

**National Trails Day Run - UTS # 14**  
**The Season Finale - June 6<sup>th</sup>, 2009**  
**Albert Pike Recreation Area - Langley, Arkansas**

**The ARKANSAS ULTRA RUNNER**

May/June, 2009—The *To Big To Fail* 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**

On March 8<sup>th</sup>, the AURA had its annual potluck and meeting at the Broadmoor Clubhouse here in Little Rock. As best as I can, I would like to give each of you a report of what transpired.

Our afternoon began with the officer's meeting. There were two topics of discussion. The first one concerned the state of the AURA's financial well being. Treasurer, Charles Peyton, gave a brief description of our funds received and our outlays. We began our year with a balance of \$1026.73 and ended with a balance of \$638.77. Our funds received during the year from donations, membership dues and club sponsored races totaled. \$2520.00 FYI, the AURA levies a \$1.00 fee per runner for those races that the AURA sponsors. The club sponsored races in 2008 were the *Ouachita Trail 50*, the *Arkansas Traveller 100 Miler*, the *Bartlett Park Ultras* and the *Swampstomper*. Our outlays in 2008 were \$662.40 for RRCA dues, \$30.00 (+/-) club meeting expense and the remaining used on printing and mailing the AURA newsletter. *(The Treasurer acknowledges that using (+/-) is not appropriate)* Treasurer/Newsletter Editor Peyton expressed concern about the expense of the newsletter. It was the consensus of the officers that yearly dues would not be raised. Instead, other options would be tried. One option to cut down on printing would be to send the newsletter electronically via e-mail to those that wish to receive it in that manner. Another option is to go to bi-monthly newsletters. Instead of 10 to 11 newsletters per year, the new format would be six. The next option is to continue to send the newsletter as it is now done and hope for the best. If a significant number of members select to receive the internet newsletter and, if a larger more comprehensive newsletter is delivered, it will be a good thing. Attached to this newsletter is a sheet that requests that you email or call me only if you wish the electronic newsletter.

The officers discussed the correspondence from member, Bob Marston, concerning the criteria for selecting the RRCA's Ultra Runners of the Year. Further down in "Paper Trails" member Marston's proposals are discussed.

After the Potluck, AURA President Stan Ferguson "called the meeting to order" with the election of officers. The present officers are Stan Ferguson, President; Michael DuPriest, Vice President; Lou Peyton, Secretary and Charley Peyton, Treasurer. All agreed to serve in 2009. A vote was taken and, without opposition, they were re-elected.

The next item to be considered was the state of the clubs finances with regard to the newsletter. An informal poll was taken among those present as to who would be willing to

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receive email newsletters. There were a significant number of hands raised. As a result, every member will be given that option.

The next item on the agenda was a proposal to changes in the method of awarding points for determining Arkansas/RRCA's *Ultra Runners of the Year*. **BACK GROUND:** The AURA (Arkansas Ultra Running Association) is one of 19 running clubs in Arkansas affiliated with the Road Runners Club of America (RRCA). Every November the State chapter of the RRCA convenes in Hot Springs and honors runners, clubs, officers and volunteers for their excellence during the year. One of the awards given is to recognize Ultra Runners of the Year. AURA's Bob Marston is our club's representative in determining the winners of the Ultra Runners of the Year. Brother Marston believes that Ultra recognition should be based on performance and has developed a system of awarding points based on a runner's placing in the results. Using his formula, he tabulates the standings by pouring over ultra results in magazines and race reports as he can find them. Bob has identified three areas that he thinks need revising. The following are the outline of the items that he wanted the club to consider:

Currently all the Kings and Queens of the Trail are awarded 20 points for having won his or her respective age category within the Ultra Trail Series competition. The overall male and female winners receive the same 20 points as do all other category winners. No distinction has been made for winning overall versus winning an age division (masters, grandmasters, etc). This point awarding rule has evolved as a consequence of the following:

More and more of the Ultra Series races were being counted as individual races for awarding points and, thus, runners occasionally got "double points", once for the individual race and again as a part of the Ultra Series. Twenty points became acceptable for recognizing winning in the Trail Series simply because it was understood that most of the races in the Series that were not already individually counted were not of ultra length.

Originally we awarded points for 2<sup>nd</sup> and 3<sup>rd</sup> places in the Ultra Trail Series and we had a requirement that any potential winner had to participate in a certain number of the Series races. That all became a pretty significant headache when we expanded awards to masters, grandmasters, seniors, super seniors and the 'near dead'. The process became so complex that we went to a simple recognition that each category winner would get 20 points, including overall. Perhaps it is time to consider making a distinction between at least the overall winner and all the rest of the winners. That distinction can be made with a different number of points for the overall winner and a lesser number for the balance of the category winners.

**#1-PROPOSED CHANGE:** For the Ultra Trail Series the OVERALL male and female winners shall each receive 50 points. All other age category winners, masters, grandmasters, seniors ,etc., shall receive 20 points.

To a very limited extent, points tabulation has been demonstrated to be a little skewed when a race, large or small, has only one or two male or female finishers. Certainly, the probability of this happening is greatest in a small race. I have seen race results with only one male or one female finisher in a field of 20 runners. In a 50 mile race that 'sole-sex' finisher would get, for first and only place, 110 points. If the field were, 26 that runner would get 140 points. If it were a 100 mile race with 26 finishers, only two of those male or female, the winner of the two, finishing next to last, would get finishing points of 120 points and First Place points of 180 (300

points). Simply finishing in the last 50% of all finishers of your sex gets you 50 points in a 50 miler and 120 points in a 100 mile race.

#2 -PROPOSED CHANGE: All races from which points shall be awarded will have a minimum number of finishers threshold, in each sex, before enhancement points will be awarded for finishing First, Second or Third in that sex. Enhancement points for finishing within the Top 25% or Top 50% shall continue to be awarded as before. That threshold shall be 8 finishers. That is, points shall be awarded as stated herein if only 7 people of a sex finish a race in the allotted time. Under this proposed rule, if only one male finished the race in a 20 finisher field he would get 50 points for finishing and an additional 12.5 points for finishing in the top 25% (62.5 points versus 110 points). In a 100 mile race that sole finisher of that sex would get, in a 20 finisher field, 120 points for finishing plus 25 for finishing in the top 25% (145 points versus 300 points).

One last item for discussion is whether we want to adjust the time period for awarding Ultra Runners of the Year (URY). We have always used the AT100 as the last and highlighted race of the URY season and then presented the awards after the Spa 10K in Hot Springs. With Captain Kirk announcing a new 100 set for early November '09 in Arkansas, we need to adjust or not adjust our current competitive period. As of now, that period runs from 11:59 PM on Sunday, the last day of the AT100, until that same time the next year. If we change it, we will need to decide which year we want to initiate that change.

Keep in mind, we could always ask the Arkansas RRCA to present the URY awards during its February meeting, often in Maumelle, where they award most of the runner awards.

There was then a generous discussion as to the proposed changes. With regards to #1, President Ferguson stated that he would be "tweaking" his Ultra Trail Series totals. The proposal that Mr. Marston had for changing the number of URY points awarded to the open/overall King/Queen of the Trail was tabled and will be addressed jointly when he(Stan) comes out with the details of possible changes to the UTS format. Look for the changes within the next couple of months. On the subject of #2, it was agreed that the gender threshold on receiving enhanced points in ultra races should be changed from one to three participants. Lastly, it was decided that the end of the ultra year with regards to determining *Ultra Runners of the Year* would remain unchanged. In other words the last race for URY points will be the Arkansas Traveller 100 on October 3rd/4th. The beginning for the following year will be the Syllamo 100, October 23<sup>rd</sup>.

Application to both of these 100 milers are in this newsletter

## 2009 AURA Brain Trust

**Stan Ferguson -President/Ultra Trail Series Administrator**

**Michael DuPriest - Vice President**

**Lou Peyton - Secretary**

**Charley Peyton - Treasurer/Newsletter Editor**

# AURA FUN RUN



## 2009 Fun Run

Saturday, May 30, 7:00 A.M.

\*\*\* New Location \*\*\*

Start and finish at Electronic Tower, FSR 135

Distance: 23 miles (+/-)

**FUN RUN**

**Features:**

- Terrain: Gentle hills
- Surface: Ouachita Trail, forest roads and 4-wheeler trails
- 2009 FUN RUN
- FUN!!

To get there: Take Hwy 324 off Hwy 9/10, Follow Hwy 324 for 4 miles (past Lake Sylvia Day area and campground), At this point you will be on FSR 152 (straight up hill), At the intersection of FSR 152/132 turn (right) onto 132. Follow FSR 132 approximately 6 miles (look for AUTO TOUR brown signs), FSR 135 will be to the (left) follow FSR 135 for 1.5 miles, park at circle where road starts to go downhill.

**NOTE: PARK ON ONE SIDE OF ROAD ONLY DO NOT BLOCK ROADS OR GATES!!!!**

No entry fee, no frills; there will be a waiver to sign morning of run. Water will be available every 4 to 5 miles, and there will be one aid station with minimal aid near the halfway point. You are encouraged to carry a water bottle and any snacks you want.

For more information, contact Chrissy or Stan at [stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net) or 501-329-6688.

## ULTRA CORNER

### *Mount Mitchell Challenge-40 Miles*

Black Mountain, North Carolina

February 28, 2009

**Note From The Editor** Several months ago I received an AURA membership renewal from Rob Walter, Shreveport, Louisiana. Brother Rob included a note with his application that he was entered in the 40 mile *Mount Mitchell Challenge*. I was particularly interested in it as I was in Black Mountain, North Carolina, two years ago for a wedding.. I asked Rob to send me a race report when he got back home. Perhaps we can have other AURA members who will step-up and take the "Challenge." For complete information go to [www.blackmountainmarathon.com](http://www.blackmountainmarathon.com)

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## ***Mount Mitchell Challenge***

Rob Walter -AURA, Member in good standings.(MIGS)  
Shreveport, Louisiana

I just got back from the Black Mountain Marathon/Mount Mitchell Challenge in Black Mountain, North Carolina, just outside of Asheville. It was a notable year; you may have noticed that there was a little bad weather along the Appalachians this weekend.

The race starts in the town of Black Mountain and heads up the valley for about 3 miles on the asphalt in to Montreat. From there, it ascends single track/jeep trails to the Blue Ridge Parkway, which is the turnaround for the marathon. The "Challenge" goes on into Mount Mitchell State Park to climb to the highest point on the east coast of the US, then returns to Black Mountain having covered 40 miles.

No so for everyone entered in the Challenge this year though. Weather at the start predicted high winds and rain, with temperatures into the upper 30's on top of Mount Mitchell. They were wrong - the low 30's high winds (sustaining 35) and rain/sleet/snow convergence right around the time the leaders arrived at the summit and persisted for several hours. With the shifting forecasts, the state park officials closed the upper course to anyone arriving at the marathon turnaround after 3 hours, instead of the usual 3:30(missed it by two minutes). Since most of us had gone out in shorts expecting 40ish degrees they probably did the right thing.

The sleet/rain/snow/wind/cold of epic proportions allowed only 64 of the 160 entered to finish the Challenge and more than 20 were carted down from the top of the mountain. Good Times!!!! I will return for my 4<sup>th</sup> attempt (and 3<sup>rd</sup> completion).

## ***The Barkley Report - "Whiling Away The Hours"***

Leigh Tanner - AURA/MIGS  
Memphis, Tennessee

I'd been affectingly referring to the event as the "Escape from Brushy Mountain" for several months, ever since Kevin Dorsey was accepted as one of the 35 entrants. Since support is not allowed along the 20-mile loop that is the Barkley course, I was prepared for a nice weekend in the woods where there wouldn't be much for me to do except hike a few of the gorgeous trails and hang around the campsite with a good book...or so I thought.

Frozen Head State Park is one of the most beautiful parks I've visited in East Tennessee. The 19 sites in the campground that serves as Barkley Race Headquarters are neat and clean with plenty of firewood supplied by the rangers and a heated toilet/bathhouse that is serviced several times a day. - A perk that takes all the "rough" out of "roughing it." We arrived late on Friday afternoon and were invited to share a group site with Bob Haugh of Kentucky, Steve Durbin and Cassie Rails of Ohio, Stu Gleman of Florida, Bill Andrews of Georgia and a couple of adventure racers from Atlanta(John and Peter).

Knowing that the conch shell, signifying the one hour warning before the start of the race, could be blown anytime after 11 p.m. On Friday evening, we quickly set up our tent and then walked over to partake of Race Directors Gary Cantrell's famous or infamous, digitally prepared grilled chicken. With the licensed plate "prayer flags" decorating the perimeter, the runners and their respective spouses, children, parents, significant others and friends gathered around the smoky charcoal grill and fully laden picnic table, laughing and joking and sharing stories of past races. I won't comment on Gary's grilling skills except to say that I was the lucky recipient of a piece of chicken that was fully cooked. We sang "Happy Birthday" to Abigail Meadow's 15 year old son, then called it a night.

For those who don't know, the Barkley doesn't have a set starting time. Whenever Gary takes a notion to blow the conch shell is when the race starts. The ceremonial lighting of the cigarette is the equivalent of shooting the starting pistol. In between the 11 pm mark and the mournful sound of the sound of the conch, the participants primed and rarin' to go waited. And fidgeted with their gear. And waited. And waited. The metallic scale of tent zippers sliding up and down blended with the trickle of the nearby creek as anxious runners settled into their sleeping bags, and then suddenly remembering something they needed to do or get that was on the outside. It wasn't conducive to a good night's sleep. All ears were on alert and any unidentifiable sound was mistaken for the "get ready" notification....even the screech of owls mating.

Hours later, the sun arose on a beautiful spring morning and chased away the chill of the previous night. Tension rose with the sun as it got higher in the morning sky and the racers became more and more ansier with anticipation to be underway. "Daylight's a wastin" was running through many of our minds by the time Gary finally blew the conch at 9:54 a.m. With a collective sigh of relief the racers make their final preparations. By 10:54 a.m. the race was underway and the campground became strangely silent.

What to do for the next 10 to 12 hours? Straighten the tent, organize the supplies, drink another cup of coffee since it promised to be a late night, get cleaned up and then find a nice sunny spot for my chair and stick my nose in a book. That's what I had in mind. I worked my way through that short list but when it came time to read my own book, I remembered that "Frozen Ed", one of the race participants I'd met the night before, had written a collection of stories about the Barkley. He has run all of them except the very first and maybe a couple in between. He had assembled his recollections and the recollections of others into a loosely bound book that was anchored to the dinner table of the night before by a piece of heavy string and duct tape. I headed up to the start/finish area to spend some time getting educated on the history of the Barkley. While I read and occasionally laughed or grimaced or shook my head several others milled around chatting with Gary and the UT students who where filming a documentary about the race. A short while later, a car drove up and three slim runner types poured out - two college students and one professor. David Horton to be exact. Now the stories of Frozen Ed's book were really coming to life. Several hours passed quickly while I listened to Gary and David reminisce about the course changes, the weather conditions and especially the wide variety of people who had participated in the Barkley over the years. The Soviets who wanted to defect to American rather than return to their county empty handed when they found out there was no prize money; the fellow who ended up being questioned by Brushy Mountain prison guards when he meandered within shooting range after getting off course; the owners of various records for slowness and lostness on a course that Gary says should not be measured by "miles per hour, but rather hours per mile". Each story led into a new one, punctuated by more laughter, grimacing and head shaking on my part. It was a great way to spend the afternoon.

We got a couple of reports on the runners from folks who were waiting at strategic crossings to see them pass by. At twilight Byron Backer finished his first loop in the lead. From that point on, racers appeared out of the darkness in varying states of exhaustion all through the night. Some went back out; some didn't. Some completed a full loop; some found their way back to camp the best way they could. Having read the accounts and listened to the stories all afternoon, and having hiked a couple of the trails rated "difficult" myself, I have nothing but the utmost admiration for them all.

From the Editor: Your articles are always welcome for the AURA newsletter. 1/2 to a page is desirable. Word attachment is preferred. Your AURA brothers and sisters want to know where you went and what you thought of your experience.



## 2009 Arkansas Traveller 100 Application

October 3-4, 6:00 AM  
Lake Sylvia Recreation Area, near Perryville, Arkansas

Presented by the Arkansas Ultra Running Association  
Proceeds benefiting the Williams Junction Volunteer Fire Department

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Wind Jacket size (XS, S, M, L, XL): \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 10/3/2009 (Minimum age 18) \_\_\_\_\_ Gender \_\_\_\_\_

Previous Ultra Experience? \_\_\_\_\_ Anticipated AT100 finish time: \_\_\_\_\_

Is this your first 100-mile attempt? \_\_\_\_\_ Please list any previous years you completed the AT100 \_\_\_\_\_

If applicable, please describe what kind of camping you will be doing at Lake Sylvia (RV, tent, etc.): \_\_\_\_\_

List any medical conditions we should know of \_\_\_\_\_

Are you taking any prescription drugs? Please list: \_\_\_\_\_

There will be a free spaghetti dinner Oct 2nd for the runner and one guest. Please include \$5.00 fee for each additional guest.

Entry Fee \$ \_\_\_\_\_ (\$150 if postmarked or received by Sept 1; \$175 until Sept 21)

\_\_\_\_\_ X \$5.00 = \$ \_\_\_\_\_ for additional spaghetti dinners

Total \$ \_\_\_\_\_ **No entries accepted after September 22 postmark.**

### No entry limit.

Send application and entry fee (check payable to Arkansas Traveller 100) to:

Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

**\$140 of registration fee is refundable until September 1; 50% of fee is refundable until September 21.**

For additional information, visit the Arkansas Traveller 100 website: <http://www.runarkansas.com>

e-mail: [AT100@runarkansas.com](mailto:AT100@runarkansas.com) or phone 501-329-6688

### 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, U.S. Forest 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 after September 21, 2009.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# The Arkansas Traveller 100

## *Good Time Running in the Ouachita Mountains*

### History of the race

The inspiration for the Arkansas Traveller 100 began back in 1989. Lou Peyton was one of four women to complete the Grand Slam of Ultrarunning that year, which previously had not been done by a woman. After traveling to the 100 mile runs in other states, Lou and husband Charley decided that they wanted to put on a similar event in Arkansas to share the true ultra-running experience with their local friends and runners, and also to host a run where they could invite the many friends they had made at other races from across the country. From the first running of the event on October 5<sup>th</sup>, 1991 to the present, this spirit of friendliness has been a continuous theme of the race, and has earned the Traveller the reputation of being one of the most hospitable races in the United States.

The Peytons continued directing the race through its first ten years. A frequent Traveller runner during this time would ultimately be their successor. Initially drawn to the event from California in 1992 after spotting the sweet belt buckle worn by Suzi (Thibeault) Cope, Chrissy (Duryea) Ferguson's history with the race includes having the most finishes (currently) of anyone, winning eight times, getting married at the race, and serving as race director with husband Stan since 2001. Yes, Good Time Running—the motto of the race, can sometimes have a way of changing your life!

### "We've been Slammed!"

If history is a circle, it was completed for the Arkansas Traveller in the year 2008. Nineteen years after its seed was planted, the Traveller had the honor of being selected as the final event in the Grand Slam of Ultrarunning as a replacement for the first race of the series, which was unable to be held due to forest fires in northern California. Although it was an unfortunate happening in the ultra world for Western States to have been cancelled, the rare and probably one-time opportunity to be a part of the Grand Slam held very special significance to all the people involved in making the Traveller happen.

### About the course

The setting for the Traveller is the Ouachita National Forest, with race festivities taking place at Lake Sylvia and historic Camp Ouachita, about 30 miles west of Little Rock. The national forest was created in 1907 by order of Theodore Roosevelt, and Camp Ouachita, built in the 1930s, holds the distinction of being the only surviving Girl Scout camp built jointly by the Civilian Conservation Corps and Works Progress Administration. Used continuously for four decades, the camp fell into a state of disrepair after finally closing around 1980. A multiyear restoration effort began in 2003, spurred by the involvement of a number of public and private organizations, but largely through the efforts of the Lake Sylvia Community Project Group. Since the race's inception, proceeds have gone to help out both the Lake Sylvia development group and the local community of Williams Junction.



From the start just outside Camp Ouachita, the course begins with an introductory 17-mile loop which takes runners over the shoulder of Flatside Pinnacle and eventually back near Lake Sylvia. From there the journey is an 83-mile out-and-back route that makes a scenic circle around Lake Winona and heads westward into the heart of the Ouachita Mountains. It provides a sampling of many different surface types, from well-maintained forest roads to a section on the Ouachita Trail, which is rocky single-track. While the Ouachitas do not feature big climbs as encountered in many western 100-milers, there is enough elevation change to keep things interesting. The total amount of climb is approximately 12,000 feet. Combined with several segments featuring tricky footing, the course provides an adequate challenge for first-timers, and has on occasion been underestimated by experienced ultrarunners expecting a fast easy run.

The most outstanding element at the Traveller is the stellar caliber of the aid stations. If you stop very long, you will realize that they are all staffed with runners. Visitors to the region might appreciate how each one oozes with southern hospitality. But don't get too comfortable, as these volunteers want nothing more than to see everyone succeed, and will do virtually anything to help an able participant keep going towards the finish.

*(Might include here some instances of aid stations performing above and beyond the call of duty.)*

### Arkansas Traveller Team Challenge

Perhaps a distraction is needed from the normal trials and tribulations encountered during a 100 mile run? Or maybe extra incentive is sought to help pull one to the finish? The Arkansas Traveller features an additional competitive angle to help fuel the fire of team spirit.

The Arkansas Traveller Team Challenge began with an extension into ultrarunning of a long time college football rivalry between Arkansas and Texas. Those teams first met on the gridiron in the late 1800s, with countless meetings since then that have built a legacy of feverish competitiveness that has never waned. In that spirit, a challenge was issued by Texans Scott Eppelman and Tyler Curiel to the "Razorbacks" prior to the 1999 Traveller. While the competition rules evolved slightly over the first few years, the bottom line has always been about getting four runners from your state to the finish line in the lowest aggregate time. The team challenge was expanded after the first year to include runners from any state desiring to participate, but after ten years only two different names appear on the highly coveted and much sought after traveling trophy. The first four Team Challenges were won by Texas, with Arkansas finally stepping up and claiming the following six in a row.

### Miscellaneous Statistics

Statistics from the first 18 editions of the race, from 1991 thru 2008:

Total starters: 2031

Total finishers: 1344 (66.2%)

Male finishers: 1068

Female finishers: 276

Weddings: 2

Finishers have been from 49 states, DC, and five foreign countries

Top 3 most prodigious states (number of finishers):

## Arkansas Traveller 100 continued

Arkansas	255
Texas	224
California	95

Course Records(Men)-15:37:26 James Kirby, Washington, 2004

(Women) -17:13:10, Ann Trason, California, 2002

## AURA "Q & A"

*For your training needs, consult the Big Shot*

Hello BS, I am about to enter the AT100 and read your advice column entitled "*The 6 Keys for Marginal Runners to Finish the Arkansas Traveller 100*". Rule Number 1 states that it is to your advantage to know the race course before hand. Last weekend I went out on the race course wanting to see what Smith Mountain would be like. Somewhere beyond Club Flamingo I became hopelessly lost and was lucky to get back to my car before dark. I saw many intersecting roads but had no idea where to go. Is it possible for you to send me a map? Signed *Lost Course*.

Dear *Lost*.

I can do better than a map. I have gone into the Archive Vault and searched through my collection of Forest Service signs that I have "picked up" over the years, and found the one that can assist you. The next time you go out on the course, and come to the intersection in question, take out the attached picture. Road 762 will take you over Smith Mountain. Just follow the arrow.

I aim to please, and of course, warmest regards, BS



Unidentified AURA sign holder - RD 211 right/ RD 762 straightjt.



# ULTRA TRAIL SERIES

## *UTS #14 - National Trails Day Run 19 Miles +/- Plus a 10 Mile Fun Run*

8:00 a.m. start from the park pavilion approx 0.5 miles west of the Hwy 369/ FR 106 intersection.

### **A Message from Run Leader, Jon Lucas**

*Since it is National Trails Day, people are encouraged to get out and participate however they like, by covering whatever distance they want. Most people who show up will be ultra runners, but anyone who wants to participate and doesn't want to record a time is welcome to do so. I have done this run for many years and the weather has ranged from 75 degrees and awesome to 95 and miserable. For old timers, this is the traditional run. No changes other than being the 2008-2009 Ultra Trail Series Finale, UTS #14.*

### **Course Description**

The 10-Miler will run to Road 106; follow for two miles to the Winding Stairs Trailhead, follow it to the Little Missouri River; cross it and continue approx one more mile to the Viles Branch Trail cutoff. At this point they will retrace. The 19 milers will continue on crossing the Little Missouri River again and following the Viles Branch Trail 3.5 miles to the Athens-Big Fork Trail where it takes a right and traverses Brushy and Brushheap Mountains. From there, it follows Road 106 back to the campground.

### **Aid Stations**

Aid Stations will be at the Winding Stairs Trailhead; the Viles Branch Trail turn; the Athens Big Fork trail turn; the Road 106 turn and at the Winding Stairs/Road 106 junction.

Driving directions to *National Trails Day*—From Little Rock, take I-30 through Benton. Past Benton do a right at Hwy 70 exit, the Hot Springs highway. Entering Hot Springs get on the bypass and follow to the Glenwood/Hwy 70 exit. Left onto Hwy 70 and go to Glenwood and continue six miles to the Salem Community and Hwy 84. Turn right onto highway 84 and it is 13 miles to Langley. At Langley turn right onto Hwy 369 and the Albert Pike Recreation Area is six miles.

## ***ULTRA TRAIL SERIES Race Results***

### ***3 DAYS OF SYLLAMO - UTS #11***

March 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup>, 2009  
Allison, Arkansas

### ***2009 Overall Stage Finishers***

#### Male Stage

1. Adam Casseday	13:02:04	16. Allan Benjamin	17:05:36
2. David Wakefield	13:22:10	17. Brad Birkholz	17:05:40

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3. Paul Schoenlaub	14:27:36	18. Marshall King	17:14:29
4. Damian Nathaniel	14:41:44	19. Willie Lambert	18:14:01
5. PoDog Vogler	14:44:13	20. Alan Hunnicutt	18:36:00
6. Tony Cauchi	14:54:16	21. Jeff Wells	18:36:06
7. Nolan Ming	15:19:46	22. Dale Humphrey	18:41:35
8. John Dils	15:38:30	23. Robert Williamson	19:43:32
9. Andy Emerson	15:42:50	24. Jeffrey Ellis	19:45:18
10. Stuart Johnson	15:58:03	25. Maurice Robinson	20:03:35
11. Dan Lehmann	16:13:48	26. George Peterka	20:08:50
12. Ted Niemann	16:18:48	27. Fred Thompson	20:42:40
13. Woody Stallings	16:22:00	28. Rob Apple	20:54:37
14. Paul Turner	16:37:51	29. Bill Heldenbrand	21:20:52
15. Raymond Churgovich	16:46:37		

## Female Stage

1. Ashley Nordell	14:52:12	4. Kristen Krempasky	18:14:46
2. Dib Johnson	17:33:25	5. Susan Donnelly	18:59:04
3. Lynne Harkey	17:51:34	6. Jen Foster	19:08:42

## Coed Team Stage

1. Nathan Echoles and Jenny Chow	16:57:20
2. Ryan Stalder and Sarah Stalder	18:32:01

**3 Days Of Syllamo 42 K**March 6<sup>th</sup>, 2009

## Male

1. John Muir	3:32:44	23. Jeffrey Ellis	4:57:32
2. Josh Nordell	3:36:52	24. Woody Stallings	5:00:35
3. David Wakefield	3:38:40	25. Kent Kelley	5:07:35
4. Chris Block	3:40:43	26. Ryan Stadler	5:09:29
5. Adam Casseday	3:42:03	27. Ken Chappell	5:11:56
6. Paul Schoenlaub	3:54:48	28. Alan Hunnicutt	5:12:21
7. John Dils	3:57:31	29. Jeff Wells	5:15:27
8. Damian Nathaniel	4:07:06	30. Marc Fisher	5:15:07
9. Tonyt Cauchi	4:11:32	31. Robert Williamson	5:15:39
10. Nolan Ming	3:17:09	32. Guy Patteson	5:16:08
11. PoDog Vogler	4:20:18	33. Willie Lambert	5:20:06
12. Andy Emerson	4:20:19	34. Maurice Robinson	5:20:57
13. Stuart Johnson	4:27:01	35. Dale Humphrey	5:27:10
14. Raymond Churgovich	4:28:44	36. George Peterka	5:32:48
15. Allen Benjamin	4:31:55	37. Fred Thompson	5:43:49
16. Paul Turner	4:35:09	38. Matthew Perry	5:51:06
17. Dan Lehmann	4:35:16	39. Josh Barnhorst	5:58:17
18. Ted Niemann	4:45:18	40. John Fralick	6:09:36
19. Brad Birkholz	4:47:38	41. Bill Heldenbrand	6:13:28
20. Nathan Echols	4:48:14	42. Rob Apple	6:25:23
21. Ryan Johnson	4:48:28	43. Karl Keltner	6:45:30
22. Marshall King	4:55:21	44. Mun Sang Yue	7:27:44

## 42 K Female

1. Ashley Nordell	4:05:30	7. Lynne Harkey	5:12:55
2. Kristen Krempasky	4:44:03	8. Deb Johnson	5:13:03
3. Julie Treder	4:44:15	9. Susan Donnelly	5:30:15
4. Lindy Biglieni	4:58:05	10. Melissa jRhoads	6:13:26
5. Jen Foster	5:11:58	11. R. Aschwanden-Thom	6:45:28
6. Stephanie Stewart	5:12:21	12. Hui-Qing Yin	7:27:43

### **3 Days of Syllamo 50 Miler**

March 7<sup>th</sup>, 2009

#### Male

1. Adam Casseday	7:32:42	18. Brad Birkholz	10:19:37
2. David Wakefield	7:56:12	19. Allan Benjamin	10:25:30
3. High Dils	8:39:19	20. Raymond Churgovich	10:32:53
4. PoDog Volger	8:41:04	21. Willie Lambert	10:36:42
5. Paul Schoenlaub	8:45:42	22. Phillip Rhoads	10:30:41
6. Damian Nathaniel	8:47:56	23. Alan Hunnicutt	10:50:14
7. Tony Cauchi	9:01:48	24. Jeff Wells	10:50:14
8. Josh Nordell	9:04:53	25. Ryan Stalder	10:54:35
9. Nolan Ming	9:17:24	26. Dale Humphrey	11:04:33
10. Woody Stallings	9:24:39	27. Rob Apple	11:36:12
11. Andy Emerson	9:33:06	28. Robert Williamson	11:39:59
12. Stuart Johnson	9:39:00	29. Steve Bunch	12:03:40
13. Ted Niemann	9:39:58	30. Jeffrey Ellis	12:08:56
14. Dan Lehmann	9:40:59	31. George Peterka	12:12:54
15. Nathan Echols	9:51:58	32. Fred Thompson	12:15:17
16. Marshall King	10:06:10	33. Mauri e Robinson	12:18:37
17. Paul Turner	10:15:24	34. Bill Heldenbrand	12:30:54

#### 50 Mile Female

1. Ashley Nordell	8:59:22	5. Susan Donnelly	11:11:38
2. Deb Johnson	10:02:36	6. Kristen Krempasky	11:23:52
3. Lynne Harkey	10:15:24	7. Jen Foster	11:33:31
4. Stephanie Stewart	10:19:37		

### **3 Days Of Syllamo 20K**

March 8<sup>th</sup>, 2009

#### Men

1. John Muir	1:29:23	23. Brian Seagert	2:11:29
2. Tony Cauche	1:41:05	24. Marshall King	2:12:58
3. PoDog Vogler	1:42:51	25. Nathan Echols	2:17:07
4. Raymond Churgovich	1:45:00	26. Willie Lambert	2:17:12
5. Nolan Ming	1:45:13	27. Jonathon Shaver	2:21:28
6. Paul Schoenlaub	1:46:06	28. George Peterka	2:23:07
7. Damian Nathaniel	1:46:43	29. Maurice Robinson	2:24:12
8. David Wakefield	1:47:19	30. Ryan Stalder	2:27:57
9. Paul Turner	1:47:19	31. Grant Clawson	2:30:19
10. Adam Casseday	1:47:19	32. Chuck Clawson	2:30:19
11. Andy Emerson	1:49:25	33. Jeff Wells	2:33:25
12. Stuart Johnson	1:52:02	34. Allan Hunnicutt	2:33:26

13. Ted Niemann	1:53:32	35. Bill Heldenbrand	2:36:30
14. John Jackson	1:55:48	36. Jeffrey Ellis	2:38:20
15. Mathew Jackson	1:55:48	37. Fred Thompson	2:43:43
16. Todd Barker	1:56:01	38. JP Brewley	2:44:50
17. Woody Stallings	1:56:45	39. Chris Block	2:44:52
18. Dan Lehmann	1:57:33	40. Robert Williamson	2:47:54
19. Mike Elleman	1:57:37	41. Rob Apple	2:53:02
20. Brad Birkholz	1:58:24	42. John Dils	3:01:50
21. Allan Benjamin	2:08:00	43. Darl Keltner	3:05:38
22. Dale Humphrey	2:09:52		

## 20K Female

1. Ashley Nordell	1:47:19	7. Deb Johnson	2:17:45
2. Valerie French	1:47:29	8. Jen Foster	2:23:14
3. Helana Beart	2:00:16	9. Lynne Harkey	2:23:15
4. Kristen Krempasky	2:08:00	10. B. Aschwander-Thom	3:05:37
5. Julie Treder	2:11:29	11. Ann M. Moore	3:21:11
6. Susan Donnelly	2:17:11		

**Big Rock Mystery Run- UTS # 12**

March 21<sup>st</sup>, 2009 ---- 10 Miles +/-  
North Little Rock, Arkansas

1. Rodney DeChue	1:38:20	12. Rhonda Ferguson	2:12
2. Jeff Thostenson	1:41:50	13. Kim Johnson	2:12
3. Mike Burnham	1:43:48	14. David Callouet	2:12:53
4. Guy Patteson *	1:45:48	15. Pete Ireland	2:13:06
5. Josh Bornhorst *	1:45:48	16. Bob Johnson	2:14:21
6. Chrissy Ferguson	1:52:48	17. Phil Brown	2:19
7. Jerry Evans	2:00:15	18. Lacy Kelley	2:26:30
8. Mark Roth	2:00:15	19. Rosemary Rogers	2:29
9. James Silverstone	2:06	20. Christy Haleman	2:30
10. Teresa Cox	2:08	21. Bill Brass	2:32
11. Mike DuPriest	2:08:30		

- Time includes two minute penalty applied for not collecting all cards.

## Other Distances

James Bearden	2:28	6 miles
Ann M Moore	2:26	8 miles
Bob McKinney	2:26	8 miles

**AURA Bumper Stickers Now Available!**

Arkansas Ultra Running Association bumper stickers can now be purchased for \$2.00. Send your order to 41 Whiteoak Lane, Little Rock, Arkansas, 72227, in care of the AURA.

## Ouachita Trail 50 Results Little Rock, AR, April 18, 2009

### 50 Mile Results

Place	Name	Sex	Age	State	Time
1	Nick Lewis	M	23	TN	8:11:43
2	Scott Eason	M	43	AR	8:13:10
3	Brian Hurley	M	28	AR	8:37:14
4	Kyle Baldwin	M	37	AR	8:44:05
5	PoDog Vogler	M	42	AR	9:45:19
6	A.J. Wolfe	M	35	TN	9:47:44
7	Steve Kirk	M	48	AR	9:49:45
8	Paul Schoenlaub	M	49	MO	9:51:22
	Stan Ferguson	M	45	AR	9:51:22
10	Tadd Morris	M	41	PA	9:55:35
11	Kevin Dorsey	M	38	TN	9:57:18
12	James Holland	M	32	TN	10:07:16
13	Reid Landes	M	38	AR	10:22:20
14	Randy Ellis	M	57	OK	10:34:11
15	Richard Brown	M	47	AR	10:40:11
16	Matthew Miller	M	26	AR	10:45:09
17	Paul Turner	M	46	AR	10:49:50
18	Murry Chappelle	M	49	AR	10:50:05
19	Marshall King	M	39	TX	11:03:35
20	Mike Samuelson	M	43	TN	11:04:35
21	Hillary Looney	F	35	AR	11:43:26
22	John Kelly	M	42	AR	11:49:09
23	Ryan Johnson	M	22	AR	11:50:11
24	Dean Efer Saxon	M	48	MS	12:08:25
	"Vag" Felsher	M	41	MS	12:08:25
	Michael Yarbrough	M	35	MS	12:08:25
27	Adrienne Shelton	F	43	AR	12:14:48
28	Guy Patteson	M	49	AR	12:14:49
29	Mark Roth	M	47	AR	12:22:30
30	Tom Gladfelter	M	57	IL	12:33:00
	Dale Humphrey	M	49	MN	12:33:00
32	Diane Jones	F	54	TN	12:41:23
33	Teresa Cox	F	48	AR	12:41:36
34	Daniel Montgomery	M	19	MS	12:47:06
35	Kim Johnson	F	40	AR	12:50:29
	Sammy Barnes	M	52	AR	12:50:29

### 50 Km Results

Place	Name	Sex	Age	State	Time
1	Jamie Anderson	M	36	AR	5:35:17
	John Muir	M	30	AR	5:35:17
3	Thomas Chapin	M	31	AR	5:44:55
4	Richard Williams	M	42	TN	5:48:09
5	Jeff Genova	M	41	AR	6:03:46
6	Les Jones	M	50	TN	6:06:19
7	Miriam Schuman	F	44	CA	6:06:55
8	Andrea Wilson	F	27	TN	6:15:57
9	Helena Baert	F	31	AR	6:27:50
10	Rodney DeClue	M	44	AR	6:30:18
11	Michael Mcghee	M	43	AR	6:35:14
12	Eunika Rogers	F	38	TN	6:42:11
13	Carla Branch	F	58	AR	6:47:39
14	Steven Giles	M	55	AR	6:49:20
15	Mark Winborn	M	49	TN	6:49:51
16	George Peterka	M	49	AR	6:52:10
17	Mike Burnham	M	41	AR	6:57:06
18	Scott Rogers	M	44	TN	6:58:19
19	Bo Hornberg	M	42	TN	7:03:53
20	William Ouchark	M	44	FL	7:05:36
21	Randy West	M	52	AL	7:13:20

22	Mack Varner	M	64	MS	7:14:23
23	Jeff Vieyra	M	62	CA	7:14:50
24	Bart Schad	M	41	AR	7:18:29
25	Lorri Justice	F	40	AR	7:19:43
26	Joshua Bornhorst	M	34	AR	7:23:08
27	Jim Shafer	M	49	FL	7:23:35
28	Herb Jarrell	M	65	TX	7:25:24
29	Kristy Merrell	F	35	AR	7:28:09
30	Bill Luton	M	53	TN	7:29:22
31	Rebecca Bozkir	F	41	AR	7:29:52
32	Bill Heldenbrand	M	62	MO	7:30:52
33	Kimmy Riley	F	48	AR	7:34:55
34	Carie Harris	F	42	OK	7:37:39
35	Pete Ireland	M	68	AR	7:44:03
36	Ted Bearden	M	40	AR	7:46:09
	Nick Hays	M	39	AR	7:46:09
38	Paulette Brockinton	F	60	AR	7:47:27
39	Johnny Mitchum	M	62	AR	7:49:13
40	Jim Ingalls	M	64	TX	7:50:46
41	David Caillouet	M	50	AR	7:50:48
42	Robert Kosec	M	62	TX	7:52:19
	Jerry Evans	M	61	AR	7:52:19
44	Terry Waller	M	50	MS	7:53:16
45	Phil Brown	M	42	AR	7:53:50
46	Brenda Bonner	F	48	AR	7:54:53
47	William Piper	M	63	PA	7:54:56
48	Pete Perkins	M	50	AR	7:55:19
49	Kenny Simpson	M	54	MS	8:12:40
50	Steve Hobbs	M	53	AR	8:13:38
51	Dennis Bisnette	M	48	MS	8:14:06
52	Robert Kyle	M	48	TN	8:21:15
	Michael Hudson	M	41	TN	8:21:15
54	Gary Speas	M	55	AR	8:25:52
55	Ira Robinson	M	68	TX	8:31:07
56	Graham Gallemore	M	66	AL	8:49:26
57	James Silverstone	M	50	AR	8:49:49
58	Patty Groth	F	53	AR	8:50:12
59	Steve Hughes	M	60	IL	8:50:40
60	Ron Gimblet	M	61	AR	8:52:21
61	Amy Wills	F	40	AR	9:02:24
62	Joel Rogalsky	M	42	OK	9:02:25
63	Randy Windle	M	30	LA	9:07:00
64	Rosemary Rogers	F	61	AR	9:08:52
65	Lou Peyton	F	64	AR	9:10:59
66	Bill Brass	M	69	AR	9:12:23
67	Ray Gildea	M	55	MS	9:13:43
68	Elaine Gimblet	F	61	AR	9:41:12
	Donna Duerr	F	53	AR	9:41:12
70	Johnny Eagles	M	57	AR	9:53:14
71	Dottie Rea	F	56	AR	10:00:23
72	Christina Carr	F	33	AR	10:00:24
73	Steeve Pomerleau	M	35	AR	10:00:25
74	Eugene Bruckert	M	73	IL	10:06:46
75	Paula Harris	F	36	GA	10:10:55
	Robert Harris	M	41	GA	10:10:55
77	Earl Heppe	M	41	LA	10:50:24
	Jeffrey Martie	M	25	LA	10:50:24
	Brandon Gerig	M	24	LA	10:50:24
80	Zacil Nash	F	26	AR	11:17:38

DQ'd for not summiting Pinnacle Mountain:

Ann Moore F 68 AR 9:48:10







## 2008-2009 Ultra Trail Series Standings through 13 Races

### Women

	Name	Age	Midnt	BP	Nebo	AT100	GGorg	LOVT	ABF	Swamp	WRC	Syl	Day1	Day2	Day3	Myst	OT50	Total
1	Teresa Cox	47			47	30		29	33			18				46	44	247
2	Kim Johnson	39	30	29		5	17.5	14				20				32	38	185.5
3	Chrissy Ferguson	48					32	40.5			36	10				57		175.5
4	Katie Helms	31	36				60		44									140
5	Eunika Rogers	38						57				27					44	128
6	Ashley Nordell	29											37	47	36			120
9	Kimmy Riley	47				25		40.5			21						19	105.5
12	Diane Jones	53	8	34		3											50	95
14	Deb Johnson	50										33	9	38	11			91
16	Jen Foster	36				20						30	18	9	8			85
17	Rhonda Ferguson	53					17.5	14				13				32		76.5
18	Dianne Seager	52						23	21		21	11						76
24	Kristen Krempasky	29											31	14	20			65
29	Patty Groth	52			30		17.5										11	58.5
31	Natalie McBee	35									58							58
34	Rosemary Rogers	60	12		18											17	9	56
38	Stephanie Stewart	29										16	15	24				55
39	Carrie DuPriest	51			36		17.5											53.5
45	Kathy Hoover		47															47
46	Lynne Harkey	41											12	29	6			47
53	Susan Donnelly	46											7	19	14			40
54	Carla Branch	58															38	38
59	Jamie Huneycutt	50									30							30
65	Paulette Brockinton	60									12						13	25
78	Lou Peyton	64					4				8						8	20
80	Cindy Schoenlaub		18															18
96	Elizabeth Sanders	48		9														9
97	Donna Duerr	54										2					6.5	8.5
98	Dottie Rea	57										3					5	8
104	Elaine Gimblet	61															6.5	6.5
106	Hilde Haynes	67										6						6
107	Bobbie Davidson	53										5						5
108	Christina Carr	33															4	4
110	Tracy Thomas	47				4												4
113	Ann Moore	68													2			2
116	Rosemary Evans	55				2												2

(Includes AURA members and runners with a minimum of three runs.  
Complete points standings are available at [www.RunArkansas.com](http://www.RunArkansas.com))

**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.

## AURA Hot Flash!

AURA's Steve Kirk has announced that he is going to put on a 100 mile race on October 23/25, 2009, in the Mountain View vicinity. The name of his race is the *Syllamo 100*. Complete information can be found on the web site [www.3daysofsyllamo.org](http://www.3daysofsyllamo.org) and link to the Syllamo 100



**100 MILE ENDURANCE RUN**  
October 23-25, 2009  
Ozark National Forest, Mountain View, Arkansas

Entry fee for the 100 mile run is \$165. After September 23, the entry fee will be \$195 and after October 1, the entry fee is \$210. Your entry fee includes a very generous bag of race ware, pre-race pasta dinner, post race food, refreshments and finishers buckle. Additional pre-race meals for non-runners will be \$10 per person. **NO REFUNDS, NO RACE DAY REGISTRATION!!**

Send your entry payable to: Syllamo Productions 7308 Westwind Drive, North Little Rock, Ar 72113  
E-mail: [syllamo100@mail.com](mailto:syllamo100@mail.com)

-----  
**PLEASE PRINT LEGIBLY**

Name \_\_\_\_\_ Age on 10/23/09 \_\_\_\_\_

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: S M L XL

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

100 Mile Run:	\$ _____
Additional Meals for non-runners (\$10):	\$ _____
<b>Total Enclosed:</b>	<b>\$ _____</b>

**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 Syllamo Productions, LLC, race directors, workers, volunteers, 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