the road where it was painted "50k", I took a picture and then ran past the marker. I felt excited since that was the farthest I had run. For me, the hardest part of the race is going from the 30 mile marker to the 35 miles marker It is like being at the 21 mile marker running a marathon where

you are very tired but the finish-line seems so far away. After I got to the 35 mile marker, I felt awful but I knew I would finish.. I ran with 63 year old Terri Hayes for a while. Terri has run 125 ultras. She told me she is going to be the first woman over 60 to complete the 100 mile Mohican Trail run in Ohio. The best part of running races is the people you meet along the way. Finally I got to main street in Wartrace and was only 200 yards from the finish. Everyone in Wartrace knows about the Strolling Jim race. As I was running down Main Street people would yell stuff like "*Good Job!*" or *Way to Go!*" from their cars. I crossed the finish line in 10 hours, 17 minutes.

For many years the race director was Gary Cantrell but this year it was Phillip Gentry. Phillip was very nice to me and he is a great race director. When he met me at registration, he noticed that I was from Arkansas. He then asked if I knew Kim Morton (who won Strolling Jim in 2005) and Chrissy Ferguson. Although Gary is not the race director this year, he is very active in the race. Gary led the driving tour of the race the day before. This allowed us first timers a chance to see the course before running it. Gary also marked the course with red and white arrows. Gary also likes to write little jokes on the roads like "only real men run up this hill" or "you are a wimp if you are walking", etc.

I would like to do the race again sometime. Next time, I am going to do some longer training runs. My longest training run was 20 miles and I wish I would have done a couple 30 milers.. I also recommend the race to anyone. It is a perfect race for someone who wants to transition from 50k to 50 miles. Although the race has an image of being hilly, I don't think runners in the AURA will have a problem. Most of the AURA races have more hills.

May 13th, 2006 *Jemez Mountain 50* Los Alamos, New Mexico

Jemez 50- My Story by Darin Hoover

John Muir 11:02
Kyle Baldwin 11:45

Steve Kirk 12:09
Darin Hoover 12:45

From the get go we tried to get to this race as quickly and cheaply as possible. It was an awesome run, and was very tough. For a first race, it came off without a hitch. Steve Kirk, John Muir, Kyle Baldwin and I left Thursday night the 11th at 7:30 and drove to Los Alamos, New Mexico, for the first ever *Jemez Mountains 50*. We got there at noon Friday after a two hour layover waiting for a gas station to open at 6 a.m. (much like running an ultra when your tank gets below ¼ you need to stop at an aid station to fill-up) got checked into a really cheap motel; found the race start and got some *Subways*. We got a quick nap and took a short hike to feel the effects of the altitude (Los Alamos is around 7,400 ft (and we could feel it) and checked out a neat museum of the Los Alamos nuclear lab.

The race starts at an old cabin called the *Posse Shack* which is very similar to the cabin at Athens-Bigfork. We had a very good **Free** pre race meal and the best race briefing

ever. We were told by the race director, the course marker and the aid stations director to expect sparse markings, sparse aid stations and a no frills type of race. Nothing could have been further from the truth. The aid stations were well stocked; the workers very educated in how to take care of runners; the course was very well marked, especially when taking in the remote location, and the pre and post race festivities were great. We got the best finishers award ever, a hand made piece of local pottery that a local Indian artist made just for the race. (Talk about your ideal Mother's Day gift).

The race itself was very tough with two major climbs and an uncountable number of other climbs. Several folks had altimeters and had around 10,000 feet of climbing. The distance was listed as 53.1 miles and my distance tracker had it at 52.7. The two major climbs were very similar to Devils Thumb and Michigan Bluff at the Western States 100. The first was 1.8 miles and 1,800 ft of gain; the second was right up and down a ski slope and was about the same distance and climb. The major climbs occurred between 20-40 miles and both topped out at 10,500 feet, with a great aid station in between each. We had stashed a cooler of Red Bull at the aid station and that was a life saver. Then you had a tough steep downhill to the finish. The three guys were able to hammer the downhill to the finish. I walked a good part of it due to lack of conditioning, mental toughness and a small toe box in my Nike trail shoes.

Here are the stats: Miles ran 53.1, times ran- Steve-12:09(he used it as a mountain training run for Bighorn 100 in a month, John-11:02(John ran great and managed his systems to perfection); Kyle-11:45(ran great as well and stayed with me about an hour too long; Darin-12:46(I've got a lot of work to do):

Miles driven-1870, 104 gallons of gas, 28 hours driven, 12-15 hours sleep and 65 total hours gone from home. Cost per man including race entry-\$60, snacks-\$20, Gas-\$85, motel-\$28, shower at the "Y" after the race-\$3.00. Running an ultra in a new state, a new race, with great friends and getting home in time for lunch on Mother's Day---

PRICELESS!

A special thanks goes to Nate McDowell and all the race staff and volunteers for encouraging us to come run the race, packing the supplies by lama into some of the aid stations, marking some extremely remote locations, feeding us well and treating us like family

If you want a tough altitude 50 in a really cool state you should give the *Jemez Mountains 50* a try.

AURA's ULRARUNNER PROFILE

Susy Phillips

First Female 2006 Ouachita Trail 50 Miler-11:09:36

Greetings Susy, and congratulation on your first place finish at the Ouachita Trail 50 Miler. The BS knows that you have been a long time runner but are brand new to ultra distances. Thanx for sitting down with me and sharing some of your bio.

I was born and raised in North Little Rock and am 27 years old. I graduated from

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North Little Rock High School and have a degree in Journalism with emphasis in public relations(B.S.) and a minor in German. I feel best running at 120 lbs.; however, my water pack fits me best at 125!. I won my 1st trophy at age 5 and ran straight thru high school. I took a sabbatical while working too many hours and smoking too many cigarettes, but quickly reclaimed my solid base in 2004

Do you still run with the Hash? Maybe you can share your training secrets.

Yes, I still run Hash on Sunday since I was age 8. It really explains my sick humor and smack talk. I really have two training schedules. One for adventure racing and triathlons and one I've used this year strictly for ultras. On Monday, a light 4 to 6 miles trail on the Boy Scout trail in Burns Park; Tuesday, off for meditation; Wednesday, weight training; upper and lower body; Thursday, Pinnacle Mountain or the do distance/tempo run; "Friday, Power walk/hill work and Saturday- a long run Sunday is Hash- every other Sun another long run. My multi-sport schedule subs biking from one of the weekend runs, a Friday swim and am in a spin class. Occasionally I bike the 12 miles to work and I also like to mix in fun stuff if I just don't feel like working out or have some extra time on the weekends, i.e. rollerblading, rock climbing, rappelling, tennis, soccer, basketball frisbee golf.

The Ouachita Trail 50 Miler is not an easy race. Being first female is outstanding! What were your expectations when you signed up for the race.

Not easy; you don't say! Of course I wanted to finish before the cut-off, but I preferred 12 hours or less. I knew I wouldn't be tested like the 3 Days of Sylamo, but I would have to keep pushing. I told myself, "If your knees don't act up, It'll be a good run. If they do, It will be a long 13 hours. Not finishing wasn't an option.

What about your race strategy. You know like eating, drinking, walking, etc.

My maintenance strategy is what kept me going to win the race. I set my watch to go off every hour upon which I took a Lava salt (just like e-caps)only cheaper and more sodium) and ate if I wanted to or not. I used Cliff Bloks, Snickers, a slice of pizza and a few bites at aid stations. I keep water and Gatorade separate and took 2 swigs of water for every hit of Gatorade. At some point my stomach mixed the Gatorade or the sweets so I was on only water from the unmanned water stop in the 8 mile dark zone to the finish.

At mile 16 you blew into North Shore looking fully charged. How long did that hold? *I remember I felt fantastic. No problems with my knees and everything was really coasting along smoothly. It lasted to the Turnaround when I started pushing past my comfort zone and running when I felt like walking and getting hot. I stuck to the maintenance schedule religiously to keep from overheating and over exhausting. There were so many great friends and volunteers I knew and recognized who cheered me on and made me feel special and reenergized at each aid station. I wasn't just filling up on water and fuel; I was filled up with encouragement, high fives and smiles that lasted all those miles with me.*

You've done the Sylamore 50k and the 3 Days of Sylamo this year. Any others?

Athens/BigFork Marathon(tougher than Pike's Peak) and the White Rock 50 K(5th place).

How did you feel when you knew you were going to finish and knowing you were first female?

I didn't really think I was going to win until I came out on the road by the Visitor's Center and even then I kept looking over my shoulder! It was a shock to learn I was winning and had been since the Pinnacle descent. It was a thrill to realize I was going to hold on to it to the very sweet end. I know I had a combination of a great running day(the best I've every had)with a great field of competitors. I was satisfied because I still had to work and hurt for it. I know the win wasn't a gimmi; I'd really earned it and enjoyed it.

Your mother, Elaine Gimblet, is an outstanding runner in her own right. With Mother's Day approaching, here's your chance to tell her how much she's influenced your running. ***My Mom force fed running to my other sibling and me. I'm the only one of the four of us who still does it. The best thing Mom did for me was telling me she thought I could win my age division, beating my archrival, Christy Henson, in the Pepsi 10k. Later she confessed that she didn't really believe I could do it, but she never wanted to dampen my spirits. I know that if I told her I was going to win the Arkansas Traveller she'd say, "Oh you can do it Susy, but you'll have to get someone besides me to pace you."***

How has your recovery been. Back running? Ready for the Arkansas Traveller in October?

Recovery has gone much better than Syllamo. I was back on the trails on Wednesday after the OT. I'm taking a mandatory month in recover after surgery to repair a broken thumb but I'll be back on the trails in June getting ready for a double at Pikes Peak in August. Mentally, I'm ready for the AT100. I'll be happier to get in more back to back long runs and break in my new Vasque trail shoes I won at the OT50. I'm totally obsessed with a 24 hour finish. I don't really think I can run my first 100 in 24 hours but I didn't really think I could win my first 50 either!

***Susy Phillips at
The Ouachita Trail
50 Miler***



POWER ROOM PHOTOS



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