

The Catsmacker



ULTRA TRAIL SERIES #13

The Catsmacker – Saturday, May 27th, 2006

7:00 a.m. start –Lake Sylvia/O.T. Trail parking area.

The ARKANSAS ULTRA RUNNER

May 2006 – The Pictorial 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 AURA membership. A little short of cash after April 15th? Remember that 90 days is as good as cash at the AURA.

MESSAGE FROM THE BIGSHOT- ***AURA Hot Flash!*** On April 24th I received a letter from the USFS asking for comments on their proposal to make improvements to the Lake Sylvia Recreation Area. What is under consideration is the construction of at 25' by 35' covered pavilion within the Lake Sylvia Day Use area. I think it is long overdue and I will write the USFS and express my support for this project. I encourage you to do the same. The guidelines for doing this are as follows: Include your name and address; Title of the Proposed Action; your comments and reasons to support the project and your signature. Send to: ATTN: District Ranger, Jessieville-Winona-Fourche Ranger District, P.O. Box 189, Jessieville, Arkansas, 71949

While we are in the area, I also received a race notice that has a lot of appeal to me. "***Fourche River Days 5-K Run***". Perryville, Arkansas, May 20th, 2006. Has there ever been a race in Perryville? I'm serious, we need to check this out. For more information contact Perry County Chamber of Commerce 501-889-1571 or 501-432-5107

The B\$ received some good news from "running herald" AURA brother, Bobby Marston. In his e-mail he cited a source that said that the much anticipated pedestrian bridge over Murray Lock and Dam is scheduled for completion on September 30th, 2006. In my opinion, this will elevate the recreational status of Little Rock 10 fold. You can tell I'm pumped. I've got to make a come-back

Has anyone called a fun run for June. If not, I am calling it. I will talk to Stan and have the details posted on www.runarkansas.com and in the June issue of the AURA. I want to start from the Flatside Pinnacle parking area and run out and back for about 20+ miles. It could be an area that we've not run in before. I've named it the ***Mystic River Fun Run***. Stay tuned for details.

RETREADS(Retired Runners Eating out) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 a.m. the first Wednesday of every month. This month leave your gold chains at home and wear a runner's medallion around our neck to identify yourself!

2006 ULTRA TRAIL SERIES

The Catsmacker, the final race of the 2006 Ultra Trail Series will be held Saturday, May 27th, 7:00 a.m. from the Lake Sylvia/Ouachita Trail parking lot. Distance will be 20 miles(+/-) For those not wanting the full distance, there will be the 11 mile Kitty Run option. Two well spaced aid stations. Route uses the Ouachita Trail, forest roads and 4-wheel trails

Directions: West on Hwy 10 about 35 miles to the Williams Junction Grocery Store. Continue on Hwy 10 1.5 miles to the Lake Sylvia turnoff at Hwy 324. Follow Hwy 324 four miles to the Lake Sylvia start/finish area. If you are coming from Morrilton thru Perryville, the Lake Sylvia/Hwy324 turn will be on the right about 9miles south of Perryville. More information? Contact Chrissy Ferguson at 501-329-6688 or stanchrissy@earthlink.net (preferred)

ULTRA CORNER

April 15, 2006

2006 McNaughton Park 100, Pekin, Illinois.

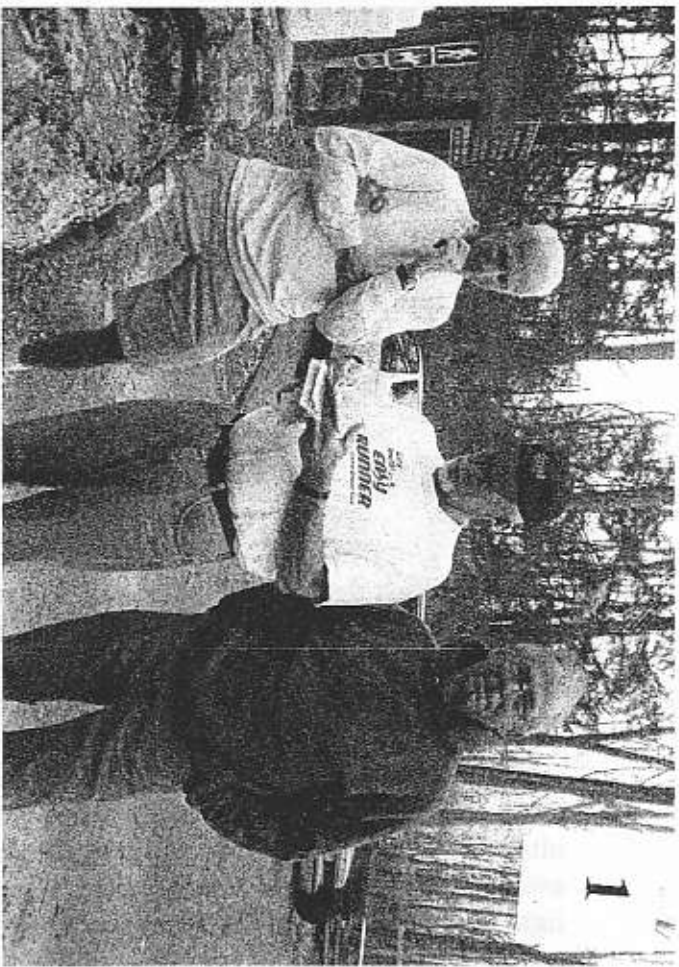
8th Place Mike Samuelson 26:09(unofficial time) 57 starters

Report your ultra-marathon races and results
Chrlpytn@Aol.com and earn a gold star by your AURA number

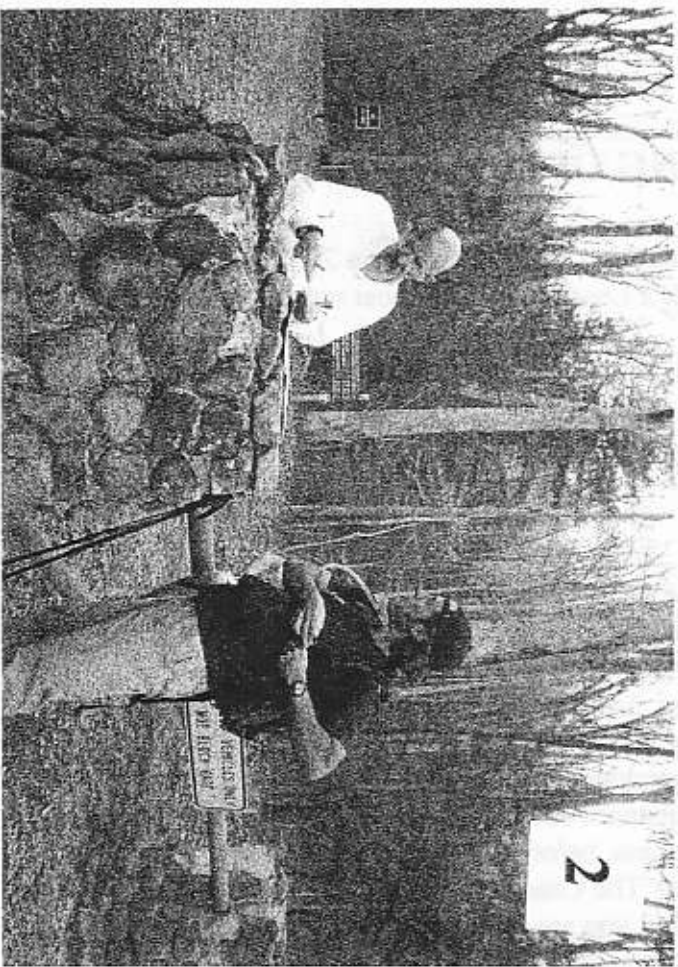
April 1st, 2006

2006 Barkley Marathon, Frozen Head State Park, Tennessee.

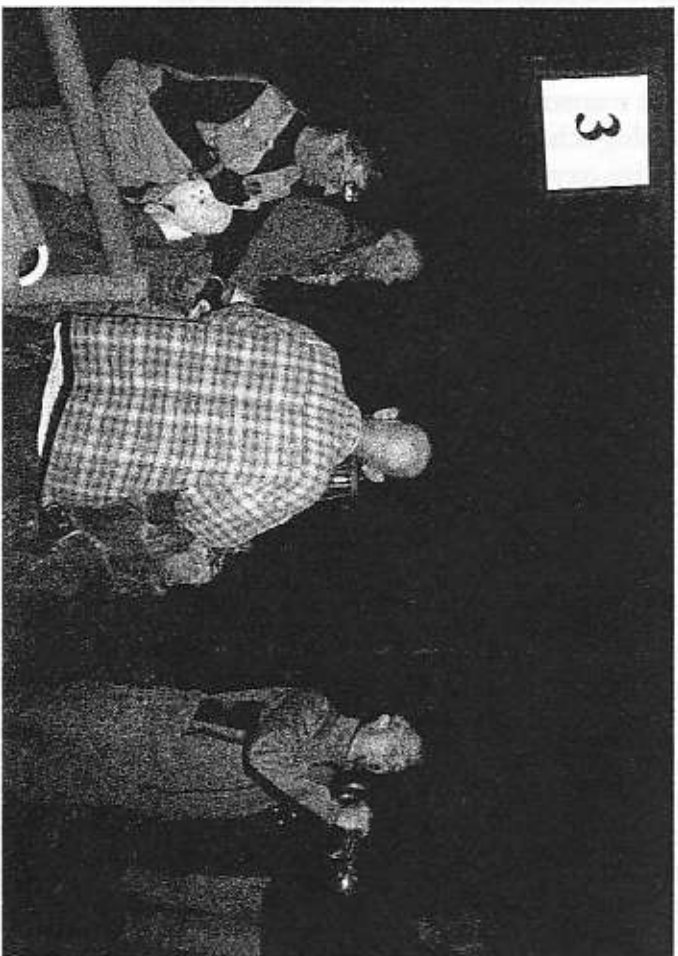
For perhaps the 6th year, the Bigshot found himself at Frozen Head State Park, Tennessee, to witness the 2006 Barkley Marathons. I have written a Barkley article every year to try to describe it to our AURA brothers and sisters. This year I am taking a relaxed approach and doing only pictures. If you want to know first hand about Barkley, I'll give you my version around the campfire. Barkley is a race that uses the following phrases to describe itself: Barkley-*The race that eats its young*; Barkley-*Where your best is not good enough* and Barkley- *Meaningless suffering without a point. Bizarro!!!* It is much too difficult for the BS to put into print. Lou and I traveled with Barkley hopeful, Pete Ireland, and met up with Greg and Heather Eason at the State Park. Greg was entered for the first time. Heather and Lou were to be the pit-crew and handlers for the runners. The Bigshot was again a **Camp-Ho**. Both Pete and Greg gave it that ole AURA try and made us all proud. Pete completed one 20 mile loop in about 15 hours; Greg was on the leader board with two loops and "change" in the 32 hour range. No one made the time cut to attempt the Barkley 100; no one finished the 60 mile fun run within the 40 hour time limit. Two runners finished 60 miles fun run(three loops) but were beyond the cut-off. Below are pictures that were taken around the camp.



#1-(L to R) Dick West(MI), Nick Williams and Charley Peyton, AURA's of Little Rock. Once you've been to the Barkley you want to go back like a salmon goes to it's spawning stream. The B\$ says the draw to go back is stronger than any race he's ever seen. It's Bizarro! Everything is turn upside down and not as it seems!



#2 - Since the course is unmarked, books are stashed at different locations and runners are given instructions on where to find them. Runners verify that they were on course by pulling a page from a book. The page corresponds to your race number. Left is Gary Cantrell, Race Director, and AURA's Greg Eason who is watching as Gary counts his pages. At the start of the next 20 mile loop, you are given a new race number.



#3 -No one finishes the 60 mile fun run. Most of the 36 entrants dropped after attempting one 20 mile loop. When they report in as a quitter, the Barkley bugler plays "Taps.". Second from the left is AURA's Pete Ireland after his one loop.

AURA CROSS TRAINING OPPORTUNITY

AURA Cross Trainers meet weekly, Sunday afternoon, at 1:00 p.m. for a 20 mile(+/-) bike ride on the River Trail. Ride starts at Cook's Landing near the boat ramp, North Little Rock. Everyone welcome.

THE COACH DOCTOR

In this class the Coach Doctor lectures on the topic "*How Long Can You Be A Runner*". This is a topic of current interest presently being whispered about in some ultra circles. The premise being that one is physiologically programmed for only so many years of running. The BigShot likes to say, "*After 15 years, your running neurons get rubbed down and you become an X-runner.*" To support his theory, he sites as an example the "Fresh-leg Syndrome". Fresh-Leggedness is defined as a runner, usually more mature, who has been active in the short distance scene but now has moved into the ultra-marathon distances. In the long distance arena, he/or she is able to win age group awards with ease out pacing the veteran runners. The Coach Doctor will attempt to shed light on this phenomena and debunk the myth that you are allotted only so many years of running. This notion of fresh-legged superiority might give solace to our long-term ultra-marathoners who are conflicted by wanting to be competitive but feel that they no longer are able. In the Coach Doctor's opinion, using the "Fresh-Legged Syndrome" as an excuse to DNF is troubling. For want of a better term, the CD will refer to these veteran runners as Has-beens. Not in a derogative manner but merely a descriptive adjective that shows where one is now in the running scheme of things. Granted over time you lose muscle mass and your ability to utilize oxygen and you slow down. But this should be barely perceivable as all those around you are also aging and slowing down. So how does this explain Mr. or Ms Fresh-Leggs? Listen closely and take out your pencil and tablet. Write down Mr. Fresh-Leggs place and time at a race. Now here's the key. Go to your own log-book and look back to the date that you ran that same race. Compare your outcome with theirs. I'm betting there won't be much time difference. Now on the same page of your log book, read what your training schedule was leading up to that race. Next, compare it to what your training schedule is NOW! I REST MY CASE! Ms Fresh-leggs has been doing her homework on the track while you have been limiting yourself to LSD on trails. It's like taking candy from a baby. I will give you an example of a Ms Fresh Leggs - Helen Klein. She didn't start running until she was 55 years old and completed the Grand Slam of Ultra Running at age 66. Now in her early 80's she is still setting age group records. The B\$ did an interview with Helen in the early AURA years and he asked her about her training schedule. She had a varied training schedule that included long slow runs as well as speed work on the track. What does your work-out schedule look like now.. Let me see it! I already know. On the other end of the running spectrum I will present two examples of runners who have been running for years and, except for allowing for a little age, continue to excel. They are the only two runners to complete all 13 of the *Sylamore 50 K's*.

18th EDITION; Number Four

The AURA - Where your best is more than enough!

Founded 1989; RRCA since 2001

The Sylamore Trail 50 K – 1993 through 2006

Stuart Johnson

Year	Time	Age
1993	5:34:57	33
1994	4:58:49	34
1995	4:42:02	35
1996	5:52:08	36
1997	5:03:01	37
1998	5:01:17	38
1999	5:07:52	39
2000	4:45:48	40
2001	5:17:04	41
2002	4:58:14	42
2003	5:19:05	43
2004	5:00:19	44
2005	:14:05	45
2006	5:36:05	46

Jimmy Sweatt

Year	Time	Age
1993	5:58:10	37
1994	5:22:40	38
1995	6:42:00	39
1996	5:19:00	40
1997	7:45:05	41
1998	5:38:36	42
1999	6:15:54	43
2000	5:39:44	44
2001	5:51:59	45
2002	6:03:09	46
2003	6:09:36	47
2004	6:13:13	48
005	6:10:48	49
2006	7:11:56	50



Your homework is to go to your logbook. Decide what you want to run NOW and train like you did THEN. You can either stand with the Big\$hot, a *Has-Been*, or run with *Ms Fresh-leggs*. Class dismissed! *Has-beens* report to Lab-101 for motivational lectures.

OUACHITA TRAIL 50



AURA's Paul Schoenlaub, St Joe, Missouri, enters North Shore Aid Station, Mile 36.6
Paul finished in 8:04:48, setting a new "Pinnacle course" record.

Ouachita Trail 50

April 22, 2006
Little Rock, Arkansas

Updated Preliminary Results

50 Mile (! indicates new record for Pinnacle course)

Place	Name	Gen	Age	State	Time
1	Paul Schoenlaub	M	46	MO	8:04:48!
2	Bill Maze	M	38	AR	8:29:00
3	Stan Ferguson	M	42	AR	8:31:22
4	Steve Kirk	M	45	AR	8:43:18
5	Davy Kennamer	M	47	AL	8:51:33
6	Greg Gearhart	M	49	MS	9:11:29
7	Craig Zediker	M	38	AR	9:22:07
8	Kevin Dorsey	M	35	TN	9:22:23
9	Chuck Dale	M	37	AR	9:23:47
10	Matt Walker	M	32	AR	9:27:14
11	Kyle Baldwin	M	34	AR	9:28:46
12	Mark Hartinger	M	49	WA	9:29:29
13	Stephen Baumgartner	M	33	TX	9:46:15
14	Gary Gehrki	M	51	AR	10:12:52
15	Dave Emerson	M	47	TX	10:45:10
16	Patton Gleason	M	27	TX	10:52:31
17	Tom Mayfield	M	67	AR	10:54:24
18	Mike Samuelson	M	40	TN	10:55:20
19	Scott Finnell	M	49	PA	11:03:55
20	Randy Saxon	M	45	MS	11:04:54
21	Brian O'Donnell	M	41	FL	11:04:54
22	Susy Phillips	F	27	AR	11:09:36
23	John Opalko	M	44	TX	11:17:42
24	Prince Whatley	M	37	AL	11:25:21
25	George Peterka	M	46	AR	11:27:08
26	Randy Ellis	M	54	OK	11:29:50
27	Amanda Perron	F	32	LA	11:31:58
28	Rodney DeClue	M	41	AR	11:44:15
29	Kimmy Riley	F	45	AR	11:45:33
30	Ricky Pampo	M	31	LA	11:47:52
31	Barry Ege	M	53	AL	11:51:47
32	Dianne Seager	F	49	AR	12:10:18
33	Dana LeRond	F	32	TX	12:13:42
34	Forrest Callicutt	M	51	AL	12:14:41
35	Tony Baily	M	32	AR	12:20:30
36	Lynn Ballard	M	49	TX	12:28:27
37	Carla Branch	F	54	AR	12:31:05
38	Patty Groth	F	50	AR	12:34:43
39	Pete Ireland	M	65	AR	12:34:43
40	William Ansick	M	19	AL	12:36:14
41	David Pearson	M	38	AR	13:07:10
42	Jim Sweatt	M	50	AR	13:09:17

50 Km

Place	Name	Gen	Age	State	Time
1	Joey Mayo	M	42	AR	4:39:55
2	David Wakefield	M	31	KS	4:45:30
3	John Hughes	M	38	AR	4:48:24



Richard Williams, son of ultra running legend, Nick Williams, returns to North Sho with his "turnaround" ticket.



Dottie Rea appears to be happy having made the switch from the 50 miler to the OT-50 K.

4	John Muir	M	27	AR	4:51:31
5	Steve McBee	M	40	AR	4:58:45
6	Pablo Lowrey	M	42	AR	5:12:39
7	Darin Hoover	M	41	AR	5:16:34
8	Steve Appleton	M	33	AR	5:39:03
9	Les Jones	M		TN	5:41:23
10	Brett Bassham	M	45	TX	5:55:31
11	Ed Morse	M	45	TX	6:02:35
12	Jason Cooper	M	30	TN	6:06:43
13	Anthony Diede	M	34	AR	6:08:02
14	Dale Humphrey	M	46	IL	6:08:40
15	Lance Reaves	M	34	AR	6:10:16
16	John Kelly	M	39	AR	6:12:09
17	Stan Roady	M	43	TX	6:16:10
18	Teddy Dale	M	48	AL	6:17:30
19	Shirley Hyman	F	38	AR	6:29:55
20	Michael DuPriest	M	50	AR	6:35:50
21	Debbie Lashley	F	46	AR	6:44:40
22	Ken Barton	M	47	AR	6:54:24
23	Kimberly Morton	F	33	AR	6:55:02
24	Tim Long	M	32	AR	6:55:03
25	John Montgomery	M	28	MO	7:00:10
26	Dean Hart	M	32	KY	7:05:00
27	Jonathan House	M	37	TN	7:16:59
28	Bill Luton	M	50	TN	7:17:14
29	Gary Criglow	M	54	AR	7:17:19
30	Eunika Rogers	F	35	TN	7:17:36
31	Salli Scott Young	F	33	TN	7:18:31
32	Brad Bledsoe	M	41	MO	7:19:13
33	Gary Speas	M	52	AR	7:23:34
34	Christine Bettis	F	50	AR	7:28:36
35	Jesse Burks	M	36	AR	7:30:16
36	Carrie DuPriest	F	48	AR	7:30:54
37	Paulette Brockinton	F	57	AR	7:30:57
38	Richard Williams	M	39	AR	7:40:36
39	Guy Patteson, III	M	46	AR	7:40:36
40	Kit Clark	M	30	TN	7:40:36
41	Jon Gheen	M	38	AR	7:41:35
42	Collins Cogbill	M	36	AR	7:49:57
43	Jay Norman	M	68	TX	7:56:36
44	Taylor Carr	M	47	AR	7:57:24
45	Kenny Simpson	M	51	MS	8:02:20
46	Eunsup Kim	M	53	TX	8:06:12
47	Richard Jones	M	66	CA	8:07:47
48	Robert Hanle	M	53	AR	8:10:29
49	Rhonda Ferguson	F	50	AR	8:11:29
50	Warren Kastner	M	45	TX	8:11:29
51	Connie Scherz	F	46	AR	8:12:47
52	Frank Ives	M	63	CA	8:15:17
53	Bob McKinney	M	63	AR	8:17:46
54	Ronald Gimblet	M	58	AR	8:17:46
55	Jim Ingalls	M	61	TX	8:18:34
56	David Caillouet	M	47	AR	8:18:34
57	Courtney Goins	F	42	AR	8:28:25
58	Jim Thornton	M	52	AR	8:28:25
59	Bill Coffelt	M	46	AR	8:28:25
60	Ernie Peters	M	58	AR	8:34:18
61	Dottie Rea	F	0	AR	8:36:04
62	Ulla Mansdorfer	F	48	TN	8:37:01
63	Ulrike Reiss	F	43	TN	8:37:01



AURA's Sandi Bolen calls out her number entering North Shore.



One of AURA's newest members, David Caillouet, of Little Rock.

64	Lou Peyton	F	61	AR	8:45:43
65	Carole Foster	F	54	TN	8:50:55
66	Beverly Roady	F	37	TX	8:50:55
67	Ken Saveth	M	46	OK	8:52:09
68	Andrew Edwards	M	35	AL	8:52:11
69	Carol Adkison	F	48	AR	8:54:12
70	Angela Paradis	F	33	AR	8:55:26
71	Bernard Arrambidez	M	46	TX	8:57:30
72	Johnny Eagles	M	54	AR	9:00:49
73	Kathy Weatherl	F	43	AR	9:01:34
74	Julie Kelly	F	44	AR	9:12:14
75	Alaina Wakefield	F	27	AR	9:12:38
76	Ronnie Daniel	M	36	AR	9:12:38
77	Luise Armstrong	F	45	AR	9:17:11
78	Jen Foster	F	33	AR	9:17:13
79	John Hubanks	M	36	AR	9:27:25
80	Alston Jennings	M	58	AR	9:34:17
81	Larry Sharp	M	56	AR	9:40:33
82	Ted Bearden	M	37	AR	9:40:33
83	Micheal Knox	M	35	AR	9:40:33
84	Richard Dennis	M	36	AR	9:40:33
85	Nick Hays	M	36	AR	9:40:33
86	Jane Burleson	F	47	MN	9:46:56
87	Jeffrey Burleson	M	57	MN	9:46:56
88	Clint Burleson	M	52	NM	9:46:56
89	Bonnie Taylor	F	54	AR	9:53:06
90	Henry Rueden	M	56	WI	10:02:35
91	Robert McGehee	M	50	AR	10:11:04
92	Elaine Gimblet	F	58	AR	10:18:26
93	Donna Duerr	F	50	AR	10:18:26
94	Sandi Bolen	F	45	AR	10:21:18
95	Ann Moore	F	65	AR	10:28:05
96	Roy Haley	M	69	TX	10:58:53



AURA's Donna Duerr leads Elaine Gimblet into the North Shore Aid Station-Mile 16. Elaine is the mother of Susy Phillips. See Susy's picture below.

156 Starters for combined races



AURA sister, Susy Phillips, at the North Shore Aid Station on her return. This was her first 50 mile attempt; her first 50 mile victory!



OT50 Race Director, Chrissy Ferguson, and her radio shadow, Doug, inspect the North Shore Aid Station

O.T. Race Director's Announcement

We have *Race Ready* trail shirts available for purchase. The cost of shirts are \$15.00 per shirt. This is what we paid for them. If I have to mail them, there will be an additional \$2.00 shipping fee. Cell Number 501-472-9162. What I have available is:

Size	Style	Number available for purchase.
Small	Gold with blue logo	7
Small	Green with blue logo	3
Medium	Gold with blue logo	12
Medium	Red with yellow logo	3
Medium	Yellow with blue logo	7
Large	Gold with blue logo	6
Large	Red with yellow logo	1
Large	Yellow with blue logo	6
X-large	Gold with blue logo	7

MORE BARKLEY!

Left-Lou Peyton(center)
chums up to
AURA brother David Horton(R)
and Gary Cantrell(L)

Right-With approx
20,000 feet of
elevation per 20 mile loop,
all of the climbs and descents
are named.

**Big Hell, Little Hell,
Zip Line,** etc. Picture is of
Greg Eason(rear)
approaching the summit
of Rat's Jaw.



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