

Bartlett Park Ultras-UTS # 2

August 11th, 2007

The ARKANSAS ULTRA RUNNER

AUGUST 2007

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

WWW.RUNARKANSAS.COM

Gentle Reader: If your name is highlighted on the address label, your AURA re-enlistment paper is attached.

Arkansas Traveller 100 Update

From the AT100 Race Director, Chrissy Ferguson --*"The Heart of the Traveller Training Runs will be held over Labor Day weekend. The Heart of the Traveller Training Runs offer the opportunity to view about half of the AT100 course. It is highly recommended for the first time Traveller entrants-especially those doing their first 100 miler. E-mail AT100@runarkansas.com or call 501-329-6688."*

Lake Winona Run

Saturday, September 1st, 6:30am

Distance: 25+ miles

NOTE: The section covered will be the same as last year (which is different than 2005 and prior years)

Course: Starting from the Lake Winona park, just above the intersection of FSR 114 (Lake Winona Road) and FSR 778, this out-and-back run starts out FSR 114 going North, following the AT100 course through the Rocky Gap (FSR 212), Electronic Tower, and Pumpkin Patch aid stations, and continuing to the intersection of FSRs 132C, 132, and 152--where you turn around and retrace your route.

Support: Water will be placed every several miles. Lunch will be provided at the finish. Donation can will be provided for lunch expenses.

Directions: Meet at Lake Winona park. **Please keep noise to a minimum when you arrive--to not bother the park superintendent.** Driving directions from Williams Junction (intersection of highways 10 and 9) : Go west on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive.

Smith Mountain Loop

Monday, September 3rd, 6:30am

Distance: 23-24 miles

Course: The start is near the Turnaround aid station of the AT100 (mile 58) and the route covers approximately 15 distinct miles of the race course, including about four miles on un-maintained 4-wheeler road over Smith Mountain. The remainder of the run is on well-maintained forest roads.

Support: Water will be placed every several miles. Donation can will be provided for aid station expenses.

Directions: The run starts at the intersection of Forest Service roads 114 and 2. Recommended driving directions to this location from Williams Junction (intersection of highways 10 and 9): Go west on Hwy 9 for approximately 3 miles. Right on FSR 132 (aka Winona Scenic Drive). Follow approximately 11 miles. Go left on FSR 75. Follow about 2 miles, and turn left at the intersection with FSR 114. It's about a quarter mile to the FSR 2 intersection.

If you look on a map, taking FSR 114 looks inviting, but many people have been trained not to take that road because of the odds of winding up with a flat tire.

MORE AT-100 UPDATE

Annual AT-100 Smith Mountain Trail Clean-up – Call for Volunteers

This is the event you've heard of...
Earn brownie points!
Hang out with the heavy-hitters!!
Impress your friends!!!



--See the weeds during the Smith Mountain Training run
--Whack 'em on September 11th (you can pretend they're al-Qaida)

DATE/TIME: Tuesday, September 11, 2007 – 8:30 AM

PLACE: Meet at the Powerline Aid Station. This is on FSR 132 about three miles from Hwy 7, just north of the Iron Springs picnic area. Coming from Hwy 9 (on FSR 132 it is approximately 20 miles.

BRING: Water, weed-eater, gloves, safety glasses. Other tools such as clippers, brush-cutters, etc. could also be useful

LUNCH: Will be provided by the AURA and the rich and famous Susy Phillips

To RSVP or for more information, e-mail AT100@runarkansas.com or call Chrissy at 501-329-6688

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. Wear something to identify yourself as a runner. Old newspaper clippings and scrap books are always a treat.

ULTRA TRAIL SERIES

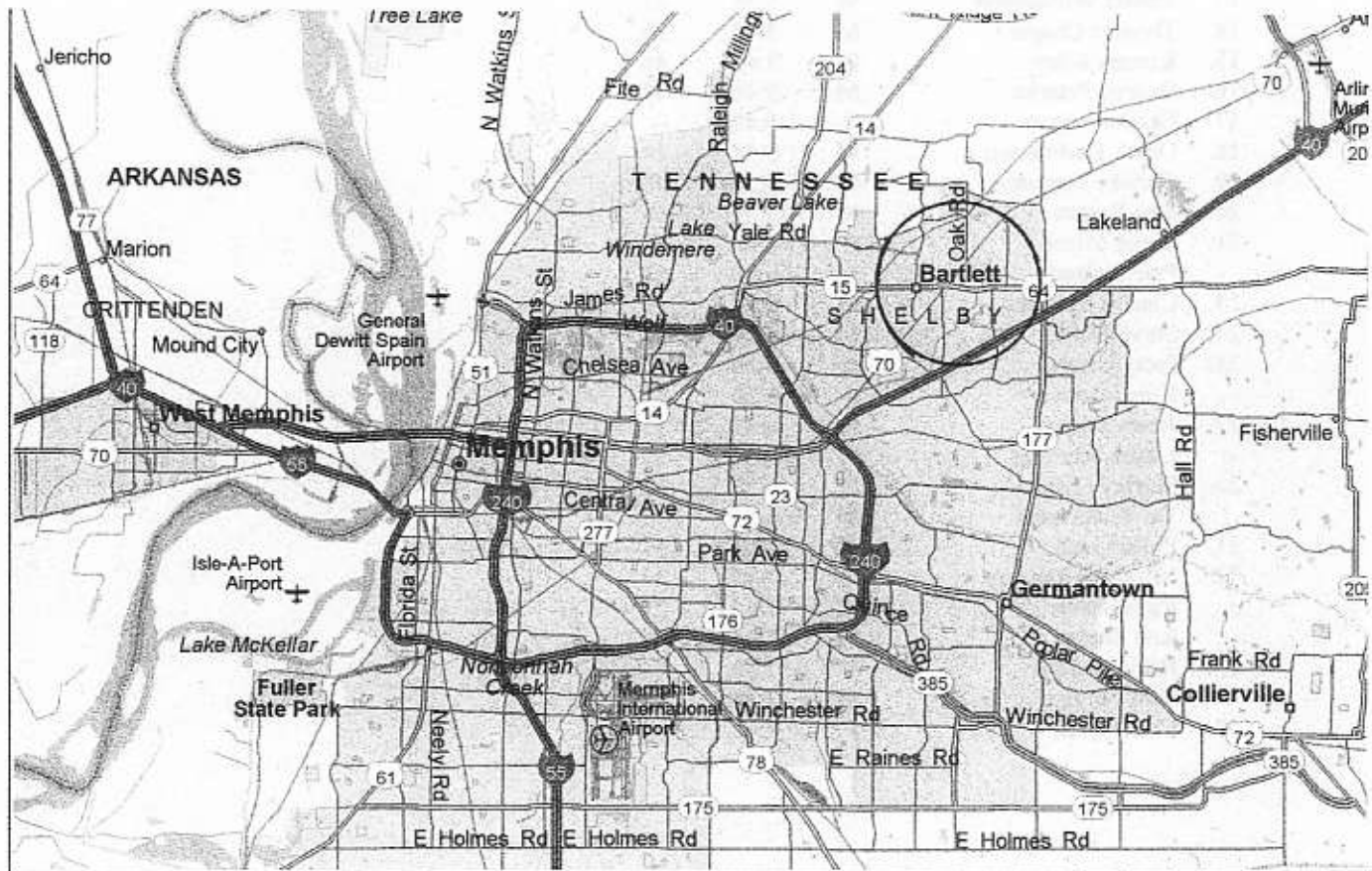
2007/2008 Ultra Trail Series Schedule

(This is subject to changes or additions)

- | | |
|-------------|-----------------------------|
| 1. 7-21-07 | Midnight 50 Km |
| 2. 8-11-07 | Bartlett Park(Tennessee)* |
| 3. 8-25-07 | Mount Nebo |
| 4. 10-06-07 | Arkansas Traveller 100 |
| 5. ?? | Northwest Arkansas Run(TBA) |
| 6. 11-10-07 | Gulpha Gorge Run |
| 7. 1-05-08 | Athens-Big Fork Marathon |
| 8. 2-02-08 | White Rock Classic 50Km |
| 9. 2-116-08 | Sylamore 50Km |
| 10. ?? | Big Rock Mystery Run |
| 11. 3-14-08 | 3Days of Syllamo |
| 12. 4-19-08 | Ouachita Trail 50 |
| 13. 5-?08 | The Catsmacker |

Bartlett Park Ultras – UTS #2

* UTS # 2 - In the Circle(baseball lingo) Prepare to attend inaugural Barlett ParkUltras. Directed by AURA's Kevin Dorsey and Mike Samuelson. Bartlett Park Tennessee. 50 Mile – 40 Mile – 50Km
Entry in June issue of the *Arkansas Ultra Runner* or do www.runarkansas.com.



UTS On Deck(more baseball lingo)

UTS #3 – 8-25-07 *Mount Nebo Trail Run*. Mount Nebo State Park. Dardanelle, Arkansas. 7:00 a.m. start

16th Annual Midnight 50K and 25K Fun Run

July 21, 2007 Lake Sylvia, AR

UTS #1

	<u>Name</u>	<u>Gen.</u>	<u>Time</u>	<u>Age</u>
1.	Darby Benson	M	4:05	37
2.	Po Dog	M	4:09	41
3.	Bill Coffelt	M	4:17	47
4.	Scott Eason	M	4:51	41
5.	Mike Samuelson	M	5:07	41
6.	Jeff Foes	M	5:15	41
7.	David Reagler	M	5:25	41
8.	Guy Patteson	M	5:25	47
	Gary Gehrki	M	5:25	53
10.	Paul Turner	M	5:26	44
11.	Maurice Robinson	M	5:27	65
12.	Ted Bowden	M	5:35	52
13.	Robert Williamson	M	5:36	41
14.	Thomas Chapin	M	5:39	29
15.	Kimmy Riley	F	5:40	46
16.	George Peterka	M	5:42	47
17.	Eunika Rogers	F	5:44	--
18.	Derek Huddleston	M	5:54	24
19.	Chrissy Ferguson	F	5:55	46
20.	Ken Barton	M	5:55	48
21.	Mona Mizell	F	6:09	57
	Pete Ireland	M	6:09	66
23.	Cindy Gronstedt	F	6:13	47
24.	Steve Hobbs	M	6:19	51
25.	Patty Groth	F	6:20	51
	Kim Johnson	F	6:20	38
27.	Jenny Foster	F	6:53	35
	L aura Jennings	F	6:53	27
29.	Shirley Hyman	F	6:57	39
	Terry Hawkins	M	6:57	46
31.	Phillip Hall	M	7:01	39
32.	Elizabeth Sanders	F	7:34	47
	Rich Shaver	M	7:34	27
	Rob Shaver	M	7:34	30
35.	Hilde Haynes	F	7:38	64
	Cliff Sanders	M	7:38	57
37.	Lou Peyton	F	7:42	63

38.	Sharon Ward	F	8:10	53
39.	Phil Brown	M	7:42*	40
40.	Alston Jennings	M	7:55*	59 * Early Starters

Midnight 25K

	<u>Name</u>		<u>Time</u>	<u>Age</u>
1.	Brian Siczkowski	M	1:51	29
2.	Jacob Wells	M	2:07	38
3.	Mary Wells	F	2:15	34
4.	Mike DuPriest	M	2:27	51
	Paul Schoenlaub	M	2:27	48
6.	Josh Bornharst	M	2:39	32
7.	Katie Helms	F	2:45	29
8.	R. C. Fason	M	2:53	62
	Tom Singleton	M	2:53	54
	Chris Bettis	F	2:53	51
	Kelly Farell	M	2:53	31
12.	Jessica Robinson	F	3:09	22
13.	Charlie Dunn	M	3:10	65
	Carrie DuPriest	F	3:10	50
	Bob Marston	M	3:10	56
16.	Bryan Day	M	3:19	44
	Mary Ann Robinson	F	3:19	47
	Teri Itkin	F	3:19	44
19.	Ronnie Daniel	M	3:21	37
	Lindsay Warren	F	3:21	31
21.	Debbie Sobolewski	F	3:22	37
	Kris Gill	F	3:22	42
23.	Scott Rogers	M	3:23	43
24.	Randall Davis	M	3:33	39
25.	Louise Armstrong	F	3:55	47
26.	Mike Metzler	M	3:46	54
	Melody Brown	F	3:46	33
	Leah Pearce	F	3:46	40
29.	Rosemary Marston	F	3:48	59
30.	Corky Zalodek	F	3:55	61
	Linda Fason	F	3:55	57
32.	Annette Prieur	F	3:56	48
	Betty Williams	F	3:56	70
34.	Hobbit Singleton	F	4:53	53
	Oscar Pierce	M	4:53	42
35.	Terry Gravenmier	F	4:55	57
	Mary Anderson	F	4:55	65
	Patty Martin	F	4:55	51
38.	Kim Fischer	F	5:19	47
39.	Ann Moore *	F	4:14	66
40.	Bob McKinney *	M	4:14	64

* Early starters

Other Distances

John Kallenberger	M	22 mi.	3:32	46
Rob Wistrand	M	15	2:11	29
Cara Otto	F	15	3:18	42
Donna Duerr	F	12	3:34	52
Phillip Carr	M	11	1:52	--
Will Brakefield	M	11	1:52	--
Susy Phillips	F	1.5	0:35	--
Jayne Sturgeon	F	1.5	0:35	--

ULTRA CORNER

On June 24th, AURA brother and vice president, Michael Dupriest completed the *2007 Western States 100 Mile Endurance Run*. Here is his story.

My Western States Story

By Michael DuPriest

I came into this race with only 3 months training after wearing the boot (stress fracture) in January and February. Physically I felt pretty good going into the run, but mentally/emotionally I had lost that "edge" the confidence that comes from training and knowing you are ready. I really wasn't sure that I had what it takes to complete this difficult of a run. Also I had missed some key races in Feb, March, and April.

The first climb out of Squaw Valley was really not that bad. We gained a couple thousand feet over about 4 miles, to a little above 8700 feet, but the altitude did not seem to bother me that much. From there we entered the Granite Chief Wilderness area, with a fairly long downhill descent; I nice area to run relaxed and enjoy the views. Next stop was Lyons Ridge at 10.5 miles, altitude 7000 feet. I had noticed on the 30 hour pace chart the estimated time from 3.5 miles to 10.5 miles was like 60 minutes; that's right about a 9 minute pace on rough terrain and at 7000 feet. Thirty hour pace was 7:20 am and I got there about 7:40 am. I thought to myself that I feel fine, I'm not tired, and everyone told me to take it easy on the front end. So I did not worry about that fact that I was 20 minutes over a 30 hour pace, coupled with the fact that some of the WS veterans that I was running with telling me the cutoffs were a little tight on the front end and if I just kept up a steady pace I would do fine.

Well somewhere between Red Star Ridge (16 miles) and Duncan Canyon (23.8 miles) I was casually running with this dude and he tells me the cutoff at Duncan was at 11:30 am. I look at my watch, freak out, and take off running; like desperation running. I get there with 11 minutes to spare and from there on the effort to stay in this race had begun.

From Duncan Canyon on I was working to keep ahead of the cutoffs and trying to build a bit more cushion. Unfortunately I had to do this in the canyons. It's kind of weird, because I always felt I was giving effort, that I was working, but I also made the decision that I would stay ahead of the cutoffs. I was not going to quit. Going sub 24 at Vermont and Arkansas was not as hard as sub 30 here. Maybe it was a combination of the lack of training, the difficulty of the course, being 2 years older, lack of confidence, the heat, though it was only in the mid 80's during the day.

A side note regarding the filming of the race by NBC. I believe it was somewhere prior to Duncan Canyon I was on a long ascent by myself with an awesome view of the snow capped Sierras. The NBC helicopter came into view, hovered and filmed me doing this ascent. Hey, you never know, tune in August 11 @ 3:30-4:30pm ET.

There were times when the doubts would creep in like during the climb up Devils Thumb; 47.8 miles, about 1.8 miles (36 switchbacks) of some serious ascent. I pondered if all this discomfort was worth it. My quads and feet hurt running the steep down hills and the climbs just wear you out mentally and physically. But then I would top out the climbs, recover and feel better about my prospects of finishing. I could push it on the gentle grades, which I did to make up time and use when I needed it. I knew if I kept the effort coming I would finish. I also knew I was the only Arkansan running this race and that people back home were keeping track via the web cast. I did not want to let you guys down. I reflected on those who had run this race before me and that I was holding up the tradition of Arkansas ultrarunners at Western States.

I picked up my pacer, George McCallister, at Foresthill School (62 miles). George is a friend of Chrissy and Stan and has paced other runners to finishes at WS. He lives in the area and is very familiar with that portion of the Western States Trail. He did a really good job of keeping me at a steady pace, but not some much as to frustrate me. He never seemed worried about getting to the finish line in time and this was settling for me. I think George is getting a little tired of doing so much work and not getting one of those buckles though. He should probably consider running; I would gladly be a pacer. Bottom line: If George had not been there I am not so sure I would have finished.

The American River crossing was interesting, but also refreshing. It was kind of strange being in waist deep flowing snow melt water at night with glow sticks anchored on the bottom to help guide your footsteps. Once across, George and I changed clothes and shoes and took off. From there on it was just continual effort, with minimal time at aid stations. The aid station crews were very aware of the time and pushed us through, almost to the point of being rude. In retrospect they were doing what excellent aid workers do; get you to the finish.

Sunrise provided an emotional lift and an awareness that the "end was near" and in less than 6 hours I could finally stop moving. By the time we reached the Hiway 49 aid it was starting to heat up with much exposure to the sun. This was particularly true crossing No Hands Bridge. George provided some interesting history regarding the bridge. Apparently back in the day of horse and carriage the thrill was to let go of the reins and hold your hands up (there was no railing); kind of like roller coaster riders. Interesting that thrill seeking is an age old trait of our species, much like distance running is supposedly a distinct human ability contributive to our survival. I was reading a research perspective on ultradistance runners. Apparently there is nothing special physiologically about those of us who do this sport. However, the ability seems to involve the brain and downplaying the importance of pain. Some of you have heard the joke about the "special kind of idiot" or the "hammer to the head." May be there is some truth to that.

Well back to the story.

WSER is relentless when it comes to climbs. So for good measure the last climb (1000 footer) occurs about 2 miles from the finish up to Robie Point. At this point I could care less about the hill, because the barn is near and the last mile is downhill and then flat. What was really cool is reaching the 99 mile mark where a large crowd was gathered to cheer you on. They yelled your name and where you were from; that was unbelievable. I could also hear the announcer at Placer High School calling out finishers.

Running onto that track to the cheers and seeing the finish and being a part of the 34 year history of Western States was absolutely amazing. To see Carrie and my girls (they were told I would be 15 minutes over the 30 hours) be so proud of me; brings me joy.

Someone asked me after I finished if I would go back to WS. I immediately said no, but now after looking back on the event, I would probably consider it. The opportunity to be a part of a run of this caliber was absolutely fantastic.

You know I really did not mean to make it so suspenseful, the run developed into what it was, a race against time.

Michael DuPriest June 23-24, 2007 29:42:23

Ultra Corner continued**July 21st, 2007 *The Vermont 100 Mile Endurance Run***44th Place Kevin Dorsey 22:46:46 142 finishers

The following times provided by AURA's Memphis correspondent, brother Mike Samuelson.

Chicago Lakefront 50 Miler (November 11, 2006, Chicago, IL)

4th Kevin Dorsey **6:46:04**

50 finishers

Dizzy 50s (November 18, 2006, Huntsville, AL)

50 Miler

1st Kevin Dorsey 7:48:32

6 finishers

50K

36th Bill Luton 6:06:1447th Kenny Simpson 7:01:1250th Paula Luton 7:03:0361st Holly Lynch 7:51:1362nd Tim Mosteller 7:51:20

63 finishers

Land Between the Lakes 60K (March 10, 2007, Grand Rivers, KY)

5th Kevin Dorsey 5:17:3912th Mike Samuelson 5:54:0345th Bill Luton 7:58:17

84 finishers

McNaughton Park 100 Miler (April 14, 2007, Pekin, IL)

5th Mike Samuelson 26:29:2626th Jeffrey Genova 34:15:29 (**probably not an AURA member**)

30 finishers

Highland Sky 40 Miler (June 16, 2007, Davis, WV)

47th Mike Samuelson 9:08:07

121 finishers

AURA AUGUST HOROSCOPE

The mystery of your puzzling running injury might soon be solved. Taking an ultra risk now could bring you praise and adoration in a future endeavor.. Your tired, drained training group is about to be rejuvenated by the presence of a younger but inexperienced runner of the opposite sex. Your heightened level of fitness has been noted by your fantasy companion.

AURA Cross Training Opportunity.

Legs tired? Nagging injuries? Need some time away from running? This might be opportunity knocking to rejuvenate yourself. Last year, the week after the Arkansas Traveller 100, Lou and the Bigshot drove to Natchez, Mississippi, for the Phatwater Kayak and Canoe Challenge, a 42 mile paddle on the Mississippi River. We will be doing the same this year and invite all "experienced" paddlers to come along. It was not a life changing experience but it was one of the "great" things I've ever done. Our plan is to drive to Port Gibson, Mississippi, Thursday, October 11th and camp at Grand Gulf Military State Park. At about noon Friday, we'll stage the boats at the start at Port Gibson port access. Security is provided. Then we'll drive to Natchez and register. Following this we can negotiate where we stay Friday night. At 5:00 a.m. Saturday, we'll catch the race shuttle and drive to Port Gibson. Our cars will be waiting for us at the finish. I would not recommend this event to inexperienced kayakers or canoers as the Mississippi River is mighty. However with a little bit of effort just about anyone can get experienced between now and then. For complete information go to www.kayakmississippi.com. If you would like to see a crude video of last years paddle, contact me at charlypytn@aol.com. AURA Cross Trainers meet weekly and paddle in preparations for this. Join us and have your eyes opened to something different.

AURA HOT, RED HOTFLASH

AURA sister, Jamie Huneycutt completed the Badwater 135 on July 23rd with at time of 41: 24:10. Story to follow ASAP

AURA Ultra Carton from the past – September 1992



“When mothers come out to the Ultras!”