

# The ARKANSAS ULTRA RUNNER

November 2008- The Arkansas Traveller Edition

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

WWW.RUNARKANSAS.COM

*Dedicated Reader: If your newsletter label is highlighted, it is time to reconnect. Avoid a shutoff by renewing your AURA membership.*



## THE BIGSHOT'S PAPER TRAIL

What a great weekend it was for the 18<sup>th</sup> running of the *Arkansas Traveller 100*. I want to thank Stan and Chrissy for allowing us to set up the small community of Chicken Gap at the Turnaround Aid Station. This was the first time in eight years that we've been able to pack up our belongings and go to the finish line to watch runners complete their 100 mile journey. It was a joy to see the Grand Slammers from the AURA all in attendance. I have told this story before but after all the race planning I have this need to go back to the race course on Monday. The Queen Mother (Lou) and I visit the Aid Station sites and pick up any trash and take down pink ribbons and glow sticks. The race course is still alive with our visions of victories and the defeats that occurred there only a few hours earlier. It reminds me of growing up in Mississippi and visiting the Civil War battle fields. Something really powerful happened there and I could still feel it.

### AURA's To Finish the 2008 Arkansas Traveller 100

Place	Name	Time
1.	Tom Brennan	17:44:1
4.	Kevin Dorsey	20:30:0
5.	Scott Eason	20:36:4
6.	Po Dog Vogler	20:47:5
7.	Stan Ferguson	23:50:1
25.	Ted Bowden	23:51:1
33..	Guy Patteson 111	26:18:3
45.	Teresa Cox	27:47:2
48.	Kimmy Riley	27:52:4
53.	Collins Cogbill	28:11:5
54.	Jim Sweatt	28:15:5
59..	Jen Foster	28:53:3
62.	Murry Chappelle	29:06:3
69.	Kim Johnson	29:44:5



Scott Eason on the Chicken Gap Road at about mile 56

## Arkansas Traveller 100 Results

October 4-5, 2008

Ouachita National Forest

Perryville, Arkansas

Place	Name	Age	State	Time
1	Tom Brennan	37	OK	17:44:11
2	Perry Edinger	47	AZ	19:07:35
3	Jerry Turk	50	CT	19:10:35
4	Kevin Dorsey	37	TN	20:30:07
5	Scott Eason	43	AR	20:36:40
6	Po Dog Vogler	42	AR	20:47:54
7	Jeffrey Welsh	54	NC	21:59:00
8	Dan Brenden	57	AZ	22:05:54
9	Brian Kuhn	35	IL	22:12:42
10	<u>Carol O'Hear</u>	<u>33</u>	<u>MA</u>	<u>22:28:22</u>
11	Marty Fagan	45	WA	22:36:31
	Steve Corbin	45	TX	22:36:31
13	<u>Chris Fagan</u>	<u>43</u>	<u>WA</u>	<u>22:40:08</u>
14	Miles Krier	56	OK	22:43:45
15	Nolan Ming	33	IL	22:54:41
16	Aaron Mulder	33	PA	22:59:18
17	Jim Musselman	48	GA	23:05:15
18	Sam Landry	47	LA	23:07:40
19	<u>Monica Scholz</u>	<u>41</u>	<u>Canada</u>	<u>23:09:57</u>
20	Michael Courtney	52	NM	23:17:27
21	Nelson Armstrong	34	TN	23:18:35
22	Geoffrey Foote	40	AZ	23:18:36
23	Rob Cowan	48	CA	23:44:14
24	Dale Humphrey	49	MN	23:46:34
25	Stan Ferguson	45	AR	23:50:18
26	Ted Bowden	54	AR	23:51:15
27	Michael Poole	27	TN	23:58:19
28	David Kimler	41	TN	24:20:42
29	Willie Lambert	46	KS	24:59:43
30	Allan Holtz	58	MN	25:45:44
31	Bill Webb	43	TX	25:46:39
32	Les Ellsworth	54	TX	26:02:31
33	Guy Patteson III	48	AR	26:18:31
34	<u>Gaynor Bourgeois</u>	<u>40</u>	<u>DC</u>	<u>26:31:15</u>
35	Scott Springman	31	MO	26:36:21
36	Jerry McGath	70	MS	26:39:55
37	<u>Cheryl Zwarkowski</u>	<u>50</u>	<u>CA</u>	<u>26:57:06</u>
	Martin Fritzhand	65	OH	26:57:06
39	Arnold Begay	45	OK	27:01:13
40	<u>Robin Saenz</u>	<u>52</u>	<u>OK</u>	<u>27:06:59</u>
	Ken Childress	49	OK	27:06:59
42	<u>Susan Kokesh</u>	<u>42</u>	<u>OR</u>	<u>27:11:25</u>



**Tom Brennan**  
2008 Arkansas Traveller winner  
Mile 58.



**Carol O'Hear**  
2008 1st Female  
Showing off her Grand Slam Award

43	<u>Suzie Spangler</u>	38	MD	27:15:15
44	<u>Kristina Irvin</u>	50	CA	27:25:33
45	<u>Teresa Cox</u>	48	AR	27:47:28
46	Thomas Skinner	62	GA	27:47:31
47	Michael Siltman	39	IL	27:49:02
48	<u>Kimmy Riley</u>	47	AR	27:52:43
49	Gregg Holst	50	PA	27:54:24
50	Michael Bernstein	49	CA	28:04:25
51	Randy Saxon	48	MS	28:05:09
	Charles Felsher	41	MS	28:05:09
53	Collins Cogbill	39	AR	28:11:58
54	Jim Sweatt	52	AR	28:15:55
55	Ian Maddieson	66	NM	28:18:17
56	Matthew Turnlin	28	GA	28:19:23
57	Tom Gladfelter	57	IL	28:53:09
58	Philip McColl	56	Canada	28:53:10
59	<u>Jen Foster</u>	36	AR	28:53:34
60	Edward Morin	36	AR	28:59:04
61	Bentley Blackmon	36	AR	29:05:19
62	Murry Chappelle	49	AR	29:06:33
63	John Wood	58	FL	29:10:32
64	<u>Tammy Walther</u>	37	AR	29:15:39
65	<u>Anita Fromm</u>	37	NM	29:23:18
66	Vincent Swendsen	46	NJ	29:28:15
67	<u>Joni Fontana</u>	46	MD	29:37:37
68	John Palmer	53	TX	29:44:20
69	<u>Kim Johnson</u>	39	AR	29:44:55
70	<u>Tracy Thomas</u>	47	IL	29:46:14
	Murvin Norgaar	52	IL	29:46:14
72	Leonard Martin	55	TN	29:52:40
73	Joseph Cichon	44	IL	29:53:18
74	<u>Diane Jones</u>	53	TN	30:02:22
75	<u>Rosemary Evans</u>	55	KY	30:38:21
76	Katsuyuki Hatta	44	Japan	31:06:04

106 starters



Chicken Gap workers keeping busy before the runners arrive.

# AURA GRAND SLAM FINISHERS



L TO R – Max Hooper, Larry Mabry, Lou Peyton, Roy Haley, Bob Marston, Mike Samuelson, Paul Schoenlaub.

## PLUS 2008 Inductee.



**Stan Ferguson**

## AURA Inductees and Year

Max Hooper	1989
Larry Mabry	1989
Lou Peyton	1989
Roy Haley	1990
Roy Haley	1991
Bob Marston	1997
Paul Schoenlaub	<b>2004</b>
Mike Samuelson	2006
Stan Ferguson	2008

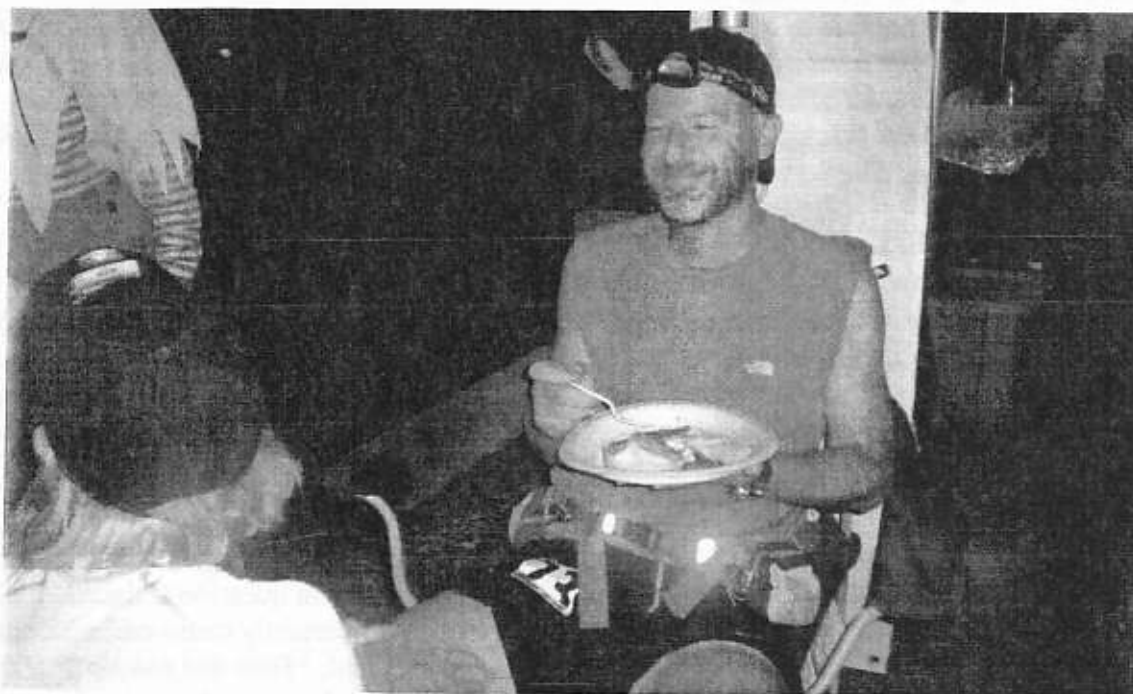


## RETREADS

(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 as a runner. Pass the word. Remember, you were once somebody.

## AURA POST RACE INTERVIEWS

Collins Cogbill - Fort Smith, Arkansas - 28:11:05



Greetings Collins, Thanx for sitting down for a few minutes in the Power Room. If I remember correctly, you first became interested in doing the *AT100* after serving as a radio man at the Chilli Pepper Aid Station back in the race's earlier years. I know you attempted the race at least once but the outcome was not pretty. What made the difference this time around?

**Actually this was my 5<sup>th</sup> try at the AT-100. The difference this year was staying hydrated, taking electrolyte pills, training, et al. Having pacers and abstaining from beer....which unfortunately had gotten out of control for a few years.**

Tell the BS your plans for completion: Pacing eating, drinking, running/walking, etc.

*My plan was to finish under 30 hours and drink tons of water and electrolyte. I set the timer on my watch to beep every 10 minutes, so I would drink water. This is something I have neglected in the past. Drinking when I'm thirsty has never worked for me. I ate everything in*

*sight and there were never any stomach problems. This was the first year I've ever had pacers. They were very strict and there was no margin for error.*

How did the race go for you and could you feel us pulling for you?

*During the OT50K, I saw the BS at North Shore aid station. I said, "I,m tired.". He said "Collins, its only a 50K". This put things into perspective for the AT100. I thought about that quite a bit. When I saw the BS Sunday at the Traveller finish, he said, "How far did you get, Collins," I said, "I finished." This was perhaps the most monumental time of my life. People were pulling for me all along. especially Rhonda Ferguson.*

At the Turnaround at mile 58, you were looking surprisingly well and sat down and had some of the BS's ham and pancakes. What was your strategy for using the aid stations? You know....in and out; don't linger'keep moving, etc....

*I consumed an entire plate of eggs, pancakes, ham, biscuits, etc at the Turnaround. I've never made it that far. Going back over Smith Mountain was a treat. Switching pacers at Lake Winona caused quite a bit of anxiety. Helena was a miracle worker, at that point. John Muir's sister helped me through the last 15 miles and provided lots of humor. This got me across the finish line. She was very strong and "badgered" me into running as much as possible.*

Tell us what you learned during the race and what you would tell a friend who wanted to try it?  
*I learned that staying hydrated and eating food will keep me going. The mild weather helped me as well. Running along with Kimmy Riley and Jimmy Sweatt helped keep my spirits up. Seeing Ted Bowden out there and Greg Eason was an incredible inspiration. To someone wanting to take the challenge—"Have a good time. Drink and eat lots. Stay up late and enjoy nature."*

One of the Bigshot's rules of AURA etiquette states that one should never ask an ultra runner their time after an event. One doesn't always know that the person in question finished. To ask an AURA brother or sister their time after they had DNF'ed will certainly cause embarrassment and consternation. The BS believes one should say to a participant, "*How did you do*". If the person in question did not finish, this gives him or her an opportunity to explain what happened and, if they did finish, will tell of their experience plus give you their finish time. It's a win/win situation. With this fresh in your mind the Bigshot would like to apologize to our AURA brother and guest, Collins Cogbill for the post race comment that I give to him. As I got to the finish area about 11:00 a.m. and got the full dose of post race breakfast at Lake Sylvia, I positioned myself near the finish line to watch the last of the runners and the award presentation. As I settled in someone said, "Hi, Bigshot". I turned around and there sat Collins. Instead of saying, "How did you do", I said, "how far did you get." What a rude, calloused comment to say to an ultra brother. I was shocked to hear him say, "I finished. I have never been so pleased and proud to hear that he had finished.

## Teresa Cox – McGehee, Arkansas- 27:47:2



What a great ultra day it was to see your name on the finisher's list. Tell us why you decided to enter the *Arkansas Traveller 100* and what were your expectations of what it would be like.

*I had been following the Traveller in the newspaper for the last six or seven years. The distance of the race and the endurance you have to have to complete it caught my attention. I knew it would be tough after reading the runner's account in the paper. Not finishing it was a real possibility.*

As one of our newest AURA members, describe your background in running.

*I have been running for 10 years. I started out by doing the Race for the Cure 5k. When Little Rock had its first marathon in 2003, I decided to see if I could finish it. I did and was hooked on long distance races. I have done 15 marathons and my goal is to do the 50 states club. I have nine states completed.*

Tell the BS your strategy for finishing the Traveller.

*I was told to eat a little at each aid station. I had a camel water pack for hydration. I walked up the hills and ran down them. I ran with Pete Ireland who helped me with pacing and at night there was more walking than running. I was able to have a pacer meet me at the Copperhead Aid Station (Mile 66) and he helped me through the night to Lake Winona. John was a big help.*

So overall, how did the race go for you?

*It went really well. I love the trails and even the hills weren't too bad. Being able to finish with time to spare was great.*

At the Chicken Gap Aid Station mile 58, you were complaining of pain in the left shin area. We were all worried about your chances of finishing. How did you resolve the problem?

*At the Copperhead Aid Station on the return, I started taking Advil every four to five hours. At the Powerline Aid Station I had my ankle looked at and they taped it as best they could. I continued my Advil until the end of the race. The pain slowed me down and for the last six miles I pretty much walked in.*

At what point during the race did you know you were going to finish.

*I was running with Pete until we reached the Pig Trail Aid Station. He told me we were on schedule to finish under 30 hours even if we walked more than we ran.*

Tell us what you learned from the event and what would you tell a friend who wanted to take the challenge?

*It was a tough course especially for a flatlander like me. You need to do the training runs on Labor Day weekend to get a good idea of the course. There is a lot of planning to do especially with your dropbags, to be prepared for anything. I would recommend a pacer to help and do long runs as part of your training. I enjoyed the race and want to try it again and see if I can better my time. I want to thank all the special people I met who helped me to be able to finish this race and for the good Lord who led me to them and was with me in this race.*

## ULTRA CORNER

### ***2008 Wasatch Front 100 Mile Endurance Run***

Kaysville, Utah  
September 5<sup>th</sup>, 2008

Stan Ferguson 31:16:17

### ***2008 Hartland 100 and 50 Miler***

Cassoday, Kansas  
October 11<sup>th</sup>, 2008

9 <sup>th</sup>	Steve Kirk	20:42:08
16 <sup>th</sup>	Randy Ellis	21:48:35
25 <sup>th</sup>	Chrissy Ferguson	23:28:04
	67 finishers	

### **50 Miler**

23 <sup>rd</sup>	Bob Marston	11:45:25
39 <sup>th</sup>	Rick Carr	13:50:11
41 <sup>st</sup>	Alston Jennings	14:30:55
	42 finishers	



Arkansas and AURA Women\*  
 who have completed the  
 Arkansas Traveller 100 Miler  
 1991 thru 2008

Chrissy Duryea(95)	17:53:10
Chrissy Duryea(94)	18:40:36
Chrissy Duryea(93)	18:50:38
Chrissy Duryea(96)	19:28:13
Chrissy D. Ferguson(97)	19:43:46
Chrissy Duryea(92)	20:38:08
Chrissy D. Ferguson(99)	20:58:48
Chrissy Ferguson(01)	21:24:53
Chrissy Ferguson(04)	21:32:35
Chrissy Ferguson(02)	21:35:27
Natalie McBee(06)	21:58:09
Chrissy Ferguson(00)	22:13:33
Tamara Zagustin(03)	22:34:12
Dianne Seager(05)	23:04:30
Dianne Seager(04)	23:12:17
Iлона Peterka(05)	23:14:48
Angie Ranson(95)	23:50:17
Roberta Orr(98)	23:51:35
Lou Peyton(93)	23:52:05
Angie Ranson(97)	24:28:27
Susy Phillips(07)	24:29:29
Chrissy Ferguson(06)	24:34:54
Jen Foster(06)	24:52:01
Barbara Bellows(04)	24:56:47
Patty Groth(04)	25:00:36
Barbara Bellows(03)	25:04:55
Lou Peyton(92)	25:12:46
Barbara Bellows(02)	25:26:53
Angie Ransom(00)	25:27:11
Irene Johnson(92)	25:27:46
Kimberly Pavelko(99)	25:27:52
Angie Ransom(03)	25:58:21
Lou Peyton(94)	25:32:20
Charlotte Davis(93)	25:37:37
Angie Ransom(01)	25:45:44
Dianne Sweatt(96)	25:54:31
Kimmy Pavelko(01)	26:07:35
Patty Groth(06)	26:08:42
Dianne Seager(06)	26:12:21
Pat Cook(05)	26:17:58
Angie Orellano(04)	26:19:51
Dianne Seager(07)	26:21:57
Dianne Sweatt(97)	26:22:57
Dianne Seager(07)	26:21:57
Kimberley Pavelko(95)	26:30:48
Jamie Huneycutt(03)	26:43:26
Patty Groth(03)	26:50:15
Dianne F. Bell(95)	26:53:19
Lou Peyton(98)	27:01:56

Kimmy Riley(07)	7:07:12
Chrissy(07)	27:11:53
Patty Groth(05)	27:12:12
Dianne Seager(02)	27:14:05
Ivy Franklin(96)	27:25:44
Shirley Hyman(06)	27:26:09
Teresa Lasiter(95)	27:26:24
Lou Peyton(99)	27:31:54
Jamie Huneycutt(98)	27:40:00
Lou Peyton(00)	27:42:53
Carrie Dupriest(03)	27:44:22
Irene Johnson(94)	27:48:05
Donna P. Duerr(91)	27:31:43
Charlotte Davis(91)	27:35:04
Teresa Cox(08)	27:47:2
Kimmy Riley(08)	27:52:4
Patty Groth(01)	27:56:59
Jamie Huneycutt(01)	27:57:16
Patty Groth(00)	28:01:05
Suzy Phillips(06)	28:01:37
Gayle B. Bradford(94)	28:03:40
Kathy Hoover(07)	28:10:08
Dianne Seager(03)	28:15:32
Kimmy Riley(05)	28:23:25
Angie Orellano-Fisher(05 )	28:32:12
Patty Groth(02)	28:34:09
Irene Johnson(91)	28:40:16
Carrie Dupriest(06)	28:52:46
Jen Foster(08)	28:53:3
Angie Orellano-Fisher(06)	28:53:09
Dianne Bell(93)	28:59:41
Donna Hardcastle(91)	29:04:20
Holly Larkin(01)	29:06:43
Carrie Dupriest(99)	29:09:45
Ann M. Moore(93)	29:10:03
Donna P Duerr(98)	29:14:38
Tammy Walther(08)	29:15:3
Brooke Touchstone(98)	29:15:30
Kimberly Pavelko(98)	29:17:00
Jamie Huneycutt(06)	29:18:58
Brenda Bonner(05)	29:20:39
Carla Branch(05)	29:20:39
Angie Ransom(99)	29:27:01
Donna P. Duerr(92)	29:27:14
Holly Lynch(06)	29:36:50
Angie Ransom(02)	29:28:11
Ann M. Moore(92)	29:37:25
Julie Kelly(06)	29:37:50
Kim Johnson(08)	29:44:5
Dianne Seager(99)	29:44:18
Rhonda Ferguson(03)	29:50:02
Emily Hartman(05)	31:30:38
Kim Ferguson-Johnson(06)	31:38:20

Please report any omissions or corrections to  
 501-225-6609 or chrlypytn@aol.com

## 2008/2009 ULTRA TRAIL SERIES

1. Midnight 50K	7-19-08	Susy Phillips
2. Bartlett Park Ultras	8-2-08	Mike Samuelson
3. Mt. Nebo Trail Run-14 miles	8-23-08	Tom Aspel
4. Arkansas Traveller 100	10-4-08	Chrissy Ferguson
5. Gulpha Gorge Challenge(17+ miles)	11-8-08	Pete Ireland
6. Lake Ouachita Vista Trail Run 50K?	12-6-08	Phillip Carr
7. Athens-Biog Fork Trail Marathon	1-3-09	Steve Appleton
8. The Swampstomper 50K	1-18-09	Leigh Tanner
9. White Rock Classic 50K	2-07-09	Jamie and Jay Huneycutt
10. Sylamore 50 K	2-21-09	Greg Eason
11. 3daysofsyllamo	3-??-09	Steve Kirk
12. Big Rock Mystery Run	-??-09	Chrissy Ferguson
13. Ouachita Trail 50	4-18-09	Chrissy Ferguson
14. UTS Finale(TBD)	?-??-09	TBD

### UTS NEXT UP

11-8-08

#5 *Gulpha Gorge Challenge* 7:30 a.m. start 18 miles + or -.

Directions - I-30 thru Benton then take the Hot Springs exit. Hwy 70. Follow Hwy 70 to Hot Springs. Entering Hot Springs, take ext #2 on the right. Now on the frontage road, follow to the 4-way stop sign. Turn right and follow for a couple of blocks. Turn left into the Gulpha Gorge Campground entrance. The start and finish of the Challenge will be on the north end of the park(all the way to the back.) If you are driving from a different direction other than Little Rock, you might have to extrapolate.

### IMPORTANT, PLEASE READ!

UTS #8 is on January 18<sup>th</sup>, 2009. *The Swampstomper 50K* is one of our AURA sponsored races and is directed by Leigh Tanner of Memphis. You must enter this race and an application follows in this newsletter or you can register online at [www.runarkansas.com](http://www.runarkansas.com) and link to the Swamp Stomper. **DO NOT DELAY YOUR ENTRY IF WANT TO RUN THE SWAMP STOMPER.** The field is limited to 150 and it will fill up and close.

# Swamp Stomper 25k and 50k Application

## January 18<sup>th</sup>, 2009



Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 1/18/2009 \_\_\_\_\_ (Minimum age 16 for the 50K)

\_\_\_\_ Male \_\_\_\_ Female Shirt size (M, L, XL, XXL): \_\_\_\_\_

List any medical conditions race management should know of  
\_\_\_\_\_

Event: 50K \_\_\_\_\_ 25K \_\_\_\_\_ Entry limit - 150.

Entry Fee \$ \_\_\_\_\_ \$30 if postmarked by December 15  
\$45 if postmarked after December 15  
Registration closes on January 9, 2008

### Make check payable to Swamp Stomper

Mail to: 1858 Kimbrough Road  
Germantown TN 38138

For additional information, visit the Swamp Stomper website: <http://www.swampstomper.com>  
e-mail: [leightanner@comcast.net](mailto:leightanner@comcast.net)

**Race Waiver - PLEASE READ - This entry contains limitations of your legal rights.**  
I know that running a trail race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and workers, Arkansas Ultra Running Association, Tennessee Park Service, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable. A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition and the event officials may authorize necessary emergency medical treatment. I understand that this event is RRCA sanctioned and that bicycles, skateboards, baby joggers or strollers, roller-skates or blades, animals and headsets are not allowed in the race, and I will abide by this guideline.

Signature of entrant: \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian if entrant is under 18 years of age: \_\_\_\_\_ Date \_\_\_\_\_

## 2008-2009 Ultra Trail Series Standings through Four Races

### Women

Rank	Name	Age	Midnt	BP	Nebo	AT100	Total
1	Carol O'Hear	33				119	119
2	Chris Fagan	43				103	103
3	Monica Scholz	41				89	89
4	Teresa Cox	47			47	30	77
5	Gaynor Bourgeois	40				76	76
6	Tammy Walther	37	58			16	74
7	Cheryl Zwarkowski	50				65	65
8	Kim Johnson	39	30	29		5	64
9	Lisa Fisher	39		62			62
10	Erin Harper	28			58		58
11	Christine Daly	46		57			57
12	Robin Saenz	52				56	56
13	Sara Kniffen	33		51			51
14	Susan Kokesh	42				48	48
15	Kathy Hoover		47				47
16	Diane Jones	53	8	34		3	45
17	Suzie Spangler	38				42	42
18	Diane Carpenter	51		40.5			40.5
19	Julie Younce	39		40.5			40.5
20	Iva Lightsey	47		40			40
21	Carrie DuPriest	51			36		36
22	Katie Helms		36				36
23	Kristina Irvin	50				36	36
24	Pattie Groth	52			30		30
25	Rosemary Rogers	60	12		18		30
26	Laura Carucci	46		28			28
27	Kimmy Riley	47				25	25
28	Kathryn Varden		24				24
29	Melinda Davenport				24		24
30	Jen Barker	26		23			23
31	Mindy Randall	48		22			22
32	Jen Foster	36				20	20
33	Cindy Schoenlaub		18				18
34	Lori Ladd	42		17			17
35	Annie King	49		16			16
36	Anita Fromm	37				12	12
37	Jan Show	54		12			12
38	Diane Taylor	51		11			11
39	Linda Whiteside	49			10		10
40	Misty McGuier	31			10		10
41	Elizabeth Sanders	48		9			9
42	Joni Fontana	46				8	8
43	Deborah Botkin	37		6			6
44	Tracy Thomas	47				4	4
45	Holly Lynch	47		3			3
46	Cheryl Murdock	58		2			2
47	Rosemary Evans	55				2	2

### Men

Rank	Name	Age	Midnt	BP	Nebo	AT100	Total
1	PoDog Vogler	42	65		60	94	219
2	Tom Brennan	37				157	157
3	Perry Edinger	47				141	141
4	Jerry Turk	50				127	127
5	Kevin Dorsey	37				114	114
6	Scott Eason	43				103	103
7	Paul Turner	45	17		82		99
8	Guy Patteson	48	14	28	21	29	92
9	Jeffrey Welsh	54				86	86
10	Ted Bowden	53	11	34		36	81
11	Dan Brenden	57				80	80
12	Michael Poole	27		45		35	80
13	John Muir		76				76
14	Bill Terlecki	36		74			74
15	Brian Kuhn	35				74	74
16	Mark Denherder	43	42		32		74
17	Chris Harper	31			71		71
18	Marty Fagan	45				65.5	65.5
19	Steve Corbin	45				65.5	65.5
20	James Holland	31		63			63
21	Miles Krier	56				58	58
22	Harry Camp	50		57			57
23	Matthew Miller	25		56			56
24	Billy Mills	46			54		54
25	Nolan Ming	33				54	54
26	Matt Mason	36		52			52
27	Aaron Mulder	33				50	50
28	A.J. Wolfe		48				48
29	Randy Saxon	47		28		18.5	46.5
30	Jim Musselman	48				46	46
31	Joe Mann	45		46			46
32	Mike Wrobel	35		46			46
33	David Norris	18			45		45
34	Michael Norris	18			45		45
35	Sam Landry	47				43	43
36	Michael Courtney	52				42	42
37	Nelson Armstrong	34				41	41
38	Bill Baker	57		40			40
39	Geoffrey Foote	40				40	40
40	Rob Cowan	48				39	39
41	Dale Humphrey	49				38	38
42	Stan Ferguson	45				37	37
43	Michael Talbert		36				36
44	Zach Turney	17			36		36
45	Jeffrey Foes	42		35			35
46	Charles Felsher	41		16		18.5	34.5
47	David Kimler	41				34	34
48	Richard Martin	45		34			34
49	Willie Lambert	46				33	33
50	Allan Holtz	58				32	32



Rank	Name	Age	Midnt	BP	Nebo	AT100	Total
51	Bill Webb	43				31	31
52	Les Ellsworth	54				30	30
53	Randy Ellis		30				30
54	Chris Triko	36		29			29
55	Ken Childress	49	5			24	29
56	Michael DuPriest	52		13.5	15		28.5
57	Scott Springman	31				28	28
58	Jerry McGath	70				27	27
59	George Peterka	48	9		17		26
60	Martin Fritzhand	65				26	26
61	Paul Schoenlaub		26				26
62	Tom Aspel	53			26		26
63	Arnold Begay	45				25	25
64	Todd Porter	36		24			24
65	Enoch Lee	44		23			23
66	Lee Epperson	34			23		23
67	Rob Philip		23				23
68	Robert Williamson	42	12	11			23
69	Thomas Skinner	62				23	23
70	Cort Mills	51		22			22
71	Michael Siltman	39				22	22
72	Steve Hern	54			22		22
73	Gregg Holst	50				21	21
74	Michael Yarbrough	34		21			21
75	David Partridge	47			20		20
76	Michael Bernstein	49				20	20
77	Pete Ireland	68	6		14		20
78	Steve Kirk		20				20
79	Ken Barton	49			19		19
80	Jason Thomas	34			18		18
81	Jeremy Bolt	38		18			18
82	Anton Kleparek	27		17			17
83	Collins Cogbill	39				17	17
84	Brian Hoover		16				16
85	Jim Sweatt	52				16	16
86	Murry Chappelle	49	7			9	16
87	Wesley Collins	16			16		16
88	Ian Maddieson	66				15	15
89	Michael Montgomery	61		15			15
90	Alan Hunnicutt		14				14
91	David Reagler		14				14
92	Matthew Tumlin	28				14	14
93	Eric Randall	48		13.5			13.5
94	David McCormack	53			13		13
95	Tom Gladfelter	57				13	13
96	Josh Bornhorst	33			12		12
97	Philip McColl	56				12	12
98	Ryan Meschke	33		12			12
99	Chad Henderson	34		11			11
100	Edward Morin	36				11	11
101	Paul Hernes	67			11		11
102	Bentley Blackmon	36				10	10
103	Jacob Wells		10				10
104	Manual Centeno	40			10		10
105	Nick Alsbrook	29		10			10
106	David Pearrow	47			9		9

Rank	Name	Age	Midnt	BP	Nebo	AT100	Total
107	Keith Hallmark	52		9			9
108	Greg Bourns	68	2		6		8
109	Herb Jarrell		8				8
110	John Wood	58				8	8
111	Phil Brown	41			8		8
112	Steve Hughes	59		8			8
113	Cliff Sanders	58		7			7
114	Paul Mattocks	60			7		7
115	Vincent Swendsen	46				7	7
116	Graham Gallemore	65		6			6
117	John Palmer	53				6	6
118	Dan Belanger	64			5		5
119	Mike Hudson	41		5			5
120	Murvin Norgaar	52				5	5
121	Alston Jennings		4				4
122	Bryce Davenport				4		4
123	Leonard Martin	55				4	4
124	Mike Wallace	43		4			4
125	Bill Brass	69			3		3
126	Charlie Surran	57		3			3
127	Joseph Cichon	44				3	3
128	Kenny Simpson		3				3
129	Eugene Bruckert	73		2			2
130	Katsuyuki Hatta	44				2	2
131	RC Fason	63			2		2

**This opportunity for service was sent to  
us by AURA brother, Steve Kirk**



## **ADOPT A TRAIL PROGRAM**

We're looking for a dedicated group of Volunteers  
to help maintain the Syllamore and Syllamo  
hiking and biking trails.

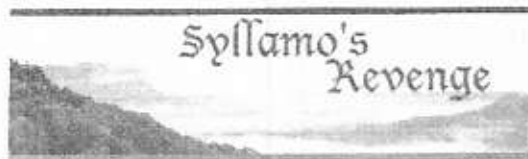
If you are interested in adopting a section of trail  
or if you would like more information,

please contact

**Chris Furr**

Syllamore District Office.

(870) 269-322



## AURA Archives

The BS would like to apologize for an error that was committed in the September/October edition of the AURA. He incorrectly listed Paul Schoenlaub's time at the 2008 Leadville 100 as 37:04:46. It was of course 27:04:46. For all of you people who have pointed out this misstate, the BS will be awarding you 10 credits.

*"Its that old thing about attributing to malice what best can be explained by stupidity".*

### AURA/Arkanans at these 100 Mile Races in 2008

#### *Wasatch Front 100 Miler*

Ray Bailey(97)	25:41
Paul Schoenlaub(04)	29:18:25
Ray Bailey(98)	30:50:56
<b>Stan Ferguson(08)</b>	<b>31:16:17</b>
Roy Haley(90)	32:14:21
William Gilli(89)	32:43:37
Stan Ferguson(02)	32:51:59
Roy Haley(91)	33:08
Tamara Zagustin(05)	33:26:04
Max Hooper(89)	34:01:17
Nick Williams(89)	34:01:17
Bob Marston(97)	34:12
Larry Mabry(89)	34:12:27
Mike Samuelson(06)	34:43:50
Lou Peyton(89)	35:14:39

#### *Vermont 100 Miler*

Stan Ferguson(01)	17:01:37
Kim Goosen(95)	17:41:02
Paul Schoenlaub(04)	18:37:30
Chrissy Ferguson(03)	19:22:29
Chrissy Ferguson(02)	19:59:12
Roy Haley(91)	20:46
Lou Peyton(90)	21:17:03
Kevin Dorsey(06)	21:18:27
Kevin Dorsey(05)	21:34:46

Chrissy Ferguson(04)	22:22:36
Kevin Dorsey(07)	22:46:46
William Gilli(90)	23:34:53
Michael Dupriest(05)	23:47:28
<b>Stan Ferguson(08)</b>	<b>23:48:58</b>
<b>Chrissy Ferguson(08)</b>	<b>23:49:00</b>
Lou Peyton(89)	24:23:20
Max Hooper(89)	25:54:50
Larry Mabry(89)	25:54:50
Bob Marston(96)	26:06:20
Mike Samuelson(06)	26:30:03
Chrissy Ferguson(06)	27:13:07
Bob Marston(97)	27:19:25
Brooke Touchstone(99)	27:32:37
Bob Marston(92)	28:11:58
Nick Williams(90)	28:15:35
Carrie Dupriest(05)	28:36:47
Bob Marston(94)	28:50:19
The BigShot(90)	DNF

## ***Hardrock 100***

Silverton, Colorado

Paul Schoenlaub(07)	37:09
Robert Orr(04)	37:36
<b>Paul Schoenlaub(08)</b>	<b>38:45</b>
Nick Williams(93)	41:26
Greg Eason(04)	43:08
Dr. Feelgood(94)	43:41:47
Roberta Orr(04)	43:55
Nick Williams(94)	46:49:10
Dr. Feelgood(97)	46:51:09

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