

The ARKANSAS ULTRA RUNNER


February 2009 – The Good News Edition

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

WWW.RUNARKANSAS.COM

Dedicated Reader: If your newsletter label is highlighted, your hitch is up. It is time to re-enlist. Avoid AWOL status by returning your enlistment papers.

THE BIGSHOT'S PAPER TRAIL



The Power room received a post this month from AURA brother, Jon Lucas. Jon informed me that he will be organizing the National Trails Day Run at the Albert Pike Recreation Area, near Glenwood/Langlely again this year. The date is Saturday, June 6th. As Jon makes his plans, I will have the details in the newsletter.

In 2008 after 10 years of the Athens-Big Fork Trail Marathon, there were concerns that the 2008 race might be the last one. Thankfully AURA member, Brady Paddock and ABF participant, Steve Appleton, stepped forward and now we have eleven years of ABF26.2 memories. AURA thanx to David Samuel for introducing us all the Big Fork, Arkansas, and to Brady and Steve for continuing the tradition.

A new 100 mile run has been scheduled for Arkansas. AURA member and *3daysofsyllamo* race director, Steve Kirk, is organizing the *Syllamo 100 Mile Endurance Run*, October 23rd, 2009 in the Syllamore Ranger District, Ozark National Forest, Mountain View, Arkansas. The race will be 100% single track trail using a "T" shaped out and back course. If you did the 50 miles at *3daysofsyllamo* last year, you saw 50 miles of the course already. There will be approximately 26,000 feet of climbing with a 36 hour time limit. For more information go to www.syllamo.org

AURA Potluck! / Meeting

Sunday, March 8th, 2009 – 4:00 P.M.

Broadmoor Subdivision Club House - # 19 ½ Belmont Drive.

Please plan on attending the AURA Meeting/Officer Election and Potluck on Sunday, March 8th, 2009. 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 will provide 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.

NOW AVAILABLE – AURA BUMPER STICKERS.

AURA brothers and sisters. Are you ever at a loss for words; need something to break the ice with someone you might be interested in? Try conversing about your new AURA bumper sticker. Send ssac plus \$2.00 to 41 Whiteoak Lane, Little Rock, Arkansas, 72227 or purchase them first hand at UTS races or AURA meetings.

21st Edition; Number One
The AURA – More Than Just A Feeling
Conceived in 1989; RRCA reborn in 2001



19th Annual

Ouachita Trail 50 Mile and 50K

April 18, 2009, 6:00 AM

Maumelle Park, Little Rock, Arkansas

Presented by the Arkansas Ultra Running Association

Course: Out and back with six miles of asphalt and 44 miles of trail for the 50 mile (25 miles of trail for the 50K). Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

Trail: The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of trails over Pinnacle Mountain will be utilized on the "out" section only.

Aid: Eleven staffed aid stations for 50-mile; eight for 50Km. There may be an eight-mile trail section with no aid. Carry a bottle. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

Awards: Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races.

Entry fee: \$55 if post marked by April 6th. \$70 thereafter. Please make check payable to Arkansas Traveller 100. NO REFUNDS. NO RACE DAY ENTRY.

Mail entry to: Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

For more information visit website: runarkansas.com; e-mail: ouachita@runarkansas.com; phone: 501-329-6688

Ouachita Trail 50 Mile/50K - Official Entry Form

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-mail _____ Age on 4/18/2009 _____ (Minimum age is 18)

Gender _____ Shirt size (Short sleeve technical shirt, XS/S/M/L/XL/XXL): _____

Please check event: 50 Mile 50K (Note: You may change from 50 Mile to 50K during the race)

Race Waiver

I know that running an ultramarathon 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 director and workers, Arkansas Ultra Running Association, 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 also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable.

Signature _____ Date _____

UTS Hot Flash #1!

The dates and races for the 2008/2009 Ultra Trail Series have been finalized. The race finale will be the **Brushheap Challenge** in conjunction with National Trails Day on Saturday, June 6th, at the Albert Pike Recreation Area near Langley, Arkansas. The **Brushheap Challenge-18 mile +/-** replaces the **Catsmacker** as the season finale.

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-Big 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 50K	2-21-09	Greg Eason
11. 3daysofsyllamo	3-13/15-09	Steve Kirk
12. Big Rock Mystery Run	3-21-09	Chrissy Ferguson
13. Ouachita Trail 50	4-18-09	Chrissy Ferguson
14. Brushheap Challenge-18 mi	6-6-09	Jon Lucas

UTS #9 - 16th Annual White Rock Classic 50K

Saturday, February 7, 2009 - 9:00 am
Cass, Arkansas

Race begins at 9:00 a.m. 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 - roughly an hour from south Fayetteville.

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

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

UTS # 10 - Sylamore Trail 50K

Saturday, February 21st, 2009 - 7:00 am start
Allison, Arkansas

25K and 50K application in the January issue of the AURA

Entry fee escalates February 1st.

Or, register online at WWW.Sylamore50K.com

**Confidential to AURA #050 – In your next Ultra, the spirit of
the AURA will be on call.**

Athens-Big Fork Trail Marathon – UTS #7

January 2, 2009
Big Fork, Arkansas

Marathon Men

1. Tom Brennan	4:43:00*
2. Scott Eason	4:55:00*
3. Jon Bitler	5:09:01*
4. Steve McBee	5:11:45*
5. Paul Turner	5:24:08*
6. Dave Wilgus	5:26:34
7. Kevin Dorsey	5:27:50*
8. PoDog Vogler	5:33:01*
9. Stan Ferguson	5:36:51*
10. Brady Paddock	5:36:12*
11. Jamie Anderson	5:39:30
13. Kevin Griffith	5:50:00
14. Tom Taylor	5:55:18
15. Stuart Johnson	6:01:00*
16. Paul Schoenlaub	6:01:00*
17. John Kelly	6:32:00
18. Guy Patteson	6:33:00*
19. Matthew Jackson	6:56:01
20. Joshua Bornhorst	7:00:00*
21. Mike Bonnette	7:11:33
22. Tim Whitside	7:19:35
23. Herb Jarrell	7:33:30*
24. Marvin Lee	7:36:00
25. Arnold Begay	7:50:37
26. Rob Phillip	7:58:00
27. Jim Sweatt	8:18:01*
28. Pete Ireland	8:28:00*
29. Jon Lucas	8:35:00*
30. Greg Bourns	8:36:00*

Marathon Women

1. Karrie Anderson	6:37:41
2. Katie Helms	7:48:51
3. Teresa Cox	7:57:50*
4. Vicki Arterburn	7:58:00
5. Diane Seager	8:18:00*

Blaylock Creek 17 Miles Fun Run

1. <u>Alison Jumper</u>	3:52:30
2. <u>Natalie McBee</u>	3:54:16*
3. Jeremy Pate	3:54:16
4. Jeff Haynes	3:59:42
5. Israel Holby	4:09:50
6. Darby Benson	4:09:50*
7. Ken Barton	4:12:46*
8. <u>Shirley Hyman</u>	4:12:46*
9. Zach Howard	4:15:56
10. <u>Karen Call</u>	4:22:45
11. David Bourne	4:23:00
12. John Jackson	4:24:32
13. David Pearson	4:27:00
14. <u>Debbie Lashley</u>	4:27:00*
15. Kelly O'Meara	4:31:00
16. <u>Lou Peyton</u>	6:08:03*
17. <u>Leigh Tanner</u>	6:22:00*
18. David Samuel	6:57:48*

Other Participants

Cotton Phillips	10 mi	2:38
Alex Haynes	10 mi	2:38
Sandy Tull	10 mi	3:48
Kandis VanRavensey	10 mi	2:48
Jonah Tull	7.5 mi	2:49
Courtney Tull	7.5 mi	2:51
Ken Childress	13.1 mi	4:12
Patty Groth	19.5 mi	6:37*
James Silverstone	19>5 mi	6:37

* - AURA Member
U - Female Fun Run

Brady Paddock and Steve Appleton, Race Directors

Athens-Big Fork Marathon

1999 Thru 2009*

Boyz

Tom Brennan(05)	4:34:42	Jamie Anderson(09)	5:39:30
Tom Brennan(08)	4:36:38	John Jones(00)	5:40:12
Tom Brennan(09)	4:43:00	Steve Appleton(07)	5:40:35
John Hughes(05)	4:44:00	Jeffery Foes(08)	5:42:55
Steve McBee(05)	4:45:00	John Vogler(05)	5:44:22
Chuck Campbell(05)	4:46:00	Darin Hoover(02)	5:44:36
Tom Brennan(04)	4:48:57	Raton Parmain(09)	5:46:46
Stan Ferguson(03)	4:50:13	Paul Turner(08)	5:49:38
John Gaston(00)	4:53:07	Stuart Johnson(08)	5:49:38
Stan Ferguson(05)	4:53:29	Steve Appleton(06)	5:49:XX
Darby Benson(08)	4:55:00	Kevin Griffith(09)	5:50:00
Scott Eason(09)	4:55:00	Raton Parmain(00)	5:50:26
Darby Benson(07)	4:55:XX	Bill Richardson(07)	5:50:49
Craig Zediker(03)	4:55:23	Israel Holby(05)	5:53:33
Stan Ferguson(02)	4:56:07	Raton Parmain(06)	5:53:xx
Stan Ferguson(07)	4:57:09	Tom Taylor(09)	5:55:18
Kevin Dorsey(07)	4:57:37	Steve Lee(00)	5:55:29
Stan Ferguson(04)	4:57:43	Rick Utley(00)	5:58:52
Tom Brennan(06)	4:58:23	Kevin Dorsey(05)	5:59:15
Paul Schoenlaub(06)	4:58:23	Murry Chappelle(04)	5:59:30
Brady Paddock(08)	4:59:00	Stuart Johnson(09)	6:01:00
Stan Ferguson(00)	5:01:39	Paul Schoenlaub(09)	6:01:00
Pablo Lowrey(07)	5:04:XX	Jon Bitler(08)	6:02:45
Jon Bitler(05)	5:05:32	Michael Terrell	6:03:26
Paul Schoenlaub(08)	5:08:56	Mario Martinez(02)	6:04:00
Jon Bitler(09)	5:09:01	Scott Rogers(07)	6:08:XX
Paul Schoenlaub(05)	5:09:22	J.B. Mullins(07)	6:10:XX
Steve McBee(09)	5:11:45	Tim King(06)	6:11:49
Steve Kirk((04)	5:11:50	Rick Utley(05)	6:12:50
Stan Ferguson(-6)	5:11:59	Tim King(04)	6:13:13
Tom Aspel(05)	5:12:24	Tim Whitside(04)	6:13:14
Greg Eason(04)	5:14:31	Raton Parmain(04)	6:13:15
Pablo Lowrey(05)	5:16:00	Keigh Jordan(06)	6:16:25
Bill Coffelt(07)	5:16:XX	Gary Gehrki(07)	6:21:XX
Steve Kirk(05)	5:17:00	Steve McBee(08)	6:22:00
Paul Schoenlaub(07)	5:18:34	Stuart Johnson(06)	6:22:37
Tom Aspel(04)	5:20:49	Michael DuPriest(06)	6:24:22
Devin Dorsey(06)	5:21:50	Stewart Johnson(07)	6:24:26
Paul Turner(09)	5:24:08	Stewart Johnson(05)	6:25:40
Dave Wilgus(09)	5:26:34	Mike Samuelson(07)	6:16:01
Devin Dorsey(09)	5:27:50	Raton Parmain(05)	6:26:04
PoDog Vogler(09)	5:33:01	Tim King(05)	6:26:10
John Jones(99)	5:35:58	Mario Martinez(04)	6:27:28
Stan Ferguson(08)	5:33:37	Maurice Robinson(03)	6:27:35
Tom Aspel(06)	5:33:58	Mario Martinez(03)	6:30:25
PoDog Vogler(08)	5:36:40	John Patrick Kelly(09)	6:32:00
Darin Hoover(03)	5:36:26	Guy Patteson(09)	6:33:00
Rob Wistrand(04)	5:36:31	Maurice Robinson(06)	6:34:02
Tom Brennan(02)	5:36:35	Scott Rogers(06)	6:38:42
Darin Hoover(07)	5:36:50	Mike Dupriest(03)	6:38:48
Stan Ferguson(09)	5:36:51	Alex Eaton(07)	6:40:XX
Brady Paddock(09)	5:29:12	George Peterka(06)	6:40:XX

J.B. Mullins(06)	6:40:09
Jesse Wilson(03)	6:42:35
Dean Cope(08)	6:45:41
Jim Sweatt(08)	6:45:42
Tony Bailey(05)	6:46:45
Mike Dupriest(00)	6:48:35
John Jones(02)	6:49:19
Pete Ireland(07)	6:53:48
Maurice Robinson(07)	6:53:58
Maurice Robinson(04)	6:54:00
Randy Ellie(08)	6:55:00
Mathew Jackson(09)	6:56:01
Mario Martinez(05)	6:59:00
Jimmy Sweatt(00)	6:59:00
Ron Gimblit(00)	6:59:00
Randy Davidson(00)	6:59:00
Joshua Bornhorst(09)	7:00:00
Kevin Griffith(08)	7:09:00
Pete Ireland(06)	7:09:58
Jimmy Sweatt(02)	7:10:10
Mike Bonnette(09)	7:11:33
Jimmy Sweatt(03)	7:13:00
George Peterka(08)	7:18:00
Guy Patteson(07)	7:18:XX
Tim Whiteside(09)	7:19:35
Mike Talbert(08)	7:19:45
Todd Matthews(07)	7:19:XX
Kim Childress(04)	7:20:08
Josh Bornhart(08)	7:29:30
Pete Ireland(08)	7:32:30
Pete Ireland(05)	7:33:10
Herb Jarrell(09)	7:33:30
Guy Patteson(08)	7:34:57
Mike Snyder(07)	7:35:43
Marvin Lee(09)	7:36:00
Pete Ireland(03)	7:37:22
Pete Ireland(00)	7:38:30
Mike Dupriest(99)	7:43:00
George Peterka(05)	7:44:00
Arnold Begay(09)	7:50:47
Chris Black(08)	7:56:00
Wesley Pruitt(08)	7:56:00
Jon Lucas(08)	7:57:00
Jason Thomas(08)	7:57:20
Rob Phillip(09)	7:58:00
Maurice Robinson(02)	7:59:08
Jimmy Sweatt(04)	8:00:00
Brian Hoover(07)	8:07:24
Ken Barton(06)	8:07:XX
Pete Ireland(02)	8:12:59
Ken Childress(07)	8:16:XX
Jim Sweatt(09)	8:18:01
Greg Bourns(06)	8:27:39
Pete Ireland(09)	8:28:00
Ken Childress(06)	8:29:30
Jon Lucan(09)	8:35:00
Greg Bourns(09)	8:36:00
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
Kimmy Riley(06)	6:26:xx
Andrea Creasy(07)	6:36:XX
Karrie Anderson(09)	6:37:41
Ilona Peterka(07)	6:38:XX
Barbara Bellows(05)	6:47:00
Susy Phillips(06)	6:58:07
Kimmy Riley(03)	7:07:00
Blair Dean(07)	7:16:XX
Debbin Lashley(06)	7:17: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
Katy Helms(09)	7:48:51
Teresa Cox(09)	7:57:50
Vicki Anderson(09)	7:58:00
Dianne X Seager(04)	8:00:00
Lou Peyton(00)	8:00:56
Shirley Hyman(06)	8:07:XX
Lou Peyton(02)	8:17:00
Lou Peyton(99)	8:17:50
Dianne Seager(09)	8:18:00
Lou Peyton(05)	8:24:00
Lou Peyton(06)	8:28:20
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
Its that old thing about attributing to malice what best can be explained by stupidity.



3 DAYS of SYLLAMO

ENDURANCE RUN

March 13-15, 2009

Ozark National Forest, Mountain View, Arkansas

OK, here it is: The individual stage entry fee is \$130, or \$55 for the 50k, \$65 for the 50mi. and \$25 for the 20k individually before February 15, 2009. After February 15, the stage entry fee will be \$160, or \$70 for the 50k, \$85 for the 50mi. and \$35 for the 20k individually. Entrants will receive a very generous bag of race ware, dinner, bonfire and refreshments after the 50k and 50mile, awards, aid station fare, complementary schwag, and special entertainment you won't find at any other ultra. Additional meals for non-runners will be \$10 per person. **NO REFUNDS, NO RACE DAY REGISTRATION!!**

Send your entry payable to: Steve Kirk 7308 Westwind Drive, North Little Rock, Ar 72113

E-mail: threedaysofsyllamo@mail.com

PLEASE PRINT LEGIBLY

Name _____ Age on 3/13/09 _____

Address _____ City _____ State _____ Zip _____ Gender _____

E-Mail Address _____ Phone _____

Medical conditions we should know of: _____ Are you taking any prescriptions we should know of: _____

Number of ultras ran: _____ Size Shirt (Stage, 50k and 50mile only): S M L XL Jacket Size: (Stage Only): S M L XL

Sock Size (Stage and 20k only): S M L XL

Total Amount enclosed with this entry (Entry & Additional Meals):

Individual Stage:	\$ _____
March 13 th 50k:	\$ _____
March 14 th 50mile:	\$ _____
March 15 th 20k:	\$ _____
Additional Meals for non-runners (\$10):	\$ _____
Total Enclosed:	\$ _____

Race Waiver - PLEASE READ - This entry contains limitations of your legal rights.

I know that running an ultramarathon 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, United States of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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.

Signature Date

SwampStomper 25K / 50K Results

January 18, 2009

Meeman Shelby Forest State Park

Millington, TN

50K (32.6 miles)

1	Nathan Echols	4:42:55	16	Martin Gaia	2:35:08	62	Joseph Weingarten	3:14:35
2	Ellen Erhardt	4:50:32!	17	Dan Applegate	2:36:03	63	Nancy Highland	3:16:03
3	Chris Smith	5:08:35	18	Gary McBride	2:36:10	64	Larry Brower	3:16:20
4	Doug Nishimura	5:12:31	19	Otis Stroud	2:36:20	65	Mark Lindow	3:17:14
5	Jeff Sona	5:13:11	20	Lucas McCain	2:36:21	66	Yvonne Rippee	3:18:32
6	David Frei	5:18:02	21	Stephen Franklin	2:37:17	67	Rachel Scott	3:19:49
7	John Manley	5:18:46	22	Casey Malone	2:41:04	68	Glenn Munson	3:21:04
8	Les Jones	5:26:06	23	Joy Johnson	2:41:04	69	Lisa Sloan	3:21:13
9	Don Frichtl	5:35:55	24	Joe Coffelt	2:41:35	70	Clint Reed	3:21:28
10	James Holland	5:36:43	25	Todd Hinton	2:41:41	71	Lindsey Waugh	3:25:00
11	Mary Jones	5:38:50	26	Brian Wamble	2:43:57	72	William Fredrick	3:25:16
12	Karl Studtmann	5:47:34	27	Shayne Smith	2:45:02	73	Don Myers	3:25:58
13	Michael Harlow	5:51:07	28	Stephen Howell	2:45:09	74	Vicki Prince	3:27:02
14	Kimberly Fisher	5:58:04	29	Clint Rounsaville	2:45:27	75	Sarah Harris	3:27:03
15	Steve Durbin	6:00:13	30	Gary Kowalski	2:45:41	76	Mary Ann McCain	3:28:09
16	Michael Poole	6:36:53	31	Joshua Bennett	2:45:57	77	Michael Hapner	3:28:24
17	Vinh Vu,	6:37:41	32	Michael Correia	2:46:06	78	Sandra Wahlquist	3:29:21
18	Carrie Sona	6:42:08	33	Dave Griffin	2:46:22	79	Eva Rehkopf	3:29:21
19	Charlie Trotter	6:43:55	34	Rusty McCain	2:47:37	80	Bilo Bautista	3:29:22
20	John Phillips	6:47:10	35	Leslie Brahm	2:50:50	81	Amanda Floyd	3:37:15
21	Steve Graham	7:22:21	36	Cliff Jacobs	2:51:47	82	Barbara Small	3:37:35
22	Hillary Looney	7:27:15	37	Lindy Biglieni	2:51:47	83	Kelley Kessler	3:45:03
23	Kenneth McKnight	7:37:17	38	Diane Diebold	2:51:48	84	Tina Trotter	3:45:50
24	Matthew Bledsoe	7:40:27	39	Jacob Jones	2:51:48	85	Sarah Hasty	3:46:05
25	Mike Hudson	8:08:03	40	John Jones	2:51:49	86	Sara Kniffen	3:49:30

25K (16.3 miles)

1	Nick Lewis	1:56:03!	44	Cynthia Bradley	2:55:25	90	Tim Wilkinson	4:00:57
2	Marty Clarke	2:02:19	45	John Bradley	2:55:26	91	Joe Birch	4:01:12
3	Andrew Oberst	2:10:00	46	Jeff Shepherd	2:57:17	92	Clint Buchanan Jr,	4:07:40
4	Brad Holliday	2:13:02	47	Jeremy Bolt	2:58:57	93	Betsy Kinnane	4:18:30
5	Charlie Duke	2:19:22	48	Gary Floyd	2:59:03	94	Ranjit Thirumaran	4:26:28
6	Dave Schuetze	2:21:12	49	Kurt Galbraith	2:59:07	95	Anntriniece Napper	4:38:01
7	Laureen Coffelt !	2:22:12	50	Joshua Tate	2:59:31	96	Johnny Eagles	4:49:55
8	Jason Redd	2:25:06	51	Wade Lewis	2:59:31	97	Tim McNealy	5:02:58
9	William Armstrong	2:26:58	52	Scott Irwin	3:01:04			
10	John McCann	2:27:50	53	Richard Phillips	3:01:07			
11	Crazy Tom McCabe	2:28:20	54	Julie Milligan	3:03:36			
12	Stacy Montegut	2:28:21	55	Rick Eddleman	3:07:16			
13	Stephen Cole	2:30:25	56	Jeff Melvin	3:07:22			
14	Aaron Cassat	2:31:05	57	Gary Holmes	3:09:35			
15	Drew Hensarling	2:34:14	58	RC Catt	3:10:05			
			59	Lisa Zaccarelli	3:12:40			
			60	Karen Malogorski	3:13:00			
			61	John Bourgeois	3:13:34			

! = new course record

FOREST FIRE AT THE 2009 SWAMPSTOMPER

Kevin Dorsey, Volunteer -AURA

2008 was cold; it was as low as 12 degrees. 2007 was muddy; much of the course was under water, and the rest had fall-down-slick or suck-your-shoe-off-and-never-find-it-again mud. 2007 will be long-remembered. 2006, the first, unofficial, word-of-mouth, throw-five-dollars-in-the-coffee-can, fun-run year was pleasant. What surprises would come to the January 18, 2009 edition of this race near Memphis, TN?

2009 was special! It was a magnificent, almost magical day. The trail was dry, the skies were mostly sunny, the air was crisp, the wind was mostly calm, and the temps were in the mid-30s to low-50s. The trail even had fewer leaves than usual. It was as near to a perfect day as I could imagine.

This year may go down as the fire year. 50 km and 25 km runners took advantage of the excellent weather and burned up the course. Three new course records (CR) are now in the books.

Forty-one year old Nathan Echols of NJ, on his first trip to the event, notched a 50 km win in 4:42:55. This is the second fastest time ever run at this four-year-old event. He was 11 minutes off of Tom Brennan's CR of 4:31:40 recorded last year.

Thirty-seven year old Ellen Erhardt of IL finished less than eight minutes later in a blazing 4:50:32, setting a new women's 50 km CR. She was more than eighteen minutes faster than Anna Assenmacher's 5:08:52 in 2008. Erhardt's outstanding time resulted in a second overall finish. She is one of only four runners, men or women, to run sub-five here! Three of those are noted above; the fourth sub-five was Geno Phillip's 4:50:47 in 2007, an amazing feat given the horrible conditions that year.

The 50 km race was not decided until the smoke cleared. When talented local ultra runner Chris Smith, age 25, came through the Red Loop Trailhead aid station (mile 21.3) in a not-too-distant second, I wondered if he might be able to challenge Echols for the victory. It was not to be. Smith reported, "I blew up." Ellen, who came through the 21.3 mark in third, did not let up. She overtook Chris near the Poplar Tree Lake aid station (mile 26.0), apparently with the afterburners on. According to Chris, "She was flying." Smith was second male and third overall in a respectable 5:08:35, seven minutes off his second place effort from last year.

Local ultra-runner Mary Jones, age 45, claimed second female with a 5:38:50, fourteen seconds faster than her second place finish last year! Can you say consistency? By the way, Jones was the distaff victor in 2007.

The 25 km speedsters scorched the course. New CR's were recorded for both the men's and women's races. Forty-six year old Marty Clarke of AL, last year's 25 km champ bettered his own CR from last year by more than two minutes, finishing in 2:02:19. Unfortunately for Clarke that was not enough. Nick Lewis, age 22, of Rhodes College lowered the CR to 1:56:03, the first sub-two for the event. That is about a 7:07 pace. Those who have run this course will no doubt appreciate this fine accomplishment. For Clarke, it was his third consecutive year at the SwampStomper. In 2007, the mud year, he was second in the 50 km.

In the women's race, top local endurance athlete Laureen Coffelt earned another victory and set a new women's CR in 2:22:12, a ten-second improvement over her 2008 winning time! Thirty-nine year old Coffelt has won the women's 25 km three straight years! Stacey Montegut was second in strong 2:28:21.

The SwampStomper is a *heavy* 50 km at 32.6 miles. The 16.3-mile course is done twice for the "50 km." The route is an out-and-back with a three-mile stem loop attached entered at mile 3.7/20.0 (Feb's Corner). The stem-loop section features half a dozen steep and rooty ascents and descents of about 100 to 150 feet up and down the Mississippi River bluffs. The Mighty River itself is not visible, but the views from the tops and bottoms of these sharply pitched hills are outstanding. These hills are not long, but they are strenuous and make finding a rhythm challenging. The gnarly roots and uneven terrain provide ample opportunities for rolled ankles. The remainder of the course meanders along the lower edge of the bluffs, sometimes wandering up slightly along them, and other times detouring at the edge of the swamp. The terrain here is not as steep, but there are plenty of twists, turns, dips, undulations, and the occasional field of cypress knees to keep things interesting.

Somebody has to put on the race. Leigh Tanner has been the race director since the event was birthed in 2006. This is a little ol' grass roots event. It has grown larger than expected. There were many volunteers, too numerous to mention here, who worked very hard to make this race happen. Without them, there would be no race. Like Leigh, they basically work pro bono. All they get is a t-shirt. Well, that is not

entirely true. They get several intangibles: the satisfaction of having an essential hand in seeing fellow runners enjoy a race; the vicarious experience of runners' ups and downs, their triumphs and defeats; the appreciation of a thankful runner; and, the privilege of giving back to the sport. Next week, next month, perhaps next year, we, the volunteers, will be on the other side of the aid station table thanking other volunteers and race directors for helping us.

Proceeds from the event are donated to "Friends of the Forest," a group that helps maintain the wonderful trails on which we run and hike. We are thankful to Meeman-Shelby Forest State Park for welcoming us. We are thankful to our other generous sponsors, who may be found on the web site at www.swampstomper.com.

ULTRA CORNER

Report your ultra times to chrlypytn@aol.com

Sunmart 50K

Huntsville, Texas
December 6, 2008

Place	Name	Time
164	Ken Bland	6:08:36
327	Brad Knight	7:15:12
420	Donna Duerr	8:09:34
481 finishers		

Across The Years 48 Hour Foot Race

December 29th thru December 31st, 2008
Phoenix, Arizona

Place	Name	Mileage
1 st Female	Jamie Huneycutt	160.03 Miles

AURA Mini Interview with Jamie

Tell us a little about your training for the ATY48. *I didn't do any all nighters for this race. My longest training run was back in August when I ran 50 laps (43.5 miles) around a park in Fayetteville. A few friends came out and ran with me so I didn't run very much alone. I also had a couple of 30 milers either in my neighborhood (2 miles loops) or at Gulley Park (0.85 loops). I like the loop courses because you don't have to carry anything and can use your car or house as your aid station.*

Do you remember any high or low points during the run? *My worst low point was the last morning from about 4 a.m. to 8:15 a.m. I'd been dragging around the track for hours. At that point Jay showed up and I was ready to stop but he said "Get back out there. You signed up for 48 hours". So I reluctantly went back out and then picked it up and my last two loops were my fastest of the race! I felt like I was flying but I'm sure I wasn't. It was like an out of body experience. I was so happy to get to 160.03 miles. My goal was 150 miles. I never dreamed I'd win.*

Describe your caloric intake for the race. *I ate everything they had. The usual aid station food. They also had regular meals for breakfast, lunch and dinner which included lasagna, cheese quesadillas, and chicken and pork burritos. For breakfast we had oatmeal, pancakes, and breakfast burritos. I swear I probably gained weight. I also had a Boost every 8 hours.*

Aches and pains? *I changes sock and shoes after the first 27 hours. Then again after 35 hours. My feet didn't bother me at all until after the race. I took my shoes off and I could see bulging above the sock a huge cherry tomato sized blister on the top of my middle left toe. I thought, "This can't be good". It started above the nail and extended almost the whole toe so the entire nail was detached. It didn't hurt at all! I popped it when I got home to Fayetteville. My two big toe nails are black and so are some others. I'll probably lose five nails. Next time I'll change shoes and socks more often.*

Question I failed to ask, "*Did you get to sleep any during the 48 hours?*" We'll ask her this at the *White Rock Classic* on February 7th.

Ultra Corner Hot Flash #2!

On Saturday, January 24, 2009, AURA sister, Jen Foster completed her "Thru-Run" of the 165 mile Ozark Highlands Trail. Her completion time was 62:34:57.

CARTOON TIME

The Bigshot and the Coach Doctor

A Satirical Look at Ultra-running

Bigshot, I've Got two spouses. One for the home and One for the running!



Coach Doctor, it looks like Harley is in for Double Trouble!



BS, Its Called Mormonthoning. This is the Latest Trend from the West Coast.



Mormonthoning(adj/v)) – *The Art of Handling Two Wives Safely* – The Coach Doctor