

White Rock Classic 50 Km – UTS #8
 February 2nd, 2008- 9:00 a.m.
 Turner Bend Store--Cass, Arkansas

The ARKANSAS ULTRA RUNNER

February 2008- The Home Stretch Edition

A Newsletter for Members and Friends of the Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

Dedicated Runners: If your newsletter label is highlighted, it is time to renew your AURA membership.

AURA Potluck! / Meeting

February 24th, 2008 – 4:00 P.M.

Broadmoor Subdivision Club House - # 19 ½ Belmont Drive.

Please plan on attending the AURA Potluck on February 24th, 2008. There are several ways to approach this. If your last name begins with the letter A thru P, consider bringing a dessert or hors d'oeuvres; letters Q thru Z bring a casserole dish. Or, scrap that plan and bring whatever your favorite dish is (most good at). Whatever, it will be a great potluck. Our AURA president, San Ferguson, will call a business meeting after we are finished eating. The AURA soda and drinks. If you would like something more adult, you are welcome to bring it.

Directions – South on University Avenue. As you approach UALR on the left, turn right at the light onto Broadmoor Drive. Go a short distance (¼ mile +/-) to Belmont Drive on the left. Follow Belmont Drive a short distance (1/2 mile +/-) to Number 19 ½ Belmont Drive on the left. The clubhouse sign will point you down a sidewalk to the meeting lodge.

THE BIGSHOT'S PAPER TRAIL – With this February's newsletter we begin the 20th year of AURA. As the AURA Treasurer, the following comments are intended for our newer members who might not be familiar with how things came to be.

The AURA came into existence in February of 1989 and in 2001 we affiliated with the Road Runner Club of America (RRCA). We did this so that our running club could have credibility and standing with the governmental organizations that we have to deal with in order to conduct competitive events in their jurisdictions. The RRCA provides us with the insurance requirements that we need. The cost of being a member of the RRCA is not cheap for a club of limited means. The fee is in part based on the number of members that our club reports. There are also the flat fee for event and volunteer coverage. This

year. our RRCA dues was approx \$646.00. 99.9% of our other expense is the cost of this newsletter. This 99.9% expense is paid out of your membership dues. The RRCA fee is paid for by the events that we sponsor and provide the insurance for. We ask that each event we sponsor donate \$1.00 per entrant. In 2007, our club sponsored races included the *Arkansas Traveller 100, Ouachita Trail 50, Sylamore 50k, 3daysofSyllamo, the Swamp Stomper and the Bartlett Park Ultras*. In 2008 we will lose some of these races. Financially the AURA is on the sunny side of the financial register and will remain so.

AURA X-Training Update-Pedaling

The date of the Morrilton *Pig Out 5K* and *40 mile bike ride* has been set for June 29, 2008. These two events are organized by our AURA brothers, Jim Schuler and Dave Cawein. The June date is a change from the usual August *Pig Out*. Last year there were over 200 riders in the bike ride. AURA peddlers meet every Sunday afternoon at 1:00 p.m. at Murray Lock and Dam for a 25 +/- training ride on the River Trail. Join the BS for some easy X-training. Question? chrlypytn@aol.com

AURA's Fab-4

President/UTS Coordinator– Stan Ferguson
 Vice President – Michael DuPriest
 Secretary – Lou Peyton
 Treasurer/Newsletter Editor-Charley Peyton

2008 Ultra Trail Series

7-21-07	Midnight 50K	UTS 1
8-11-07	Bartlett Park Ultras	UTS 2
8-25-07	Mt Nebo Trail Run	UTS 3
10-06-07	Arkansas Traveller 100	UTS 4
11-10-07	Gulpha Gorge Challenge	UTS 5
1-5-08	Athens-Big Fork Marathon	UTS 6
2-2-08	<i>White Rock Classic 50k</i>	<i>UTS 7</i>
2-16-08	<i>Sylamore 50K</i>	<i>UTS 8</i>
3-14/16-08	<i>3Daysof Syllamo</i>	<i>UTS 9</i>
3-22-08	<i>Big Rock Mystery Run</i>	<i>UTS 10</i>
4-19-08	<i>Ouachita Trail 50k/50M</i>	<i>UTS 11</i>
5-12-08	<i>The Catsmacker (20 mi)</i>	<i>UTS 13</i>
???????	<i>Northwest Arkansas Run</i>	<i>Status pending</i>

Don't Delay; Register Now!

2-16-08 Sylamore 25/50 Km WWW.SYLAMORE50k.COM/

2008 Athens-Big Fork Trail Marathon

Ouachita National Forest

Big Fork, Arkansas

January 5th, 2008

OVERALL MALE

1. Tom Brennan, 36	4:36:38	14. Randy Ellis, 55	6:55:00
2. Darby Benson, 37	4:55:00	15. Devin Griffith, 41	7:09:00
3. Brady Paddock, 41	4:59:00	16. George Peterka, 47	7:18:00
4. Paul Schoenlaub, 48	5:08:56	17. Michael Talbert, 49	7:19:45
5. Stan Ferguson, 44	5:33:37	18. Josh Bornhorst, 33	7:29:30
6. PoDog Vogler, 41	5:34:40	19. Pete Ireland, 67	7:32:30
7. Jeffery Foes, 42	5:42:55	20. Guy Patteson, 47	7:34:57
8. Pauil Turner, 44	5:49:38	21. Chris Black, 27	7:56:00
9. Stuart Johnson, 48	5:49:38	22. Wesley Pruitt, 26	7:56:00
10. Jon Bitler, 36	6:02:45	23. Joh Lucas, 41	7:57:00
11. Steve McBee, 47	6:22:00	24. Jason Thomas, 34	7:57:20
12. Dean Cope, 46	6:45:41	25. Phil Brown, 41	8:38:05
13. Jim Sweatt, 52	6:45:42	26. Greg Bourns, 68	9:08:12

OVERALL FEMALE

1. Natalie McBee, 34	6:12:55
2. Katie Helms, 30	7:36:30

Blaylock Creek 17 Mile Fun Run

Ouachita National Forest

Bigfork, Arkansas

January 5th, 2008

OVERALL MEN

1. Steve Appleton, 35	3:10:00	9. Mike Bonnette, 47	4:18:00
2. Greg Eason, 37	3:34:40	10. Daniel Organista, 17	4:27:xx
3. Jeff aynes, 41	3:42:00	11. Phil Carr, 41	4:34:28
4. Ryan Morton, 17	3:42:00	12. Tim Poole, 40	4:34:28
5. Brent Robinson, 47	4:00:00	13. Keith Francis, 47	4:44:00
6. Larry Wagner, 45	4:04:00	14. Ken Childress, 48	5:44:30
7. Phil Brown, 46	4:06:00	15. Nick Alsbrook, 28	5:40:00
8. Michael DuPriest, 51	4:11:30	16. David Samuel, 64	7:14:09

OVERALL FEMALE

1. Veronica Battaglia, 35	3:36:00	6. Kim Johnson, 39	5:39:31
2. Alison Juniper, 32	4:07:00	7. Carrie DuPriest, 50	5:10:02
3. Jen Foster, 35	4:47:00	8. Rhonda Ferguson, 52	5:40:02
4. Liz Francis, 47	4:44:00	9. Lou Peyton, 63	5:55:11
5. Patty Groth, 52	5:39:31		

OTHER PARTICIPANTS

Patre Williams, 34	3:35	12 miles
Sandy Tull, 38	2:24:05	
Kandis VanRauensway, 38	2:25:02	
Courtney Tull, 18	49:08	5 miles

**Class of 2008**

Athens-Big Fork Trail Marathon and Blaylock Creek 17 Mile Fun Run

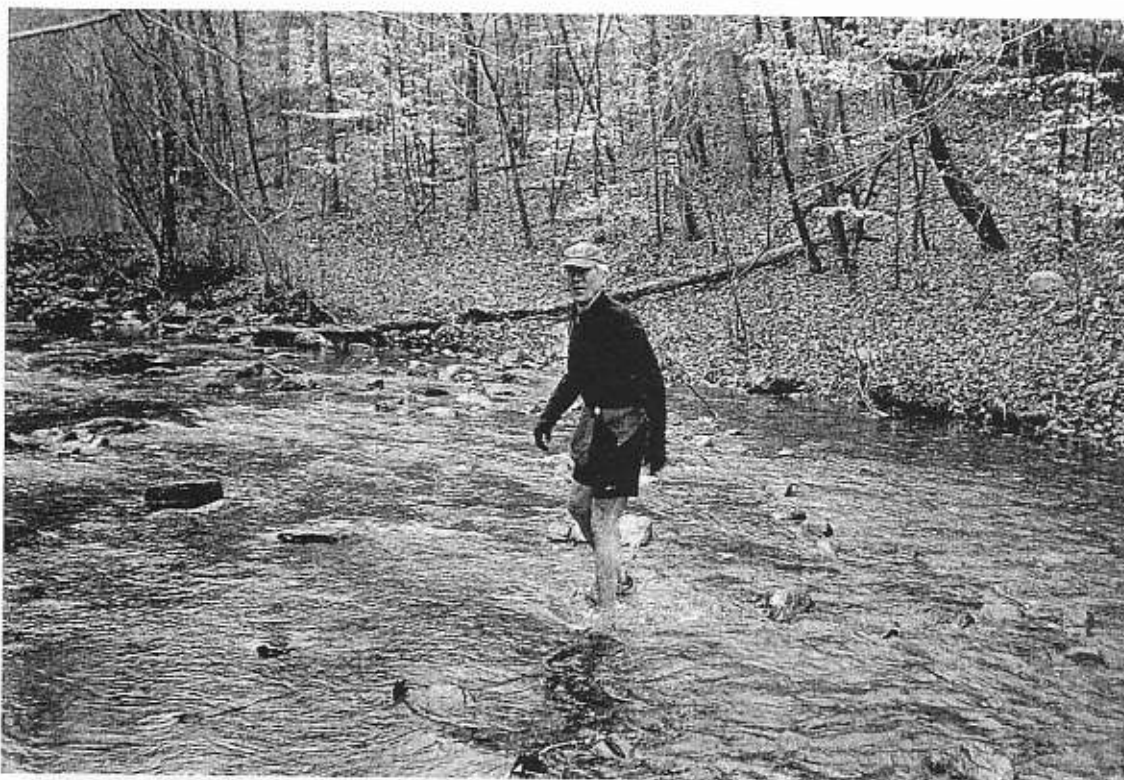


Photo: Greg Bourns as he crosses Blaylock Creek on his return.

Race Comments – AURA brother, Greg Bourns – Waldron, Arkansas. *The Athens to Big Fork Marathon, was for me more difficult than the Pikes Peak Marathon except for the altitude factor. I have done both and the ABF trail continues to be more challenging. The ABF is run at a time of the year when there aren't many scheduled runs and I look forward to kicking off a new running year with it. David Samuel and all the volunteers do a great job of taking care of the participants under the most difficult of conditions. The race this year was difficult for me because of the wet trail and more slippery than normal footing. There was a light rain during most of the run and although the temperature was warmer than other years, the rain made the run uncomfortable and the footing was bad. I went down a least three times, that I remember but did no serious damage. I did not drink enough during the early part of the run and had cramping problems during the last 5 miles of the run in spite of the moderate temperatures. If I had this race to do over, I would not let the moderate temperatures lull me into not hydrating properly. I had my slowest time ever at the ABF, probably due to poor hydration this is a great run and thanks again to all who helped put it on.*



Phil Brown, one of AURA's newest members, at the Road 106 Aid Station

Race Comments – AURA brother, Phil Brown – Little Rock. Can you say challenge that you were not expecting? The Athens- Big Fork run was all of that and then some. Being a newbie, this was my first run at Big Fork and a part of my attempt to complete most of the UTS series this year. It was by far the hardest physical challenge that I have been involved in including my first adventure at the Grand Canyon. What a grueling yet rewarding run. I was off with Patty Groth and Pete Ireland and determined to keep up with them thinking that I could make the cutoffs if I could stay fairly close. I felt good getting to the turn around. The heavy fog was a blessing getting there. It kept me from knowing what I had to climb going back!!!! There were a couple of climbs that I thought would never end. I could hear the wind and thinking you were close and, I knew it was the terrain that almost got me. I was very happy to be able to run the roads for the last couple of miles. Thank you to those who supported the race. The aid stations kept me fueled and encouraged. I was scared of missing the cutoff at the last aid station but everyone there was very supportive and patient. Even Noland got word to my support crew, AKA girlfriend, that I was slow but OK. The appreciation of the AURA community has for the race director and his dedication to put this on for so many years was very apparent. I really enjoyed participating with the AURA. The challenge for me is just to be a part of the group. Hats off to real runners and all those who allow us to take a little stroll a few times a year.

Athens-Big Fork Marathon

1999 Thru 2008*

Boyz

Tom Brennan(05)	4:34:42	Murry Chappelle(04)	5:59:30
Tom Brennan(08)	4:36:38	Jon Bitler(08)	6:02:45
John Hughes(05)	4:44:00	Michael Terrell	6:03:26
Steve McBee(05)	4:45:00	Mario Martinez(02)	6:04:00
Chuck Campbell(05)	4:46:00	Scott Rogers(07)	6:08:XX
Tom Brennan(04)	4:48:57	J.B. Mullins(07)	6:10:XX
Stan Ferguson(03)	4:50:13	Rick Utley(05)	6:12:50
John Gaston(00)	4:53:07	Tim King(04)	6:13:13
Stan Ferguson(05)	4:53:29	Tim Whitside(04)	6:13:14
Darby Benson(08)	4:55:00	Raton Parmain(04)	6:13:15
Darby Benson(07)	4:55:XX	Gary Gehrki(07)	6:21:XX
Craig Zediker(03)	4:55:23	Steve McBee(08)	6:22:00
Stan Ferguson(02)	4:56:07	Stewart Johnson(07)	6:24:26
Stan Ferguson(07)	4:57:09	Stewart Johnson(05)	6:25:40
Kevin Dorsey(07)	4:57:37	Mike Samuelson(07)	6:16:01
Stan Ferguson(04)	4:57:43	Raton Parmain(05)	6:26:04
Brady Paddock(08)	4:59:00	Tim King(05)	6:26:10
Stan Ferguson(00)	5:01:39	Mario Martinez(04)	6:27:28
Pablo Lowrey(07)	5:04:XX	Maurice Robinson(03)	6:27:35
Jon Bitler(05)	5:05:32	Mario Martinez(03)	6:30:25
Paul Schoenlaub(08)	5:08:56	Mike Dupriest(03)	6:38:48
Paul Schoenlaub(05)	5:09:22	Alex Eaton(07)	6:40:XX
Steve Kirk((04)	5:11:50	Jesse Wilson(03)	6:42:35
Tom Aspel(05)	5:12:24	Dean Cope(08)	6:45:41
Greg Eason(04)	5:14:31	Jim Sweatt(08)	6:45:42
Pablo Lowrey(05)	5:16:00	Tony Bailey(05)	6:46:45
Bill Coffelt(07)	5:16:XX	Mike Dupriest(00)	6:48:35
Steve Kirk(05)	5:17:00	John Jones(02)	6:49:19
Paul Schoenlaub(07)	5:18:34	Pete Ireland(07)	6:53:48
Tom Aspel(04)	5:20:49	Maurice Robinson(07)	6:53:58
John Jones(99)	5:35:58	Maurice Robinson(04)	6:54:00
Stan Ferguson(08)	5:33:37	Randy Ellie(08)	6:55:00
PoDog Vogler(08)	5:36:40	Mario Martinez(05)	6:59:00
Darin Hoover(03)	5:36:26	Jimmy Sweatt(00)	6:59:00
Rob Wistrand(04)	5:36:31	Ron Gimblitt(00)	6:59:00
Tom Brennan(02)	5:36:35	Randy Davidson(00)	6:59:00
Darin Hoover(07)	5:36:50	Kevin Griffith(08)	7:09:00
John Jones(00)	5:40:12	Jimmy Sweatt(02)	7:10:10
Steve Appleton(07)	5:40:35	Jimmy Sweatt(03)	7:13:00
Jeffery Foes(08)	5:42:55	George Peterka(08)	7:18:00
John Vogler(05)	5:44:22	Guy Patteson(07)	7:18:XX
Darin Hoover(02)	5:44:36	Mike Talbert(08)	7:19:45
Paul Turner(08)	5:49:38	Todd Matthews(07)	7:19:XX
Stuart Johnson(08)	5:49:38	Kim Childress(04)	7:20:08
Raton Parmain(00)	5:50:26	Josh Bornhart(08)	7:29:30
Bill Richardson(07)	5:50:49	Pete Ireland(08)	7:32:30
Israel Holby(05)	5:53:33	Pete Ireland(05)	7:33:10
Steve Lee(00)	5:55:29	Guy Patteson(08)	7:34:57
Rick Utley(00)	5:58:52	Mike Snyder(07)	7:35:43
Kevin Dorsey(05)	5:59:15	Pete Ireland(03)	7:37:22

Pete Ireland(00)	7:38:30
Mike Dupriest(99)	7:43:00
George Peterka(05)	7:44:00
Chris Black(08)	7:56:00
Wesley Pruitt(08)	7:56:00
Jon Lucas(08)	7:57:00
Jason Thomas(08)	7:57:20
Maurice Robinson(02)	7:59:08
Jimmy Sweatt(04)	8:00:00
Brian Hoover(07)	8:07:24
Pete Ireland(02)	8:12:59
Ken Childress(07)	8:16:XX
Greg Bourns(07)	8:37:21
Phil Brown(08)	8:38:05
Don Higgins(00)	8:47:00
Steve Chaney(00)	8:47:00
Dennis Crosby(07)	8:59:45
Greg Bourns(08)	9:08:12
Jim Beach(02)	9:14:20
Brandon Neal(02)	9:14:20
Steve Eubanks(02)	9:21:58

GIRLZ

Natalie McBee(05)	5:53:33
Barbara Bellows(02)	6:01:00
Natalie McBee(08)	6:12:55
Susy Phillips(06)	6:12:XX
Ilona Peterka(05)	6:17:00
Barbara Bellows(04)	6:20:03
Kim Pavelko(Riley)(02)	6:23:00
Kim Pavelko(Riley)(00)	6:25:00
Andrea Creasy(07)	6:36:XX
Ilona Peterka(07)	6:38:XX
Barbara Bellows(05)	6:47:00
Kimmy Riley(03)	7:07:00
Blair Dean(07)	7:16:XX
Kim Morton(05)	7:19:19
Jamie Huneycutt(07)	7:35:43
Katie Helms(08)	7:36:30
Carrie Dupriest(00)	7:38:00
Kim Pavelko(Riley)(99)	7:45:00
Dianne X Seager(04)	8:00:00
Lou Peyton(00)	8:00:56
Lou Peyton(02)	8:17:00
Lou Peyton(99)	8:17:50
Lou Peyton(05)	8:24:00
Patty Groth(03)	8:35:00
Carrie Dupriest(03)	8:35:00
Lou Peyton(03)	8:57:00
Kim Fischer(02)	9:21:58

- In 2001 the race was abbreviated due to snow and ice and not recorded as a full marathon.
- Report errors to Chrlypytn@aol.com

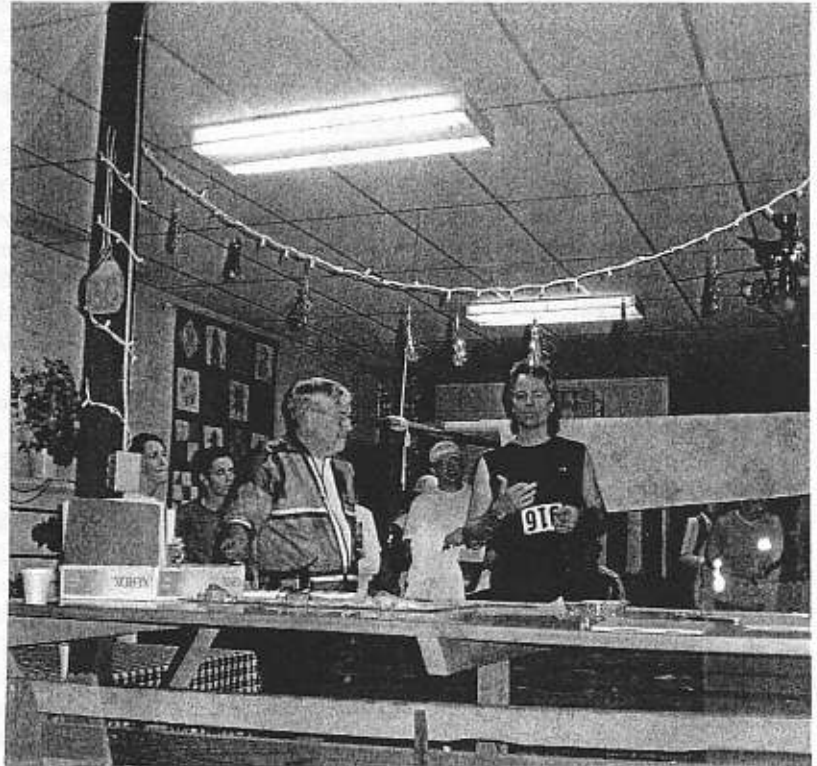


Photo: Big Fork Community Center Pre-race briefing. AURA president, Stan Ferguson, right, speaks for all Athens-Big Fork Marathon Participants, past and present, by thanking .Founder and director, David Samuel (left), For 10 years of leadership. David is Retiring as director of the ABF-26.2. Will this be the last year? Although it is Not 100% confirmed, I have it on good Authority that there are several ultra runners Interested in taking over the race and continuing The Athens-Big Fork Marathon tradition.

2007-2008 Ultra Trail Series Standings - Men (continued)

Rank	Disp. Name	Age	Midnt	BP	Nebo	ATT100	GGorg	ABF	Total
43	John Dove	42				40			40
44	Rick Mayo	32				39			39
45	Jamie Hammond	37				38			38
46	John Manley	38				37			37
47	Carey Smith	33				37			37
48	Chris Smith	37				37			37
49	Derek Huddleston	24	12			36	24		36
50	Gabe Bevan	35				36			36
51	Logan Vaughn	23				34			34
52	Pete Ireland	66	10			7		9	34
53	Tom Aspel	52				14			34
54	David Glass	39				33			33
55	Michael Hooks	33				32			32
56	Brian Kuhn	34				31			31
57	Todd Porter	45		32		31			31
58	Steve Corbin	47				30			30
59	Bob Walsh	47			30	30			30
60	John Powers	44				28			28
61	Al Keshner	54				27			27
62	Franklin Baker	38			26	25			25
63	Jacob Wells	55				24.5			24.5
64	Mike Hopton	53	24.5			24			24
65	Gary Geirki	48				24			24
66	Stuart Johnson	32			6	24	8	10	24
67	Aaron Jeanes	35				23			23
68	Josh Bonthorst	36				23			23
69	Phillip McColl	45			23	21			23
70	Dalton Wilson	36				21			21
71	John Dolan	36				20			20
72	Jon Bearden	23				19.5			19.5
73	Scott Oliner	44				18			18
74	Tom Baker	48				18			18
75	Ronnie Nelson	19				17			17
76	Isaac Espy	20				17			17
77	Jason Cooper	18				17			17
78	Date Humphrey	18				17			17
79	Michael Poole	18				17			17
80	Ian Maddieson	65				17			17
81	Maurice Robinson	65	17			17			17
82	Steve Durbin	47				17			17
83	Steve Kirk	47				17			17
84	Steve McBe	22				16			16
85	Ben Simmons	46				16			16
86	Dean Cope	16				16			16
87	Kevin Vitoral	48				16			16
88	Murry Chappelle	16				16			16
89	Zach Turney	16				16			16
90	Chuck Clawson	52			15	15			15
91	David McCormick	52				15			15
92	Jim Swart	41	15			15			15
93	Robert Williamson	45				15			15
94	Willie Lambert	45				14			14
95	Axel Reissnacker	54				14			14

Rank	Disp. Name	Age	Midnt	BP	Nebo	ATT100	GGorg	ABF	Total
96	Cliff Sanders	57	4	8	2				14
97	David Partridge	46			14				14
98	Randy Ellis	55						14	14
99	Thomas Chapin	29	14						14
100	Wesley Brown	14							14
101	Chase Squires	41				13			13
102	Kevin Griffith	41				13			13
103	Michael Harlow	15				12			12
104	Wesley Collins	39	7		5				12
105	Gabriel Weiss	57				12			12
106	Phillip Hall	11				11			11
107	Randy Dietz	48				11			11
108	Ian Bergin	39				11			11
109	Ken Barton	49				11			11
110	Manuel Centeno	43				11			11
111	Michael Talbert	52				11			11
112	Pablo Lowrey	61			11				11
113	Scott Warrtor	10				10			10
114	Bill Heldenbrand	9				9			9
115	Travis Self	63				9			9
116	Jim Pschandi	40				9			9
117	Michael Moye	51				9			9
118	Paul Butler	40	3			8			9
119	Phil Brown	46				8			9
120	Steve Hobbs	56				8			9
121	Terry Hawkins	27				7			8
122	Vicente Ledesma	38				7			8
123	Bill James	49				7			8
124	Charles Felsher	27				7			7
125	David Calhounet	30				7			7
126	Ken Saveih	54				7			7
127	Nick Avery	27				7			7
128	Chris Black	26				7			7
129	Wesley Pruitt	27				6			7
130	Walker Williams	27				6			6
131	Rich Shaver	30	5.5			5			6.5
132	Rob Shaver	57				5			6.5
133	Bob Marston	44				5			6.5
134	David Linningston	41				5			6.5
135	Eddie Joutle	50				5			6.5
136	Jon Lucas	34				5			6.5
137	Bob Drake	29				5			6.5
138	Jason Thomas	41				5			6.5
139	Mike Apple	44				5			6.5
140	Phil Min	41				5			6.5
141	Randy Saxon	50				5			6.5
142	Darrell Green	34				5			6.5
143	Katsuyuki Hata	29				5			6.5
144	Alston Jennings	43				5			6.5
145	Greg Bourus	59	2			5			6.5
146	Johnny Eagles	68				5			6.5
147	Michael Matesson	49				5			6.5
148	Ron Gimblel	59				5			6.5

ULTRA CORNER*

2008 Sunmart 50K/ 50 Mile

December 8th, 2008

Huntsville(State Park), Texas

50K

Pl	Name	Time	
395	Ron Gimblett	7:59:32	(520 finishers)

50 Miler

Pl	Nme	Time	
20	Paul Schoenlaub	7:43:45	
88	Randy Ellis	10:19:10	
117	Herb Jerrell	10:56:48	
137	Susy Phillips	11:26:34	(171 finishers)

The Big Shot and the Coach Doctor

New Years Resolutions - A Saterical AURA Cartoon



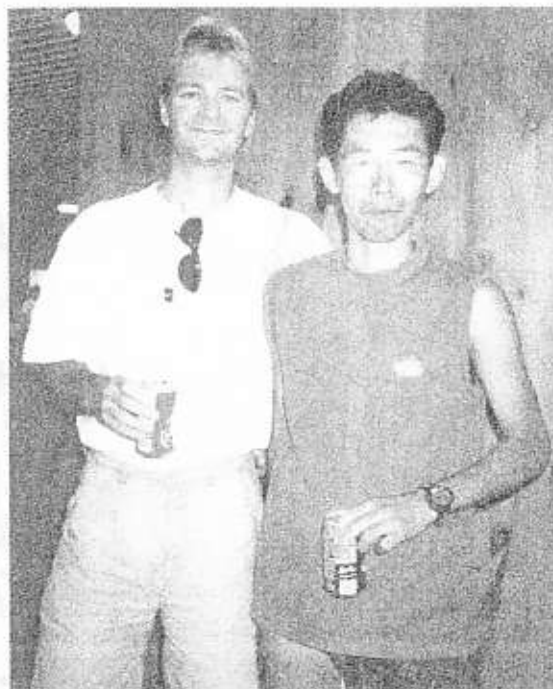
Kent Takahashi – 1966 - 2007



While Chrissy was running Vermont 100 in 2000, she met Kaoru Takahashi, a young Japanese man who was living and working in New York, and who loved running ultras. He preferred simply being referred to as "Kent." Chrissy and Kent ran much of the way together that year, and we saw him on subsequent trips to Vermont in 2001 and 2002. By 2003 Kent's work had taken him back to Japan, but he still visited the U.S. to run. Due to the manner in which many Japanese companies administer vacations, it is often difficult for runners to travel to races other than during the summer months, but he managed to come and run the Arkansas Traveller in 2003 and 2004.

We recently learned from his brother, Miki, that Kent had passed away while running a trail race on May 12th of last year. This was the result of an acute myocardial infarction. He was 40 years old. As Chrissy reassured Miki—a soothing consolation is that Kent died while doing what he loved. One of the last communications we received from Kent was in the fall of 2006. He was proud to have again completed the Trans Japan Alps Race that summer, and sent the picture above. We will miss Kent—as I'm sure all the AURA brothers and sisters who got to know him will, also.

- Stan Ferguson



RETREADS

(Retired Runners Eating Out). Join us the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. We line up at 11:30 a.m. sharp. Wear something to identify yourself. Pass the word

AURA X-Training Update #2 – Paddling

AURA X-Training paddlers meet weekly year round for flat water kayaking on the Arkansas River or its tributaries. If you are the least bit curious and want to give it a try, give us a holler at chrlypvtn@aol.com The date for the annual Arkansas River Kayak and Canoe Race has been set for June 7th, 2008. There is plenty of time for you to get ready.

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