

Athens-Big Fork Trail Marathon
 And
 Blaylock Creek 17 Mile Fun Run
 Saturday, January 5th, 2008
 8:00 a.m.

The ARKANSAS ULTRA RUNNER

January 2008- The Abbreviated Edition

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

WWW.RUNARKANSAS.COM

THE BIGSHOT's PAPER TRAIL – Earlier this month, an AURA brother forwarded to the Power Room a notice that ultrarunning Icon, Helen Klein, of Rancho Cordova, California, had demolished the 85 year old age group marathon record with a time of 5:35 at the International Marathon. It is hard to believe that Helen Klein is 85 years old. It seems like it was only yesterday (1990) that Helen paid a visit to Arkansas to visit her daughter who was living in Bryant at the time. We planned a visit to Pinnacle Mountain and a run in the country. As you might imagine we were on pins and needles anticipating her arrival. What if Helen got lost on the run; what if Helen fell down; what if Helen did this or Helen did that! It spawned an AURA cartoon in which Lou carried her water bottles and toilet paper and held her hand at the stream crossings. As it turned out there were no incidences to speak of and we look back on the adventure with fondness.

Due to popular demands, the BS will be exploring the possibility of buying more AURA bumper stickers. We (the AURA) would try to sell them at a minimum fee to cover the cost. If you have any ideas on color, wording, etc., let me know. In the mean time consider accessorizing your AURA membership with a bumper sticker when you renew.

The first Wednesday of every month, a large group of runners meet at Franke's Cafeteria on Rodney Parham. We reserve a table and eat and talk about running. Everyone, whether retired or not, is welcomed to join us. Our routine is to gather up in the lobby and at 11:30 a.m., join the food line. We call ourselves the **RETREADS**.

A brother sent me a notice proclaiming the benefits of drinking beer after a run. Spanish researchers say that beer can help someone who is dehydrated retain liquid better than water. Juan Antonio Carbalan, a cardiologist who worked with the Real Madrid Football players and basketball team said that beer had the perfect profile for re-hydration after sport. He recommended barley drinks in moderation. The BS always knew that he was doing the right thing.

Have a safe New Year everyone!

19th Edition; Number 11
 The AURA – The Power of Two
 Conceived in 1989; Birthed into RRCA in 2001

The Inside by HARLEY

(A Satirical look
at ULTRA Running
in ARKANSAS)



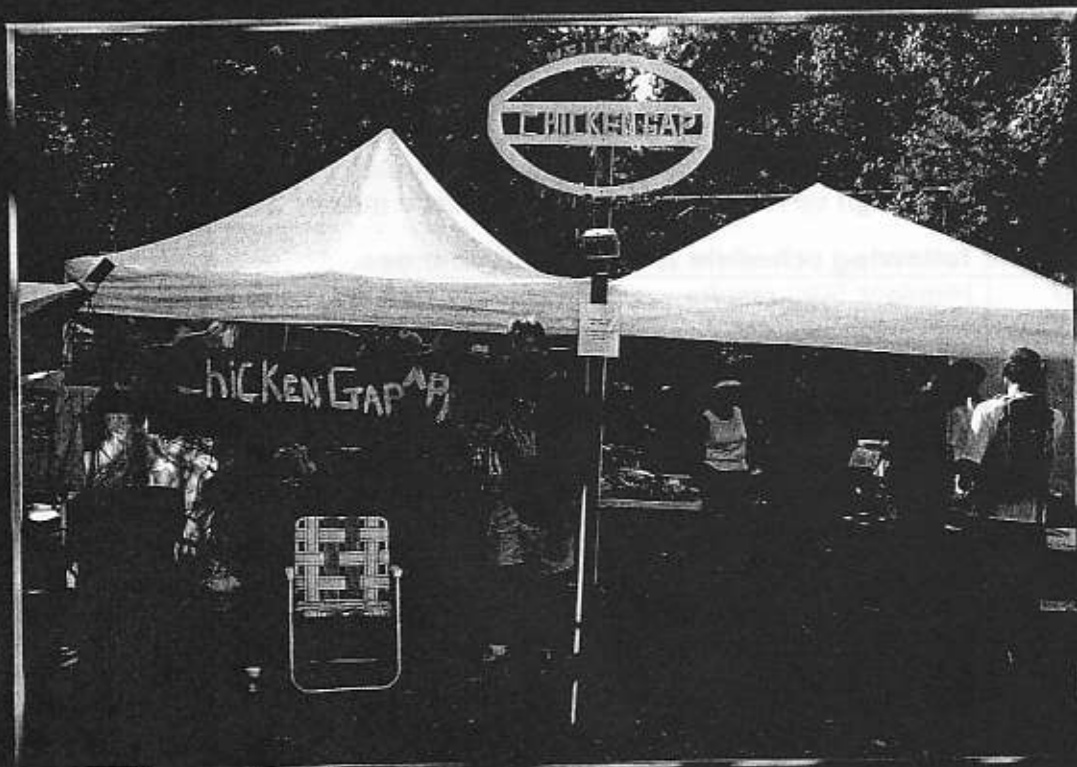
Cartoon appeared in
May of 1990

"Did She or Didnt She"

3 Days of Chicken Gap

EDGE 2008

2008 SPORT



2008

january

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february

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march

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april

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may

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july

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august

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september

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28	29	30				

october

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25	26	27	28	29	30	31

november

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23	24	25	26	27	28	29
30						

december

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21	22	23	24	25	26	27
28	29	30	31			

2007-2008 Ultra Trail Series

The AURA organizes and/or designates a number of races to be included in the Ultra Trail Series. Individual points are awarded for each event completed, based on the [UTS Rules](#). Male and Female – Open, Master, Senior, and Super-Senior winners (Kings/Queens of the Trail) are crowned at the completion of the series each year, based on point totals.

Some of the UTS races are low-key, little or no-fee, no frills, minimal aid events (a.k.a. "fun runs"), while others are full-fledged races. Please plan and prepare accordingly.

Points standings are published regularly in the AURA newsletter. Sure, you can see them [here](#) too, but don't be a bum--sign up for the newsletter (it's just a measly 15 bucks a year).

*** NOTE: The following schedule is subject to changes.**

7/21/07	Midnight 50K results	UTS race #1, 8:00 PM start (also a 25K which is not a UTS race) Information page
8/11/07	Bartlett Park (TN) Ultras (50 miles / 40 miles / 50K) results	UTS race #2
8/25/07	Mt. Nebo Trail Run (14 miles +/-) results	UTS race #3 Information page
10/6/07	Arkansas Traveller 100 results	UTS race #4
11/10/07	Gulpha Gorge Challenge (17+ miles) results	UTS race #5, 7:00 AM start Gulpha Gorge campground in Hot Springs
1/5/08	Athens-Big Fork Trail Marathon	Read This (Also a 17 mile run--which is not a UTS race)
2/2/08	White Rock Classic 50K	UTS race #7
2/16/08	Sylamore Trail 50K	UTS race #8
??/??/08	Big Rock Mystery Run	UTS race #9
3/14-16/08	Three Days of Syllamo	UTS race #10
4/19/08	Ouachita Trail 50 Mile/50K	UTS race #11
5/??/08	The Catsmacker (20 miles)	UTS race #12
??/??/08	Northwest Arkansas run ?	status pending

Some UTS race terms and guidelines:

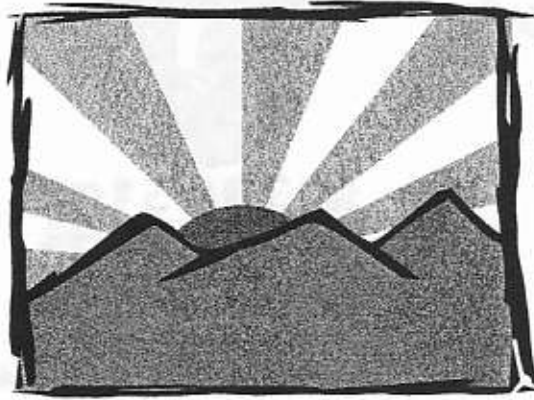
Sign-in sheet. It may be up to you to keep your own time, and sign in when you complete the run.

Water bottle. This is what you need to carry on most of the runs. For minimal aid races, there might be water set out, but there won't be cups. Show some consideration to your fellow runners by NOT tonguing the water jugs or wasting the water!

Donation can. If it's a no-fee race, there might be a donation can. Participants are encouraged to toss in a buck or two to show appreciation for those putting on the race, marking the course, providing aid, etc, or just to the AURA club.

For more information on Ultra Trail Series runs or the AURA, contact [Stan](#).

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White Rock Classic 50K (actually almost 32 miles)

Saturday, February 2, 2008

9:00 am

No Fees, No frills, No WIMPS!

Race begins at 9:00 am on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass). Please sign-in by 8:30 am at the Turner Bend Store.

This is Race #8 of the 2006 - 2007 Ultra Trail Series
A \$5.00 donation is suggested to cover costs

Brought to you by Jamie & Jay Huneycutt
and the Arkansas Ultra Running Association (AURA)
Refreshments will be near the finish line starting at 1:00 pm

Please keep your own time and sign in at the top (past the aid station at the lookout) and at the finish to be included in the results. This is a run/walk but you are welcome to ride your bike if you wish.

The 50K course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained forest road. Aid is set up approximately every 5 - 6 miles.

Approximate cumulative elevation changes:

Out/up: 3500' total climb, 1900' total descent

Back/Down: 1900' total climb and 3500' total descent (see profile on next page)

You may also run the 25K ascent (fun run) only, but you will need to find your own ride back.

Course closes by 5 pm. Early starts are excepted if you are unable to complete the 50K under 8 hours.

See next page for more info:

White Rock Classic - Page 2

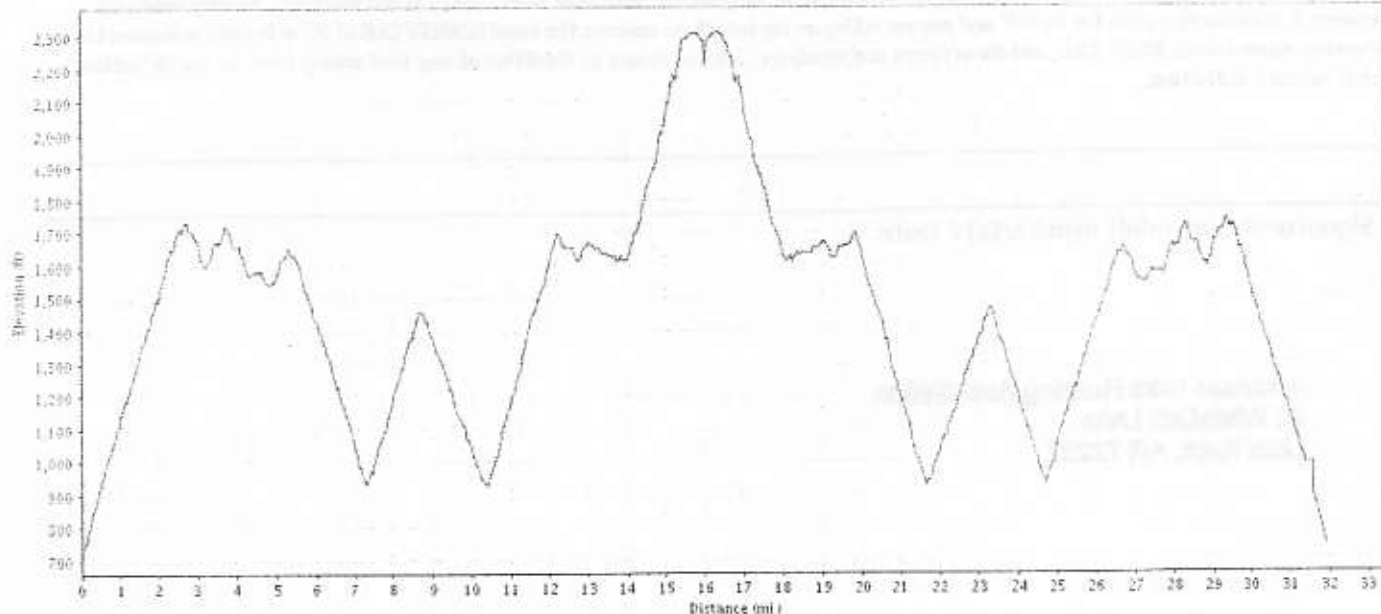
Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation.

Questions: Jamie & Jay Huneycutt - Home Phone: 479/444-8955

Turner Bend Store: Brad Wimberly - 479/667-3641

E-mail: jhuneycutt@nw-health.com or hjhuney@uark.edu

Here is the course profile - compliments of Jeff Genova - Thanks Jeff!



Yikes - not very flat is it? Oh well, it is guaranteed to help work off those Christmas holiday pounds before the Valentine Candy arrives.

**RETREADS meet January 2nd at 11:30 a.m. at
Franke's Cafeteria**