

Ouachita Trail 50

April 18th, 2009

Enter Now!

The ARKANSAS ULTRA RUNNER

March /April– The Ultra Trail Series Edition

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

WWW.RUNARKANSAS.COM

Gentle Reader: If your newsletter label is highlighted, it is time to renew your AURA membership.



THE BIGSHOT'S PAPER TRAIL

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 and you will be on Broadmoor Drive. If you had turned left at the light you would have been on 28th street. . Go about ½ mile +/- on Broadmoor Drive 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.

I hope to see many of you at the AURA potluck/meeting. The agenda is to have a great potluck beginning shortly after 4:00 p.m. And then our president, Stan Ferguson will convene a business meeting and election of officers.

The BS has been trying to update his e-mail address book using email addresses that you have provided on your AURA application. My intention is to put together an AURA Group. I will "test" the final product on Friday, March 6th. What I plan on doing is to send out an **AURA ALERT**. Please do not reply if you receive it. I want to see how many addresses return so that I can make corrections. If you do not receive it, contact me at chrlypytn@aol.com and I will make corrections and additions. And, let me say the following: The AURA will never sell your email address or provide it to other groups that might want to send a mass mailing. I will however, unless you tell me differently, give it to a brother or sister who wants to contact you.

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 Up Next

3DAYSOFSYLLAMO-UTS #11

March 13/15, 2009 -Blanchard Springs, Arkansas

CALLING ALL VOLUNTEERS

The following from Steve and Liz Kirk, Race Directors

Get ready for 3 days of Syllamo on March 13-15 in the beautiful Ozark mountains in Mountain View, Arkansas. We need your help to make this event happen. We will provide food, drink and more fun than you can imagine!!!

Please e-mail me or Steve to let us know when you are available. Or Call. We Love you and thanks for all your support!!!

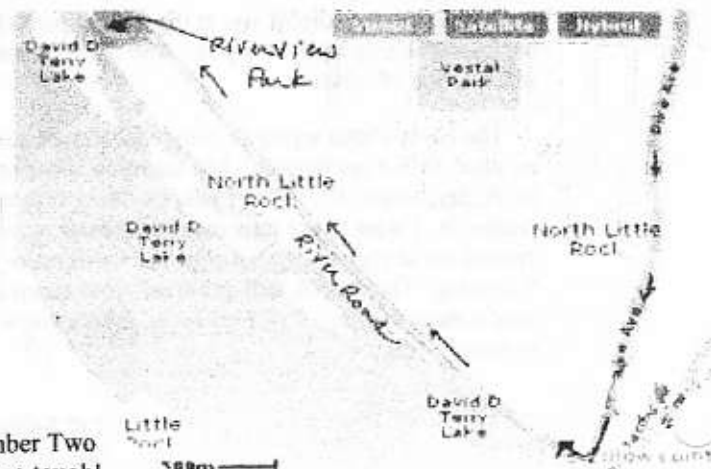
Liz 501-416-6615 or Steve 501-454-4391. E-mail LTKirk@Charter.net

Big Rock Mystery Run-UTS #12

March 21st, 2009 - 8:00 a.m.

12 to 13 miles on asphalt and trails.

Directions: Interstate 40 to Exit 152(Levy Exit. South on Pike Ave. *toward Downtown) Make right turn on River Road. Follow River Road 1 to 1.5 miles to Riverview Skate Board Park. Left into the park. Park near Skateboard area. No entry fee



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: _____; e-mail: _____; 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, event 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 Results

White Rock Classic 50K – UTS #9

February 7, 2009
Cass, Arkansas

1. Stan Ferguson	4:30:58 (9 time winner)*
2. Jon Bitler	4:47:26*
3. Stephen O'Neal	4:59
4. Dave Pearson	5:29
5. Mark Denherder	5:32:53
6. Reid Landers	5:33:34
7. Ken Barton	5:56:43*
8. John Patrick Kelly	5:39:00
9. Phillip Roads	5:50
10. Guy Patteson	5:51:25*
11. Jim Sweatt	6:11:13*
12. Manuel Centeno	6:26
13. Harold Hays	6:27:38*
14. George Peterka	6:47:57*
15. Jay Miller	7:27
16. Greg Bourns	7:28:27*
17. Alston Jennings	8:12:23*



White Rock 50K, Grey Springs Concession - mile 26
Above, Jon Bitler, 2nd place finisher; below
Jamie Huneycutt, Race Director.

50K Female

1. Natalie McBee	5:34*
2. Jenny Brod	6:03:15
3. Chrissy Ferguson	6:14:27*
4. Jamie Huneycutt	6:40:33*
5. Kimmy Riley	7:19*
6. Dianne F. Seager	7:19*
7. Paulette Brockinton	7:22*
8. Lou Peyton	8:12:23*



White Rock 25K

Men and Women

1. Brian Hurey	2:06:30
2. Mark Pickhardt	2:27:20
3. Greg Scharlau	2:32:40
4. Darby Benson	2:37*
5. Alison Jumper	2:39
6. Derek Huddleston	2:44
7. Jeremy Pate	2:48:30
8. Fred Spies	2:53:00
9. Kyle Stroud	2:55:54
10. Lary Vernon	2:55:55
11. Ali Racheotes	No watch.
12. Lisa Canner	2:57
13. Shirley Hyman	2:59*

14. Jason Thomas	3:14*
15. Cam Prock	3:19
16. Mike Mengers	3:20
17. Chris Garner	3:20
18. Ellis James	3:22*
19. David Smith	3:23
20. Paul Mattocks	3:52*
21. Dottie Rea	4:06*
22. Bruce Adib-Yazdi	4:11

AURA's Fab-4	
Stan Ferguson - President/UTS Coordinator	
Michael DuPriest - Vice -President	
Charley Peyton -Treasurer/Newsletter	
Lou Peyton - Secretary	

Other Distances: AURA Members

Mike Bornhorst	21 Miles	Time Unknown*
Rhonda Ferguson	20.4 Miles	4:19:59*
Patty Groth	20:4 Miles	4:33:36*
Pete Ireland	20>4 Miles	4:33:45*

CATASTROPHY AVERTED AT White Rock 50 K

Perfect is the enemy of good – Unknown Philosopher

AURA's Mr. Aid Station narrowly averted an aid station catastrophe before the start of the 2009 White Rock Classic. He arrived at his Grey Springs Aid Station about 30 minutes before the early 8:00 a.m. starters were to arrive. Quickly setting up his two tables and spreading his table cloths, he daftly mixed and iced down the Gatorade and defizzed the cokes and Mountain Dew. Next it was cutting the bananas, cuffing the potato chip bag and arranging the cookies as to be easily extractable. In short order the concession area was in perfect order. The only thing left was to move the aid truck off the road. Slowing backing the truck, he got out to check his position. What he saw was both tables on the ground; the only sound was the chugging of the cokes and Gatorade igloo as they gave up their contents onto the ground. Miraculously the only food to spill out were the pretzels. The rest road the tables down and just slid out into the leaves. Acting as calmly as Capt Sully as he landed Flight 1549 into the Hudson River, Mr. Aid Station rushed to save the Gatorade ice and remaining coke. Then went about picking thought the leaves and twigs for salvageable pretzels. Remixing the Gatorade, now ¼ strength and pouring the remaining coke, five small cups, the Faux Pas could go unnoticed if the demand was light. As runners passed through the station, he innocently asked several groups about the start. "About 40 or 50" was the common reply. Mr. Aid Station was home free. Next time Mr. Aid Station vowed to think about what he was doing when backs up.



Mr. Aid Station

Confidential to AURA #83 - Sullying -up at the White Rock 50K should not be a permanent blemish on your ultra record. Your Fantasy Companion will soon offer you a path to redemption.
--

2009 Sylamore 25 and 50K _ UTS # 10

February 21, 2009

Allison, Arkansas

50K Results

Place	Name	Age		Time				Time
1	Tom Brennan	38	M	4:09:27	56	Guy Patteson	49	M 6:48:56
2	Ben Creehan	34	M	4:22:32	57	John Montgomery	32	M 6:56:08
3	Nick Lewis	23	M	4:29:11	58	Gena Bonini	46	F 6:56:20
4	John Muir	31	M	4:36:05	59	Larry Gifford	52	M 6:57:22
5	Andrew Karandjeff	37	M	4:37:12	60	Randy Davidson	56	M 6:57:26
6	Paul Schoenlaub	50	M	4:44:34	61	Ted Bowden	55	M 7:09:34
7	Scott Eason	44	M	4:44:35	62	Tom Glaeser	54	M 7:09:54
8	Darby Benson	39	M	4:48:29	63	Weesie Percer	43	F 7:11:21
9	Chris Smith	26	M	5:00:29	64	Jane Cappaert	45	F 7:11:21
10	Dave Wilgus	37	M	5:02:15	65	Jim Ingalls	65	M 7:15:18
11	Stan Ferguson	46	M	5:03:02	66	Kim Johnson	41	F 7:16:27
12	Mark Denherder	45	M	5:07:17	67	Amanda Perron	36	F 7:20:03
13	Richard Keamey	35	M	5:09:41	68	Ricky Pambo	34	M 7:20:03
14	Jamie Wynne	35	M	5:09:42	69	Teresa Cox	49	F 7:20:54
15	Matt Walker	36	M	5:12:52	70	John Hazen	56	M 7:23:20
16	Charlie Duke	29	M	5:12:56	71	Laura Earley	30	F 7:24:08
17	Justin Day	31	M	5:12:57	72	Stephanie Stewart	29	F 7:24:08
18	A.J. Wolfe	35	M	5:15:24	73	Jeremy Bolt	39	M 7:28:37
19	Stuart Johnson	50	M	5:21:00	74	Nancy Highland	38	F 7:28:50
20	Les Jones	51	M	5:21:41	75	Larry Brower	58	M 7:29:03
21	Kimberly Fisher	33	F	5:22:27	76	Sara Kniffen	35	F 7:29:29
22	Rosie Laughlin	44	F	5:31:02	77	Glenn Phillips	47	M 7:30:27
23	Paul Turner	46	M	5:32:02	78	Kevin Webb	50	M 7:34:22
24	James Holland	33	M	5:33:33	79	Rhonda Ferguson	54	M 7:38:06
25	Nate Willson	32	M	5:36:25	80	Michael Scholz	35	M 7:48:41
26	James Mercer	40	M	5:38:00	81	Melissa Rhoads	39	F 7:52:55
27	Mary Jones	46	F	5:47:12	82	Phil Rhoads	39	M 7:52:56
28	Meghan Shaffer	29	F	5:56:17	83	Wayne Conley	62	M 7:55:25
29	Gary McBride	45	M	6:00:10	84	Daniel Hunt	35	M 7:56:48
30	Peggy Place	31	F	6:04:45	85	Dianne Seager	53	F 7:57:47
31	Rodney Declue	45	M	6:07:54	86	Chrissy Ferguson	49	F 7:57:48
32	Wade Lewis	57	M	6:10:26	87	Cariann Hutchens	39	F 7:57:48
33	Alison Jumper	34	F	6:13:46	88	Jim Sweatt	54	M 7:57:50
34	Jay Ruby	44	M	6:14:14	89	Lee Hess	60	M 8:02:44
35	Sarah Stalder	37	F	6:15:21	90	Gordon Koops	53	M 8:07:30
36	Ryan Stalder	38	M	6:15:21	91	Phil Brown	42	M 8:12:13
37	Joshua Bornhorst	35	M	6:15:51	92	Terry Bishop	65	M 8:21:05
38	John Carraher	43	M	6:16:22	93	William Fredrick	63	M 8:25:22
39	Rich Brown	48	M	6:16:28	94	Karen Malogorski	39	F 8:25:22
40	Deb Johnson	50	F	6:16:54	95	Torrey Barnhouse	40	M 8:29:04
41	Jen Foster	37	F	6:23:28	96	Chris Maples	43	M 8:29:10
42	Benjamin Bradley	38	M	6:26:15	97	David Caillouet	51	M 8:32:07
43	Billy Simpson	54	M	6:26:16	98	Suzanne Simmers	47	F 8:35:56
44	Richard Williams	42	M	6:26:17	99	Allen Sills	45	M 8:35:56
45	Steven Oconnor	46	M	6:31:04	100	Jack Bickerest	62	M 8:37:14
46	Clancy McMahon	42	M	6:35:41	101	Steve Burgess	55	M 8:37:54
47	Joe Coffelt	44	M	6:37:02	102	Steve Spakes	56	M 8:53:50
48	John Phillips	50	M	6:37:07	103	James Silverstone	51	M 9:12:33
49	Al Boyce	54	M	6:39:12	104	Hilde Haynes	67	F 9:15:30
50	Eunika Rogers	38	F	6:39:51	105	Bobbie Davidson	53	F 9:23:00
51	Salli Scott Young	37	F	6:39:52	106	Darrell Green	61	M 9:30:49
52	Robert Williamson	43	M	6:39:55	107	Ronda Jacoby	33	F 9:38:33
53	George Peterka	49	M	6:40:08	108	Dottie Rea	57	F 9:44:14
54	Chris Willad	43	M	6:41:31	109	Tim Wilkinson	47	M 9:44:17
55	Steve Giles	56	M	6:42:14	110	Donna Duerr	54	F 9:44:24

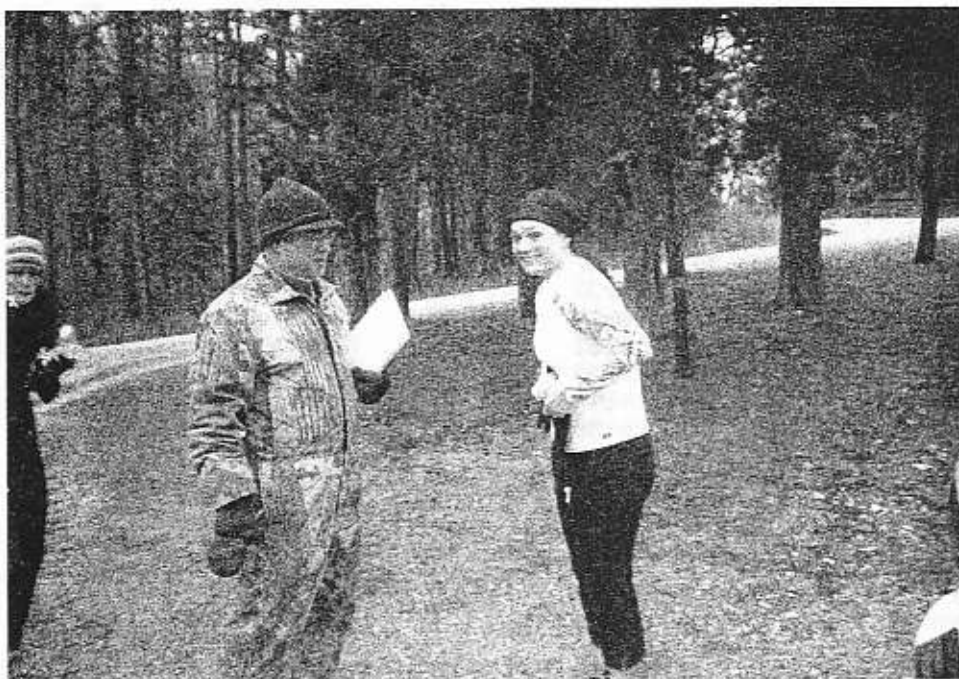
Sylamore Trail Run
Allison, AR
February 21, 2009

25K Results

Place	Name	Age		Time
1	Charley Hogue	34	M	2:13:14
2	Jon Bitler	38	M	2:21:54
3	Parker Clement	24	M	2:27:34
4	William Ergen	27	M	2:31:02
5	David Murphy	37	M	2:31:35
6	Steve Kirk	49	M	2:38:29
7	Kris Huff	46	F	2:44:37
8	Roy Crossman	40	M	2:44:37
9	Darin Hoover	45	M	2:45:39
10	Laureen Coffelt	40	F	2:46:04
11	Jeremy Pate	32	M	2:50:33
12	Michael McGhee	44	M	2:50:45
13	Bill Dillard	39	M	2:54:14
14	Paul Hockett	47	M	2:54:38
15	Bruce Wood	47	M	2:54:58
16	Mark Millsap	54	M	2:55:46
17	Casey Malone	32	F	2:56:38
18	Tony Stokes	31	M	2:57:55
19	Elsa Kanner	26	F	2:58:37
20	Michael Trieu	29	M	2:58:44
21	Scott Penrod	41	M	2:59:30
22	Ben Ragsdale	29	M	3:00:16
23	George McDonald	57	M	3:00:39
24	Billy Tune	30	M	3:00:40
25	Joel Everett	52	M	3:02:41
26	Bobby Bevel	36	M	3:03:45
27	Steve Hern	56	M	3:06:13
28	Stephanie Duffield	26	F	3:10:51
29	Tina Willson	30	F	3:12:02
30	Courtney Humphreys	26	F	3:12:02
31	Steve Edwards	44	M	3:12:37
32	Marc Fisher	39	M	3:12:56
33	Terry Patrick	46	M	3:14:25
34	Ryan Luedke	33	M	3:14:26
35	Ted Netzer	60	M	3:21:31
36	Kurt Galbraith	38	M	3:22:58
37	John Brainard	39	M	3:23:08
38	Darren Greenburg	42	M	3:23:08
39	William Hickman	56	M	3:23:58
40	Jim Maynard	47	M	3:24:48
41	Helena Baert	32	F	3:25:04
42	Darin Bridges	43	M	3:25:11
43	Rc Catt	58	M	3:25:39
44	Lauren Doubrava	26	F	3:25:39
45	Shane Cantin	40	M	3:26:23
46	Jeff Frye	42	M	3:32:47
47	Darin Pounds	40	M	3:34:11
48	Ron McCrarey	61	M	3:34:51
49	Michael Frerking	44	M	3:35:26
50	Chad Terry	34	M	3:35:35
51	Brandon Allen	27	M	3:36:27
52	Frank Lawrence	41	M	3:40:18
53	Ellis James	53	M	3:41:27
54	Tony George	61	M	3:42:06
55	Reed Walters	40	M	3:42:11

56	Bynum Matthews	39	M	3:45:22
57	Tony Bliss	43	M	3:45:22
58	James Crabill	49	F	3:47:09
59	Stephanie Johnson	37	F	3:48:27
60	Hunter Humphreys	58	M	3:49:09
61	Yvonne Mari Rippee	52	F	3:49:48
62	John Greenwald	67	M	3:50:19
63	Tiffany Kuschmeader	27	F	3:51:30
64	Bob Johnson	42	M	3:51:58
65	Bruce Berkheimer	47	M	3:52:45
66	Phil McGrath	47	M	3:52:45
67	Adiel Ranchino	99	F	3:54:14
68	Tom Webb	65	M	3:57:04
69	Keturah Kiehl	28	F	3:59:26
70	Jim Holt	50	M	4:01:19
71	Nikki Riley	21	F	4:01:20
72	Craig Conley	39	M	4:05:02
73	Becky Hern	55	F	4:05:38
74	Bill Reynolds	44	M	4:08:06
75	Lisa Sloan	37	F	4:09:50
76	Bill Butler	67	M	4:10:20
77	Janet McGhee	41	F	4:10:39
78	Scott Chaney	46	M	4:11:32
79	Barbara Geater	44	F	4:12:10
80	Kelly Jackson	41	F	4:12:33
81	Emily Conley	37	F	4:12:40
82	Rachel Baker	31	F	4:14:27
83	Patricia Kallenberge	53	F	4:16:45
84	Michele Hedrick	47	F	4:25:16
85	Mary Legoria	51	F	4:27:04
86	Jonna Moore	34	F	4:31:43
87	Kit Clark	34	M	4:31:44
88	Joe Swaffar	45	M	4:32:33
89	Lisa Gunnoe	43	F	4:33:54
90	Joseph Legoria	43	F	4:33:59
91	Ricky Sesman	40	M	4:39:14
92	David Jones	53	M	4:44:11
93	Christy Holeman	38	F	4:45:48
94	Sheri Gaines	44	F	4:50:01
95	Ashley Echols	34	F	4:54:41
96	Susan Diggins	61	F	4:57:08
97	Johnny Eagles	57	M	5:03:17
98	Cheryl Seal	55	F	5:08:22
99	Carla Norris	45	F	5:08:29
100	Tracie Verkler	43	F	5:08:56
101	Clinton Lindsey	32	M	5:09:28
102	Bill Brass	70	M	5:27:21
103	Misty Brown	33	F	5:27:24
104	Ronnie Adkison	51	M	5:33:59
105	Cindy Glaze	48	F	5:58:00
106	Barry G. Smith	51	M	6:04:08

2009 Sylamore 50K Gunner Pool Aid Station Photos



Alston Jennings and Laura Earley
Father and Daughter map out strategy for Laura to finish.



Jen Foster, left, and Lou Peyton

2008-2009 Ultra Trail Series Standings through Nine Races

Women

	Name	Age	Midnt	BP	Nebo	ATI00	GGorg	LOVT	ABF	Swamp	WRock	Total
1	Katie Helms	31	36				60		44			140
2	Teresa Cox	47			47	30		29	33			139
3	Carol O'Hear	33				119						119
4	Chrissy Ferguson	48					32	40.5			36	108.5
5	Chris Fagan	43				103						103
6	Kim Johnson	39	30	29		5	17.5	14				95.5
7	Monica Scholz	41				89						89
8	Kimmy Riley	47				25		40.5			21	86.5
9	Gaynor Bourgeois	40				76						76
10	Tammy Walther	37	58			16						74
11	Cheryl Zwarkowski	50				65						65
12	Dianne Seager	52						23	21		21	65
13	Lisa Fisher	39		62								62
14	Erin Harper	28			58							58
15	Natalie McBee	35									58	58
16	Christine Daly	46		57								57
17	Eunika Rogers							57				57
18	Robin Saenz	52				56						56
19	Ellen Erhardt									55		55
20	Karrie Anderson	33							55			55
21	Carrie DuPriest	51			36		17.5					53.5
22	Sara Kniffen	33		51								51
23	Tina Coutu	44					49					49
24	Susan Kokesh	42				48						48
25	Patty Groth	52			30		17.5					47.5
26	Jenny Brod	28									47	47
27	Kathy Hoover		47									47
28	Diane Jones	53	8	34		3						45
29	Mary Jones									44		44
30	Suzie Spangler	38				42						42
31	Diane Carpenter	51		40.5								40.5
32	Julie Younce	39		40.5								40.5
33	Iva Lightsey	47		40								40
34	Karen Call	55					38					38
35	Kristina Irvin	50				36						36
36	Kimberly Fisher									33		33
37	Rhonda Ferguson	53					17.5	14				31.5
38	Jamie Huneycutt	50									30	30
39	Rosemary Rogers	60	12		18							30
40	Laura Carucci	46		28								28
41	Carrie Sona									27		27
42	Vicki Arterburn	36							27			27
43	Kathryn Varden		24									24
44	Melinda Davenport				24							24
45	Jen Barker	26		23								23
46	Mindy Randall	48		22								22
47	Hillary Looney									21		21
48	Jen Foster	36				20						20
49	Cindy Schoenlaub		18									18
50	Lori Ladd	42		17								17
51	Annie King	49		16								16
52	Anita Fromm	37				12						12
53	Jan Show	54		12								12
54	Lou Peyton	64					4				8	12
55	Paulette Brockinton	60									12	12
56	Diane Taylor	51		11								11
57	Linda Whiteside	49			10							10
58	Misty McGuier	31			10							10

2008-2009 Ultra Trail Series Standings through Nine Races

47	Matt Walker							44				44
48	Sam Landry	47				43						43
49	Paul Schoenlaub	49	26					16.5				42.5
50	Jeff Sona								42			42
51	Michael Courtney	52				42						42
52	Khafiz Gondry	29					41					41
53	Nelson Armstrong	34				41						41
54	Bill Baker	57		40								40
55	Dave Wilgus	37						40				40
56	Geoffrey Foote	40				40						40
57	Ken Barton	49			19						21	40
58	Dave Pearson	40									39	39
59	Rob Cowan	48				39						39
60	Jacob Wells		10		29							39
61	Dale Humphrey	49				38						38
62	David Frei									36		36
63	Michael Talbert		36									36
64	Rob Philip	43	23					7	6			36
65	Zach Turney	17			36							36
66	Charles Felsher	41		16		18.5						34.5
67	David Kimler	41				34						34
68	Richard Martin	45		34								34
69	Willie Lambert	46				33						33
70	Allan Holtz	58				32						32
71	Arnold Begay	45				25			7			32
72	Jim Sweatt	52				16		3	5		8	32
73	John Patrick Kelly	42							15		17	32
74	Bill Webb	43				31						31
75	Collins Cogbill	39				17		13				30
76	John Manley									30		30
77	Les Ellsworth	54				30						30
78	Chris Triko	36		29								29
79	Ken Childress	49	5			24						29
80	Nick Alsbrook	29		10			19					29
81	Michael DuPrist	52		13.5	15							28.5
82	Pete Ireland	68	6		14			4	4			28
83	Scott Springman	31				28						28
84	Jerry McGath	70				27						27
85	Reid Landes	38									27	27
86	Dale Powell	57					16	10				26
87	Martin Fritzhand	65				26						26
88	Tom Aspel	53			26							26
89	Brady Paddock	42							24			24
90	Les Jones									24		24
91	Todd Porter	36		24								24
92	Enoch Lee	44		23								23
93	Lee Epperson	34			23							23
94	Robert Williamson	42	12	11								23
95	Thomas Skinner	62				23						23
96	Cort Mills	51		22								22
97	Michael Siltman	39				22						22
98	Steve Hern	54			22							22
99	Gregg Holst	50				21						21
100	Michael Yarbrough	34		21								21
101	David Partridge	47			20							20
102	Don Frichtl									20		20
103	Michael Bernstein	49				20						20
104	Raton Parmain	40							20			20
105	Steve Kirk		20									20
106	Kevin Griffith	42							19			19

2008-2009 Ultra Trail Series Standings through Nine Races

167	Bryce Davenport				4						4
168	David Caillouet	50					4				4
169	Jay Miller	59								4	4
170	Kenneth McKnight								4		4
171	Leonard Martin	55			4						4
172	Mike Wallace	43		4							4
173	Charlie Surran	57		3							3
174	Jon Lucas	42							3		3
175	Joseph Cichon	44				3					3
176	Kenny Simpson		3								3
177	Matthew Bledsoe								3		3
178	Eugene Bruckert	73		2							2
179	Katsuyuki Hatta	44				2					2
180	Lloyd Moore	63					2				2
181	Phillip Hall							2			2



Sylamore Creek - AURA sister and Memphis Warthog, Hilde Haynes, crosses the
Sylamore Creek, mile 29.5 +/-
2009 Sylamore 50K

FRIENDS OF THE OUACHITA TRAIL

The following is the Editors attempt to paraphrase an email correspondence from AURA's First Lady, Chrissy Ferguson, and the *FoOT* Group (Friends of the Ouachita Trail). Because the Ouachita Trail 50 uses the Ouachita Trail, there is a vested interest in maintaining the trail and supporting a group like *FoOT* which advocate and protect it. The email letter encourages individuals and clubs to adopt a section of trail and they, *FoOT*, have made changes in their "adopt a section of Trail" program so that an individual, or even a group, would not be overwhelmed by a large section of trail to care for.

On the following page is a *FoOT's* membership application. To see what sections of trail are open to adoption, use the web site www.FriendsOT.org.



FoOT

www.FriendsOT.org

Friends of the Ouachita Trail Membership Application

"Friends of the Ouachita Trail" (FoOT) is a non-profit organization whose mission is to assist in maintaining, enhancing and using the Ouachita National Recreation Trail. This is done through the recruiting and management of volunteer labor to perform trail maintenance. We work in conjunction with, and support of the US Forest Service (Ouachita National Forest), the Arkansas State Parks, and other agencies or landowners with jurisdiction over the trail.

On February 8, 2005, FoOT became an Arkansas nonprofit corporation. Incorporation significantly enhances our ability to carry out our organization's mission: **"to provide assistance for the maintenance, enhancement, and use of the Ouachita National Recreation Trail."**

The most important thing you can do is to make a commitment of time and effort to help maintain the trail. We continuously need volunteers to adopt sections of trail. By adopting, you agree to perform trail maintenance on your section at least twice a year. You can also volunteer to be an occasional, on-call worker to join work parties, help with administrative tasks, fund raising efforts, etc. This can be as often or as seldom as you like and does not involve a fixed commitment.

An annual membership allows you to both affirm your desire for membership and select the membership category that appeals to you. This satisfies the two governmental requirements. Selection of a fee related category will help defray anticipated operating expenses.

FoOT's Bylaws establish five categories of membership described below. **Please be a Friend** and join in maintaining the Ouachita National Recreation Trail.

----- Please detach and mail or email to friends_ot2003@yahoo.com -----

NAME _____ ADDRESS _____

PHONE _____ EMAIL _____

DATE: _____

- WORKING MEMBER/ORGANIZATION** -- Adopts a trail section for maintenance or works at least ten (10) hours on FoOT activities.
 Check one: Adopt a section of trail FoOT Patrol (includes occasional work parties) Other services
- SUPPORTING MEMBER** -- Does not work or works less than ten (10) hours on FoOT activities **AND** pays a membership fee of at least **\$25.00***.
- SUSTAINING MEMBER** -- Adopts a trail section or works at least ten (10) hours on FoOT activities **AND** pays a membership fee of at least **\$15.00***.
- SUPPORTING ORGANIZATION** -- Does not work or works less than ten (10) hours on FoOT activities **AND** pays a membership fee of at least **\$50.00***.
- SUSTAINING ORGANIZATION** -- Adopts a trail section or works at least ten (10) hours on FoOT activities **AND** pays a membership fee of at least **\$30.00***.

Please complete above.

Make check or money order payable to **FRIENDS OF THE OUACHITA TRAIL** and return to
PO Box 8630, Hot Springs AR 71910

Check our web page at: www.FriendsOT.org

* Membership fees paid to Friends of the Ouachita Trail qualify as charitable contributions for Federal and State Income Tax purposes.

ULTRA CORNER

Report your ultra finishes to Chrlypytn@aol.com

2009 Rocky Raccoon 100 Mile Endurance Trail Run

February 7th, 2009

Huntsville State Park, Texas

7 th	Kevin Dorsey	18:42:47
31 st	Veronica Bataglia	21:34:51
33 rd	Michael Poole	21:38:27
44 th	Mike Samuelson	22:56:48
	162 finishers	

2009 Rocky Raccoon 50 Miler

80 th	Kelli Franks	11:02:37
134 th	David Callouet	11:29:45
	147 finishers	

AURA Archives

Arkansas and/or AURA members at the *Rocky Raccoon 100*

Kevin Dorsey(08)	17:41:12	Mario Martinez(93)	25:22:02
Kevin Dorsey(09)	18:42:47	Bob Marston(95)	25:48:32
Scott Eason(07)	18:49:18	Bob Marston(97)	25:50:45
Chrissy Ferguson(03)	19:50:12	Roy Haley(98)	25:52:29
Randy Davidson(95)	20:37:37	Kimmy Riley(95)	26:12:40
Mario Martinez(97)	20:50:09	Dianne Seager(95)	26:22:42
Veronica Bataglia(09)	21:34:51	Dianne Seager(96)	26:54:47
Michael Poole(09)	21:38:27	Irene Johnson(95)	27:08:55
Kevin Dorsey(07)	22:35:40	Charley Peyton(94)	27:10:00
Randy Ellis(08)	22:35:44	Lou Peyton(94)	27:10:02
Kim Goosen(95)	22:39:56	Laura Eakin(01)	27:19:34
Mike Samuelson(09)	22:56:48	Laura Eakin(00)	27:27:27
Angie Ransom(96)	23:02:53	Bob Marston(98)	28:04:43
Randy Ellis(07)	23:32:30	Ken Bland(07)	28:10:07
Jen Foster(07)	23:33:30	Steve Eubanks (95)	28:10:12
Mario Martinez(98)	23:33:53	Bob Marston (99)	28:16:50
George Peterka(08)	23:38:13		
Bob Marston(93)	23:38:44		
Jenny Foster(06)	23:50:38		
Greg Eason(06)	23:50:38		
Kevin Dorsey(05)	23:58:35		
Bob Marston(94)	24:15:36		
Irene Johnson(94)	24:19:00		
Kathy Hoover(07)	24:33:01		
Bob Marston(96)	4:53:02		
Lou Peyton(96)	25:19:02		

AURA SPECIAL

Crewing the Ozark Highlands Trail

By Charlie Dunn, AURA

Prologue: The Big shot has had the opportunity to assist in crewing for two crossings of the Ozark Highlands Trail. On the week of January 22nd, AURA's Jen Foster completed her 165 mile "thru run" in a time of 62:34:57. Her crew chief was Charlie Dunn. I hope you find his account of crewing for Jen as interesting as I did.

Five O'clock in the morning and pitch dark and I'm standing on the north bank of the Buffalo River at Woolum watching Jen Foster preparing to wade across to reach the Ozark Highland Trail. The water is a tad under knee deep and she carries a dry pair of shoes with her to change into after getting across the river but has decided not to put on dry socks because she's afraid of losing her lubrications she has put on earlier.

Into the river she wades with an "oh it's not so bad" and then a few feet later the water gets deeper, "I lied," and a "whoopee!" I watch buried deep into the collar of my coat, as she steps out of her wet shoes and gets ready to change to dry, then giggles and sings out "my feet are frozen to the rocks". And, sure enough, she picks up a foot and I can see rocks stuck to the bottom of her feet! She ties her wet shoes to a line I had given her and chunks them into the river and I start hauling them in, like reeling in a fish. The wet line freezes to the rocks on my side of the river and her shoes freeze to the floorboard of the truck as I watch with apprehension as Jen takes off, alone into the darkness. I look down at my watch, it is 5:10 a.m. I watch her trek off into the darkness without any apparent thought to her safety and wish her first pacer had not had to drop out. I have to be at the next aid station before she gets there so I put it out of my mind. I jump into the truck and turn the heat on high, it is 24 degrees on my not-so-trustworthy vehicle thermometer. Feels more like zero!

At near breakneck speed I zoom off to Witt Springs then Ben Hur and FSR 1201 to make the first check point. This was a circuitous route because there was a landslide on the road into Richland Creek Campground, that I would have traveled and I was concerned that I might get there too late to meet her. I did arrive early though and decided to run out on the trail and run back in with her to the truck. This would be my last run for a few days. I didn't make it more than three miles when we met and then ran together back to the truck where I replenished her water and she is off again, headed for Richland Creek with a "those breakfast burritos sound like they would taste good," and with a wave she is off into the next section. It is 8:40 a.m. and she has shed her lights and shell vest and is running in shorts and short sleeves.

Richland Creek Campground is an easy drive and I have plenty of time once I got there to get breakfast prepared and ready to throw into a skillet as soon as she arrives. I want to run back on the trail again but feel it is more important to start breakfast as soon as I can see her come through the wood so I stick around and pace. When she does show up she just kind of pops out of the woods behind me and actually startles me a bit. I'm glad I had everything prepared ahead of time because she is only in the aid station eight minutes before heading off again. It is 10:43 a.m.

The next aid station is one of those that I would have driven down Richland Creek to get to with ease except that the landslide caused me to have to make a reverse run back to Ben Hur then onto FSR 1205 to get back to the intersection of FSR 1205 and 1219. I only made it to the aid stations with a few minutes to spare. When I got out of my truck I whistled a few times and she answered me back shortly with her "bear" whistle. Five minutes in the aid station and she was off again at 12:05 p.m. 25.4 miles.

The next aid station was north of Ben Hur on FSR 1203 and I had been looking for Jen's girlfriend, Veronica Bataglia. We had talked a couple of times and we had missed a meeting point when I turned off of Hwy 16 onto FSR 1205. Veronica was in a trailhead parking spot when I came through but with cell service being spotty, we were not able to connect. Text messaging was the only way to communicate and even that was not reliable. I finally got a text message that she was waiting at the Fairview Campground on highway 7 so I made a flying trip over there to pick her up and bring her back to Ben Hur just in time to meet Jen as she crossed. Veronica ran with her to the trailhead parking lot and we replenished her water and she was off again. It was 1:05 p.m.

The next section was a long one so we had a bit of down time. We drove back over to the Fairview Campground and Veronica picked up her gear and got ready to move. I wanted to go to the next crossing back, even though it was only 2.2 miles from Fairview. I felt it was important for Jen to see her crew. She was supposed to pick up pacers here so we left a note on Veronica's windshield and headed around to FSR 1255 to wait. Moving pretty quickly through 1255 she only replenished water and was off to Fairview with us racing to get ahead of her. It was 3:24 p.m.

At Fairview I was relieved to see that she would pick up her first pacer, John Muir and Rob Wistrand. She stopped long enough to eat a bit, change into something warmer and pick up her lights. It was only 4:00 p.m. but this next section, with no access to vehicles, there was no option about whether to carry lights or not. We loaded John and Rob down with everything we thought Jen would possibly need and they were off and we packed up and moved everything over to Haw Creek Campground. It was 4:18 p.m., 40 miles.

After a bit of a side trip for gasoline we arrived at Haw Creek and began unloading in preparation for the next meeting. We would have a long wait as we did not anticipate Jen would be in until 10:30 or 11:00 p.m. Veronica built a fire and I got things ready and, in the meantime a paddling friend of Jen's and mine, Susan Wimberly, showed up to help with the crewing. Later another friend, Chris Block, would join us and prove invaluable as he moved the pacers car to the next relay point and took over cooking duties. Now all I had to do was drive the truck. Next came Steve Kirk. He would pick up Jen from John and Rob. She came in at 11:00 and stayed in camp 45 minutes getting some coffee and eating a few pieces of turkey lunch meat but nothing seemed to interest her at this point so we wrapped her up in her sleeping bag and let her sit by the fire a few minutes then Steve started prodding her to get moving again and she was off. It was 11:45 p.m., 61 miles.

The next sections are pretty foggy to me. I was getting pretty tired and Susan Wimberly was using her GPS to navigate us through the backwoods so I quit trying to keep up with our location and left it to her to get us to the next crossing. It was rough back roads that were little better than jeep trails.....and dust. At FSR 1003 Jen finally had to take a nap. She came into the aid station at 1:15 and after a 30 minute nap and some noodles and coffee, plus a change of batteries, she was off again at 2:15 a.m., 65.5 miles.

Darkness has a way of passing that keeps you from being aware of time and distance. We had several other checkpoints that I really don't remember except that I wrote down times for the in and out of the crossings but only wrote "noodles" at the FSR 1405 crossing. That was at 75.7 miles and was 6:10 or 6:25 a.m.

From there through Ozone, Arbaugh and Hignite, she kept pretty steady pace with Steve Kirk gently prodding her through the aid stations until Lick Branch crossing at 7:20 p.m. where she picked up Greg Eason who brought her a fish sandwich, that she had placed an order for earlier in the day. After a 30 minute nap by the fire she was up again and out on the trail at 8:05 p.m.

Nothing significant sticks out in my mind about the next access point, until we tried to get to the FS 1533 crossing, it turned out to be a jeep trail and extremely rough. I had a blow-out on a tire and with the help of Chris Block got it changed and backed up the trail until I could get to a turnaround. Steve McBee and Steve Kirk had gone on ahead so I was not too worried about whether Jen and Greg got aid. They just were not going to be able to get anything I was carrying in my truck, and unless Steve Kirk happened to have food of some kind with him, they would have to make do with whatever they were carrying.

The next crossing was on FSR 1504 which is a pretty good gravel road off of county 215, north of the Redding Campground, that goes up to a trailhead on what the map shows to be Hare Mountain Trailhead. By this time the wind had started blowing and the temperature was falling. It was getting close to midnight and you could feel the humidity building. It made the wind cut like a knife. Just as Jen came into the trailhead it started raining and sleeting. We got her fed and into some heavier clothes and with a fresh change of batteries she set off again. I could not believe she was taking off into the rain with the temps dropping down like it was. She was still in good spirits and smiling, I could not believe it! It was 12:42 a.m. and 120.5 miles.

The next crossing was four miles and in an exposed area and the wind was really howling so when she came to us she just kept going and we moved on down to Hwy 23.

At Hwy 23 she picked up Nate Sira and after a twenty minute stop to eat a bit she was off toward White Rock Mountain, 19 miles away at 3:47 a.m.

At the next checkpoint 5.5 miles from Hwy 23, Jen came in at 5:50 and passed on at 6:03. The next checkpoint was on FSR 103/1509 and she only spent 7 minutes there passing through at 8:17 a.m. but the next aid station on Potato Knob Mountain was 20 minutes and we were able to get her to eat some soup.

Next was White Rock Mountain where she would drop Nate and pick up John Muir again and Helena. She passed through at 12:44 p.m.. I don't remember if this is where she started using her trekking poles but I do remember that she had them when she left White Rock.

The next two stations were uneventful and she seemed to make pretty good progress even though it was obvious that she was starting to get sore. At the next to last aid station, I was able to get word to Lou Peyton that we only had 10 miles to go! The time was 3:09 p.m.

We, the support crew, had a "moment" when we got to the north end of Lake Fort Smith, the finish, where Frog Bayou empties into the lake. Susan's GPS kept telling her that we were passing a trailhead but we could not find it so we drove back and forth several times until Chris finally took off out through the woods and came back to us signaling that he had found the trail and that it actually came to within 50 feet of the road but the trail signs had changed and we did not recognize them as the trail markers. The "trail head" was nothing more than a wide place in the road. It seemed like forever waiting for Jen and her pacer. Anticipation was killing us. We knew that she was going to make her cutoff with time to spare. She finally arrived at 5:45 p.m. and only stayed long enough to pick up a heavy pair of gloves and top off her water again. Only three miles to go! Approximately an hour and a half later, 7:34:57 p.m. she finished. Walking now, but with obvious strength and determination and with that dam smile spreading across her face she crossed an imaginary line at a big blue sign that designated the start of the trail. We took pictures and saluted her with *Champagne*. The Adventure was over.

FOOT NOTE - On March 19th, Jen will present an account of her "thru- run" on the Ozark Highlands Trail to the Little Rock Roadrunners Club. The meeting will take place at the Whole Hog Café, Riverdale Shopping Center on Cantrell Road, Little Rock. Order and eat at 6:00 pm with the program starting at 6:30 p.m.

Arkansas Ultra Running Association
41 White Oak Lane
Little Rock, AR 72227