

(e)AURA

November 2009-The Ponzi Edition

The eMail Newsletter for Members and Friends of the Arkansas Ultra Running Association



The Bigshots's Paper Trail

With all of the chatter on the Arkansas Traveller and the Syllamo 100 Milers, the BS has been asleep at the wheel as to other big events taking place near by. Although the Ozark Trail 100 is linked to Runarkansas.com, the AUR has almost completely let it slip by. The race date is November 7th and location is Steelville, Missouri. The Race Directors are AURA brothers, Paul Schoenlaub and Stuart Johnson. Due to the postponement of the Syllamo 100 this year, I have heard from several AURA members who plan on running both the AT-100 and the Ozark 100. For complete information on the Ozark 100 visit the website www.ozarktrail100.com. Also, while you are looking that up go < www.runarkansas.com > and check out the Big Dog 50 K on November 28th, at Ruston, Louisiana.



L to R—Pete Ireland and Maurice Robinson

AURA members who helped clear a path over a foggy, rainy Smith Mountain prior to the 2009 Arkansas Traveller 100

2009 Arkansas Traveller 100 Miler
October 3rd and 4th, 2009
Ouachita National Forest – Perryville, Arkansas

Place	Name	Sex	Age	State	Time
1	PoDog Vogler	M	43	AR	17:49:50
2	Kyle Baldwin	M	37	AR	19:17:35
3	Cade Smith	M	41	MS	20:49:20
4	Steve Appleton	M	36	AR	20:54:43
5	Claude Hicks	M	49	TX	21:22:51
6	Jared Fetterolf	M	20	TX	21:43:54
7	Joshua Kennedy	M	37	AL	21:45:45
8	Steve Corbin	M	46	TX	22:02:04
9	Jeffrey Welsh	M	55	NC	22:27:55
10	Mark DenHerder	M	45	AR	22:31:50
11	Dan Brenden	M	58	AZ	22:41:58
12	Monica Scholz	F	42	ONT	23:16:41
13	Brian Kuhn	M	36	IL	23:25:51
14	Rich Brown	M	47	AR	23:35:20
15	Manuel Centeno	M	41	AR	23:39:39
16	Gergo Perlaky	M	25	TX	23:47:24
17	David Coats	M	48	TX	23:50:59
18	Jamie Hammond	M	39	AR	23:56:17
19	Chrissy Ferguson	F	48	AR	24:19:46
20	Michael Poole	M	28	TN	24:42:14
21	Murry Chappelle	M	50	AR	24:46:56
22	Paul Turner	M	46	AR	24:46:56
23	Tony Cauchi	M	37	MO	24:50:48
24	Kevin Dorsey	M	38	TN	24:52:50
25	John Phillips	M	49	TN	25:10:26
26	George Peterka	M	49	AR	25:31:49
27	Dianne Seager	F	53	AR	25:33:12
28	Ben Benjamin	M	62	OR	25:37:19
29	Blake Thompson	M	28	AL	26:03:01
30	William Butcher	M	44	NC	26:12:20
31	Dale Humphrey	M	50	MN	26:37:10
32	Benny Hickok	M	37	IN	26:48:25
33	Tom Simonds	M	54	VA	26:57:20
34	Guy Patteson	M	49	AR	27:03:20
35	Ian Maddieson	M	67	NM	27:11:12
36	Randy Saxon	M	49	MS	27:27:07
37	Vincent Swendsen	M	47	NC	27:27:07
38	Bruce Tanksley	M	50	TN	27:28:20
39	Kimmy Riley	F	48	AR	27:45:06
40	Thomas Chapin	M	31	AR	28:02:32
41	Ernest Stolen	M	60	AK	28:06:37
42	Charles Hurst	M	51	TN	28:07:46
43	Mark Roth	M	47	AR	28:08:25
44	Ryan Beard	M	34	TX	28:16:52
45	Ed Compton	M	49	GA	28:22:40
46	Joni Fontana	F	47	MD	28:29:01
47	Michael Brannon	M	56	TN	28:32:30
48	Tammy Walther	F	38	AR	28:35:31
49	Vicente Ledesma	M	58	TX	28:39:45
50	Philip McColl	M	57	ONT	28:50:36
51	Douglas Ratliff	M	40	TX	28:50:36

52	Molly Barnes	F	40	CO	28:54:17
53	Barbara Freedman	F	57	QUE	28:55:03
54	Kira Matukaitis	F	32	TX	28:57:19
55	Karen Gall	F	50	MN	29:02:22
56	Jim Ingalls	M	64	TX	29:02:37
57	Dean Cope	M	46	AR	29:27:30
58	Joe Fluech	M	42	AR	29:27:30
59	Bill Heldenbrand	M	63	MO	29:27:59
60	Rhonda Hampton	F	49	NC	29:36:32
61	Katsuyuki Hatta	M	45	JPN	29:39:30
62	Hiromi Hatta	F	48	JPN	29:41:05
63	Karsten Solheim	M	72	AZ	29:44:20
64	Marc Greenberg	M	58	WA	29:44:28
65	David Hughes	M	63	IN	29:56:55
66	Leonard Martin	M	56	TN	30:01:44

96 starters



**2009 AT100 champion, Robert "PoDog" Vogler.
Photo taken at Mile 58, The Chicken Gap Aid Station**

It's Great When It All Comes Together ! - Robert "PoDog" Vogler

I started thinking about trying to win the Traveller after the 2007 race. In 2008 my training just never really came around and as I thought about the race this year, and the fact that I was 43 and would not have very many more shots, I decided I had to go for it.

I started training in May, and slowly built my mileage and long runs all summer. My training was not always easy. Sometimes it was hard to stay motivated as most of you know,

but overall I really enjoy being out there running. Almost all of my training is on trails, not that that is something that makes you better, it is just what I like to run, and I find I have much less injuries that way.

As the race approached, my goals were to win and run under 18 hours. I knew Wynne Davis was in the race and that he would go out fast. I considered racing him, but I knew my chances of blowing up would greatly increase if I did that. I also thought that if he had a good day, that even if I didn't blow up, he would beat me. So I just stayed with the game plan. I got ahead of an 18 hour pace early by about 5 minutes and I just tried to stay there. The most I was ahead of 18 hours all day was 13 minutes and the least I was ahead after Lake Sylvia was 4 minutes. I ran incredibly even paced all day. The only real issue I had was mildly turning my right ankle twice and moderately spraining my left ankle. I did all of this in about 1 ½ miles between Brown's Creek and Lake Sylvia. I do not know what it is, but I do not seem to be able to run The Ouachita Trail without hurting my ankle. Anyway, I just kept going, slowing down on the more rocky sections and trying to make up for it on smoother areas. My right ankle continued to hurt until the turnaround, but I didn't re-injure either ankle again. It did take me a long time to get over Smith Mountain the first time, so I decided to tape my left ankle before going back over.

I stayed in second place most of the first third of the race. At the Pig Trail aid station I was getting my bottles filled up when they told me the leader was about 4 minutes up the trail. I could not believe it! No one up to that point had mentioned how far back I was, and I did not ask. I assumed the leader was 30 minutes ahead of me. After heading out of the Pig Trail aid station I quickly caught the leader and he was really having a hard time. My race had totally changed inside 4 minutes. Now I was leading and I decided I should just stay on my pace and see how the race developed. I picked up a pacer at Power Line and just stayed on pace. At the turn I had about 35 minutes on second place and almost an hour on third so I just tried to stay focused on my race. I knew that all I had to do was keep it together and I would win.

Overall I had a great race. I stayed positive the entire race. I had no serious issues and I did not really have any low points. I feel kind of funny when people congratulate me and ask how hard it was, because I had such a fun time during the race. My training really helped me stay strong all day and enjoy race. It's really great when it all comes together!!

PoDog

I do have to thank my wife and kids for giving me the time to train all summer. As everyone who has done this race knows, it's a huge commitment, and you cannot do it without others taking up the slack at home for you.

AURA's to finish the 2009 AT100

1. Robert Vogler	17:49:50	24. Kevin Dorsey	24:52:50
2. Kyle Balwin	19:17:35	26. George Peterka	25:31:49
10. Mark Denherder	22:31:50	27. Dianne Seager	25:33:12
19. Chrissy Ferguson	24:19:46	34. Guy Patteson	27:03:20
20. Michael Poole	24:42:14	39. Kimmy Riley	27:45:06
21. Murry Chappelle	24:46:56	40. Thomas Chapin	28:02:32
22. Paul Turner	24:46:56	48. Tammy Walther	28:35:31

AT100 Race Report – Thomas Chapin

Note from the Editor: From 1991 to year 2000, the Arkansas Traveller Race Committee consisted of Charley and Lou Peyton, Dave Cawein, Jim Schuler and Tom Chapin. The author of this race report is by Thomas Chapin, son of race committeeman, Tom Chapin.

There are first timers and then there are rookies...and I ran like a rookie at the 2009 Arkansas Traveller. But, before I get to my report let me start by going back 19 or 20 years.

I grew up with a running dad who had some strange running friends. It seemed like every other weekend he was off in the woods with Lou, Charley, Otis, Ann and some other faces that I can't put names to right now. When I was 13 I sat in the floor of the Peyton's living room listening to them hash out a route and other logistics for a 100 mile foot race they were planning to start. I heard all kinds of crazy talk that night of running for 30 hours, losing toe nails, dehydration, other races like Western States and Leadville, carbo loading, and how great asics gel shoes were.

My Mom helped by drawing up a logo based on a picture of the famed Ann Trason, of course then she had to make it look like a guy. My dad cooked the pre-race meal. Many from my family came to volunteer at the Powerline aid station and try to help Dad finish his first attempt at the distance. I was out there all day watching these ragged runners in their obnoxious tights and salt stains grab what they could before limping off again. Sadly, it was not my Dad's knee forced him out of the race at his second arrival into the Powerline. Even then, I knew one day I would back to that station one day as a racer.

It wasn't until last year after the second knee injury from playing basketball that it was time to find better way to stay in shape. I knew that I needed a goal to keep me going again. So, that is when I put "AT100" on my computer's calendar for the first weekend in October 2009. I toed the line a year later under trained but healthy and full of a year's worth of study on how to avoid acute renal failure. Like the other first timers that I met, I was excited and contemplating that 24hr buckle. I didn't know if I could cover the distance, but I figured I had enough speed and consistent pacing. I'd soon find out that one of those didn't matter and the other I didn't really have.

I stuck with one of my heros, Chrissy, and my new buddy Rich until turning onto the OT. She tried her best to caution me to stay slow and I honestly planned to follow her advice. I walked every single hill and went as slow as I could down the other side. For all my slowing down I still trotted into Winona 25 minutes ahead of my "fast" pace. I felt great and headed off to conquer the rest of the course.

I don't know if it was mind or body that failed first, but somehow climbing up the hill away from Winona I realized that I was now in completely uncharted territory since my longest training run had been 31 miles. Rich and I hiked strong, but he was ready to run down to the Pig trail station and I wasn't. I hated to let him go, but I sent him on his way. Those were the last running steps I took. I was not cramping. I never had any stomach problems. I didn't have any blisters, hot spots or chafing. I had done great on fluids and salt and nothing hurt. Everything seemed fine except for the fact that I couldn't run a step.

I suffered until Smith mountain sure that I would find my second wind. By the top of the mountain I was revived and was ready to run down to Powerline and see the crew. But, I couldn't. I tried again. Nothing. There was no spring in my step, no give in my hips, and my achilles weren't working. So, I decided to enjoy walking while I felt good.

I still felt great coming into Copperhead were I gave PoDog an ovation for how strong he looked in first place. Even walking I wasn't yet off the 24hr pace and just knew that I would eventually find my form on that long hill to the turn around. Only, I didn't. Then, for only the second time since Rich left me at mile 34 I got passed. And then again. And again. Mile 56 was the first time I thought I might not be able to finish. I questioned myself into the station and then

some more as I sat to drink some of Charley's fine soup. It was 7pm and I knew that the last 42 were going to be so much harder, longer, and more depressing than the first 58.

I stood up and I tried to walk down the hill away from the turn around. I was so stiff and my achilles could barely take any movement at all. For two excruciating minutes I was demoralized. Admittedly, I was also embarrassed to be moving like this with so many people around. That's when Chrissy passed me and I knew beyond a shadow of a doubt that I would finish.

She said, "Honey, what are you going to do now?" Without thinking, and without hesitation I answered, "I guess I'm going to walk every step to the finish." And really, looking back, that was it. Despite some dark places and slow miles my race was determined right there. I didn't question my ability again. I knew I would finish and that was all that mattered.

There's really not much to tell about the next 40 miles except a couple highlights and to thank my help. Killing a copperhead near the Copperhead station with one throw of a rock was a nice diversion. I had a teenager from my church, Patrick, who had never run more than 10 miles on the road walk me from Powerline to Winona. His excitement for the experience was refreshing. Seeing boobies on the Pig trail gave us both a little pick-me-up. My wife, having never run over 3 miles, walked me from Winona to Pumpkin Patch. Hearing her tell stories about all the amazing runners, crews, and station workers gave me so much encouragement. I thought she would be overly stressed by my struggle, but instead she couldn't stop talking about how awesome this whole ultra community is.

When I looked at my watch at Pumpkin Patch it was about 7:30. I was tired, cold and dreading another 2 to 3 hours of walking through that gutter called 132C. My dad was there to take over pacing duties. I wanted him there, because for one reason or another he never made it back to this race as a runner. I wanted him to share this dream finish with me.

Finally, hypothermic and drained, I made it to the short rise before 152. I have run this section quite a few times. I know exactly how far it is from the intersection. The man at the top even told me how far it was to the camp. In my mind, however, I only had a mile to go so I was going to make one last push. That lasted about 10 minutes before it finally dawned on me that I was farther away now than what I thought I was prior to the surge. Right there I bent over defeated, let out one last cry of pain, said a couple of curse words under my breath so Dad wouldn't hear, and began my slow- 30 minute mile- limp to the line.

As I said in the beginning, I made a huge rookie mistake. In my mind, it was even worse considering I have been around this ultra running mindset for so long and definitely know better. The beauty of this community, though, is that all the same people I've looked up to and should have learned from over the last 20 years were the same people that helped me through my mistakes and on to the finish. Charley, Lou, and Ann were there at the turn. My Mom and Uncle were there to crew. Chrissy was there to ask the tough question. My Dad was there to walk me across that line. So, maybe I could have run a better race, but I wouldn't trade this experience for anything.

40th Place Thomas Chapin 28:02:32

AURA HOROSCOPE – November

Your running guide to money, power and more.

On the way to your next running event, you will be mistaken for a famous movie star whom you will use to your advantage. Bereft of an expected ultra finish, your fantasy company might assign you to Plan B. On a late fall training run, a "get rich scheme" will be hatched which should be avoided at all cost.

THE AURA ARCHIVE VAULT

Please report any omissions or corrections to
501-225-6609 or <chrlypytn@gmail.com>

Arkansas and AURA Women* who have completed the Arkansas Traveller 100 Miler – 1991 thru 2009

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

Dianne Seager(07)	26:21:57
Dianne Sweatt(97)	26:22:57
Dianne Seager(07)	26:21:57
Kimberley Pavelko(95)	26:30:48
Jamie Huneycutt(03)	26:43:26
Patty Groth(03)	26:50:15
Dianne F. Bell(95)	26:53:19
Lou Peyton(98)	27:01:56
Kimmy Riley(07)	27:07:12
Chrissy(07)	27:11:53
Patty Groth(05)	27:12:12
Dianne Seager(02)	27:14:05
Ivy Franklin(96)	27:25:44
Shirley Hyman(06)	27:26:09
Teresa Lasiter(95)	27:26:24
Lou Peyton(99)	27:31:54
Adrienne Shelton(06)	27:33:02
Jamie Huneycutt(98)	27:40:00
Lou Peyton(00)	27:42:53
Carrie Dupriest(03)	27:44:22
Kimmy Riley(09)	27:45:06
Irene Johnson(94)	27:48:05
Donna P. Duerr(91)	27:31:43
Charlotte Davis(91)	27:35:04
Teresa Cox(08)	27:47:29
Kimmy Riley(08)	27:52:43
Patty Groth(01)	27:56:59
Jamie Huneycutt(01)	27:57:16
Patty Groth(00)	28:01:05
Suzy Phillips(06)	28:01:37
Gayle B. Bradford(94)	28:03:40
Kathy Hoover(07)	28:10:08
Dianne Seager(03)	28:15:32
Kimmy Riley(05)	28:23:25
Angie Orellano-Fisher(05)	28:32:12
Patty Groth(02)	28:34:09
Tammy Walther	28:35:31
Irene Johnson(91)	28:40:16
Carrie Dupriest(06)	28:52:46
Jen Foster(08)	28:53:34
Angie Orellano-Fisher(06)	28:53:09
Dianne Bell(93)	28:59:41
Donna Hardcastle(91)	29:04:20
Holly Larkin(01)	29:06:43
Carrie Dupriest(99)	29:09:45
Ann M. Moore(93)	29:10:03
Donna P Duerr(98)	29:14:38
Tammy Walther(08)	29:15:39
Brooke Touchstone(98)	29:15:30
Kimberly Pavelko(98)	29:17:00

Brenda Bonner(05)	29:20:39
Carla Branch(05)	29:20:39
Angie Ransom(99)	29:27:01
Donna P. Duerr(92)	29:27:14
Holly Lynch(06)	29:36:50
Angie Ransom(02)	29:28:11
Ann M. Moore(92)	29:37:25
Julie Kelly(06)	29:37:50
Dianne Seager(99)	29:44:18
Kim Johnson(08)	29:44:55
Rhonda Ferguson(03)	29:50:02
Emily Hartman(05)	31:30:38
Kim Ferguson-Johnson(06)	31:38:20

* - Please note that there is a tendency for our AURA Sisters to change names. The BigShot has made a command decision to leave the names as they are listed in the official results. If you wish to alter this list to reflect your current involvement, let him know.

RETREADS –(Retired Runners Eating At Different---) Meet the first Wednesday of each month at Franke’s Cafeteria on Rodney Parham Blvd. Line up at 11:30 a.m. Wear something that would symbolize your past running successes.

ULTRA TRAIL SERIES

2009-2010 UTS Schedule

For complete schedule information and rules, go to www.Runarkansas.com and link to 2009/2010 Ultra Trail Series.

- 7-18-09 UTS #1 Midnight 50K
- 8-8-09 UTS #2 Bartlett Park Ultras
- 8-22-09 UTS #3 Mt Nebo Trail Run(14 miles)
- 10-3-09 UTS #4 Arkansas Traveller 100 Miler
- 11-14-09 UTS#5 Gulpha Gorge Challenge(17.2 miles)
- 12-05-09 UTS#6 Lake Ouachita Vista Trail Run
- 1-2-10 UTS#7 Athens-Big Fork Trail Maeathon
- 1-17-10 UTS#8 Swampstomper
- 2-6-10 UTS #9 White Rock Classic 50K
- 2-21-10 UTS# 10 Sylamore Trail 50K
- 3-12/14-10 UTS #11 3daysofsyllamo
- 3-??-10 UTS #12 Big Rock Mystery Run - Unconfirmed UTS event – Fun Run
- 4-17-10 UTS #13 Ouachita Trail 50M

UTS # 5 - Gulpha Gorge Challenge – 17.2 miles

November 14th, 2009-7:30 a.m. Start

Hot Springs, Arkansas

Directions: I-30 thru Benton then take the Hot Springs Highway, Hwy 70. Entering Hot Springs, take Exit 2 on the right and follow the frontage road to the 4-way stop sign. Turn right for a couple of blocks then left turn into the Gulpha Gorge Campground. The start and finish of the Challenge will be on the north end of the park.(all the way to the rear)

Important Reminder

UTS #8, The SwampStomper, is on January 17, 2010. This will be here before you know it. Be aware that this popular trail race in the Memphis area takes only a limited number of entrants and will fill up quickly. If you don't enter early, you will be left out. Link to the Swampstomper from <Runarkansas.com> and stay abreast of its status.

2009-2010 Ultra Trail Series Standings

Open Division - Women

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Eunika Rogers	38	59	54			113
2	Chrissy Ferguson	48				102	102
3	Kim Johnson	40	19	43	33		95
4	Teresa Cox	48	48		44		92
5	Tammy Walther	38				86	86
6	Shirley Hyman	41	28		55		83
7	Lisa Gunnoe	43		26	27		53
8	Hilde Haynes	66	9	32			41
9	Blair Dean	39	37				37
10	Debbie Lashley	49	28				28
11	Ann Moore	68	6		21		27
12	Rosemary Rogers	61	13				13

Open Division - Men

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Mark DenHerder	44	7	53	39	92	191
2	Murry Chappelle	50	46	53	27	59.5	185.5
3	PoDog Vogler	43			56	108	164
4	Guy Patteson	49	12	42	14	37	105
5	Paul Turner	46			45	59.5	104.5
6	George Peterka	49	15	31		45	91
7	Rich Brown	47				78	78
8	Jamie Anderson	36	68				68
9	Darby Benson	39			67		67
10	Johnny Eagles	57	6	52	5		63
11	Jacob Wells	40		42	21		63
12	Ken Barton	50	40		17		57
13	Paul Schoenlaub	50	57				57
14	Cliff Sanders	59		41			41
15	Tim Harrington	39		31	6		37
16	Randy Ellis	57	34				34

17	Tom Aspel	54			33		33
18	Thomas Chapin	31				31	31
19	Maurice Robinson	67	28				28
20	Stuart Johnson	50	22				22
21	Mike Samuelson	43	18				18
22	Phillip Hall	41	8		8		16
23	Alan Hunnicutt	55			11		11
24	Dennis Baas	63	9				9
25	Greg Bourns	69	4		4		8
26	Mike Burnham	41			7		7
27	Phil Brown	42	5				5
28	Bill Brass	69	2		2		4
29	Pete Ireland	69			3		3
30	Alston Jennings	61	3				3

Masters Division - Women

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Kim Johnson	40	29	53	33		115
2	Teresa Cox	48	57		44		101
3	Chrissy Ferguson	48				101	101
4	Shirley Hyman	41	40.5		55		95.5
5	Hilde Haynes	66	17	42			59
6	Lisa Gunnoe	43		31	27		58
7	Debbie Lashley	49	40.5				40.5
8	Ann Moore	68	11		21		32
9	Rosemary Rogers	61	23				23

Masters Division - Men

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Murry Chappelle	50	56	53	31	58.5	198.5
2	Mark DenHerder	44	7	52	43	91	193
3	PoDog Vogler	43			65	107	172
4	Paul Turner	46			54	58.5	112.5
5	Guy Patteson	49	14	42	15	36	107
6	George Peterka	49	17	31		44	92
7	Rich Brown	47				77	77
8	Paul Schoenlaub	50	67				67
9	Jacob Wells	40		41	25		66
10	Ken Barton	50	45		19		64
11	Johnny Eagles	57	6	52	5		63
12	Cliff Sanders	59		41			41
13	Randy Ellis	57	39				39
14	Tom Aspel	54			37		37
15	Maurice Robinson	67	33				33
16	Stuart Johnson	50	27				27
17	Mike Samuelson	43	21				21
18	Phillip Hall	41	8		9		17
19	Alan Hunnicutt	55			12		12
20	Dennis Baas	63	11				11
21	Greg Bourns	69	4		4		8
22	Mike Burnham	41			6		6
23	Phil Brown	42	5				5
24	Bill Brass	69	2		2		4
25	Pete Ireland	69			3		3
26	Alston Jennings	61	3				3

Senior / Super Senior Division - Women

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Hilde Haynes	66	42	51			93
2	Ann Moore	68	31		51		82
3	Rosemary Rogers	61	53				53

Senior Division - Men

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Murry Chappelle	50	50	51	47	101	249
2	Johnny Eagles	57	11	52	24		87
3	Ken Barton	50	39		36		75
4	Paul Schoenlaub	50	61				61
5	Tom Aspel	54			58		58
6	Cliff Sanders	59		41			41
7	Randy Ellis	57	33				33
8	Alan Hunnicutt	55			30		30
9	Maurice Robinson	67	27				27
10	Greg Bourns	69	8		18		26
11	Stuart Johnson	50	21				21
12	Dennis Baas	63	15				15
13	Pete Ireland	69			12		12
14	Bill Brass	69	2		8		10
15	Alston Jennings	61	5				5

Super Senior Division - Men

Rank	Name	Age	Midnt	BartP	Nebo	AT100	Total
1	Greg Bourns	69	33		53		86
2	Maurice Robinson	67	55				55
3	Bill Brass	69	21		31		52
4	Dennis Baas	63	44				44
5	Pete Ireland	69			42		42
6	Alston Jennings	61	27				27

ULTRA CORNER

Report your ultra times and experiences to chrlypytn@gmail.com

WORD format, please; a page, or two, is ideal.

2009 Mohican Trail 100 Miler

Glenmont, Ohio

June 20, 2009

6th PoDog Vogler 22:33
69 finishers

2009 Wasatch Front 100 Miler

Homestead, Utah

September 11, 2009

Stan Ferguson 29:00:54
Chrissy Ferguson 35:46:31

Wasatch 100 2009 Race Report - Chrissy Ferguson

I had heard all the horror stories of how hard Wasatch is since I started running ultras in 1992. At one time Wasatch was the hardest 100 mile race in the world, then along came Hard Rock which took the title and moved Wasatch to second. Wasatch has almost 27,000 feet of climb and 26,000 feet of descent. Think about that: That's only 2000 feet less than climbing to the top of Mount Everest from sea level and the equivalent of running Athens Big Fork Marathon four times in elevation gain and mileage. Now that blows my mind. I don't even like running Athens Big Fork once let alone four times in a row!

This year's race started on Friday instead of the traditional Saturday morning start. I'm not really sure why they changed the start day—maybe because the Mormon religion belief is that Sunday is a day of worship and family activities?

Stan and I flew in Wednesday. Our crew/pacer Paul Schoenlaub, Rhonda Ferguson and Kim Johnson (Stan's two sisters) flew in Thursday. The race start is at 5:00am at a little park trailhead north-east of Salt Lake City at the base of the Wasatch Mountains. When the gun went off we were immediately on a narrow trail that ran along the base of the mountain for about three miles. There were many times in the first few miles that the runners bottle-necked due to the width of the trail versus the number of runners trying to jockey for position. I found myself pulling my reins more than once as I tried to be patient and wait my turn. It was too early in the race to waste energy for a few positions going up the mountain. A few years ago after she finished the Grand Slam Liz Walker told me the first 18 miles and the last 25 miles were the hardest of the race and that she sat down halfway up the first climb and cried because her legs were so tired from the three previous 100s. As I made the first climb those words were ringing in my head, along with the thoughts of what the other miles would bring. I was scared of the unknown! When we finally made it to the top of what's called the "Chin Scraper" you crest the top of the mountain and the top of the world. You could see all of the Salt Lake City valley and the lake. It was so worth the climb!

When I arrived at the first crew aid station, St. Francis Peak (18 miles), I met up with Kim, Rhonda and Paul. As I drank an Ensure and ate half a sandwich Paul walked and talked with me. I asked him what to expect next? He explained that we would run on a road for a while and that it would turn onto a single track trail that would be easy to miss; then we would bush-whack for a quarter to half mile and be back on a road. As I ran down the road I came upon a couple of runners and asked them if they had run this before. One runner said "yes", but it had been 10 years ago. We talked about what Paul had told me, and I asked him if he remembered when we got off the road onto the trail? Within a half mile we came to the turn and sure enough within 100 feet we were bush-whacking through this scrub oak brush stuff that just ripped our legs all up and scratched the crap out of them! The half mile turned into a mile which turned into two miles. Pretty soon one of the runners made the comment that, "Your pacer that told you there was only a half mile of bush-whacking was full of SH*T!" I had to agree with him as we finally got back onto a trail and climbed out of the ravine into a parking lot where we hit the next aid station. As I was refueling at the aid station I told the aid station Captain that who ever had the idea that the last part was a trail was smoking crack! With hopes that there would be no more bush-whacking I made my way down the road to the next aid station. As hoped, there was no bush-whacking.

I had picked up a third bottle and my double water pack at St. Francis Peak because the day was getting warmer and the distance between some of the aid stations was long. Soon that extra bottle was going to come in handy. There were many runners carrying two bottles, but some had just one, a VERY bad idea. Each time I left an aid station I found myself climbing another mountain. In some areas there was more bush-whacking making it harder to get to the next aid station and taking much longer than expected. Finally I crested the top of a mountain and, as I started down the other side, I saw the 39.5 mile aid station (Big Mountain). As I made my way down the mountain into the aid station I found myself crying with relief, knowing I would pick up my pacer Paul there. The last sections between aid stations I misjudged the amount of time it would take me to run, and I only had one Hammer Gel with me, which I ate. But it wasn't enough to provide the energy I needed to make it to Big Mountain.

At Big Mountain we picked up my backup flashlight and took extra food. Leaving the aid station we walked the next uphill. I ate and drank and tried to replenish what I lost earlier. It took two or three miles before I started feeling my energy level return and felt better. We turned our flash lights on about two miles before getting into Lambs Canyon (53 miles). At Lambs Canyon I picked up a light jacket and gloves and took more food to eat between aid stations. We climbed the asphalt road about two miles to the trail head and climbed again on a single track trail up the mountain and down the other side to another road that we mostly walked for three miles to Mill Creek aid station (61 miles). Rhonda was waiting for us there with a big smile on her face and warm clothes for us to change into.

This next section of the race is known to be the coldest, if hit during the night. Again we left the aid station with extra food and started another climb up another mountain. At the top of this mountain I found two things. First was Captain Kurt and his pacer John Medinger. Captain Kurt was laid out on the side of the trail as John tried to coach him into finishing. Second was the most beautiful view of Salt Lake City all lit up like a city in a fairy tale. I told Captain Kurt to get off his butt and keep moving. All I got back was a few grunts and groans.

At Scott's Peak aid station I ate some peanut butter crackers and drank a cup of ginger ale which I threw up as soon as we left the aid station. I actually felt better after throwing up, and we ran down to the road which would take us to Brighton aid station (75 miles). At Brighton I changed out of my warm clothes, washed dust off my legs, brushed my teeth, fixed a blister on my left big toe, and changed my socks. As we left the aid station and said good-bye to Rhonda and Kim for the last time till the finish, I felt almost new again. I'm sure it was a combination of cleaning up and the sun coming up for the second time.

The climb up Katherine's Pass is the highest elevation point but not the longest. Brighton is at about 8,000 feet and you climb to the top of the pass at 10,400. Last year I made this climb with Stan in the dark. This year I got to see it in the daylight, and it was beautiful. As we climbed the mountain I looked up the trail to see a moose standing along side the trail just ahead of us. I shouted to Paul, "Paul, look at the big-ass moose!" as I pointed to the moose who was now jogging down the trail in our direction and not stopping! Paul and I both jumped off the trail and hid behind a combination of a big rock and a tree beside the trail. The moose stopped at the tree/rock and just looked at us. I climbed around the other side of the tree/rock to the back of the moose and yelled, "Get out of here!" The moose then saw another runner/pacer and ran down the trail toward them. They too jumped off the trail. Other runners came up the trail, and finally the moose ran up the mountain away from all of us. That's only the second time I've seen a moose in real life. I've heard stories of how they can be very aggressive and will stomp you to death if you piss them off.

At each aid station we came into after Brighton I made time on the splits that we had from Stan's race last year. We were slowly gaining time and it was looking like I would finish in about 34 and a half hours. I was happy with this time prediction because it would give us time to shower and sit for a few minutes before the award ceremony.

At Rock Springs aid station (88 miles) our dream of finishing under 35 hours was destroyed when I took a wrong turn about 200 feet out of the aid station and then ran down a very steep trail for 30 minutes before another runner coming back up the hill told us we had taken a wrong turn. As we climbed back up the steep rocky trail to find where we had missed the turn, I began to panic. We were now past the 36 hour predicted time cut-off. I started to cry and told Paul I had to finish this race for Stan. It was Stan's birthday today and my finish and the coveted Grand Slam couple's finish was his birthday present! After doing the math we were now at least ten minutes behind the 36-hour predicted finishing time, which meant I was going to run my ass off to finish under the official time. Crap! From that point on if I could run, I did; if I couldn't run, I walked as fast as I could. At the last aid station, Pot Bottom (94 miles), I didn't even stop. I handed Paul my water bottles and told him to catch up with me. I made my final climb on a dirt road. At the top we turned onto another dirt road to start our descent to the finish. Each time we ran by a marker Paul called out to reassure me that we were going the right way. All I could think about was the asphalt road that left us with less than a mile to the finish. When we finally made it to the road we had time to spare.

Coming into Homestead and crossing the grass field to the finish was one of the happiest moments in my running career. I could see Stan waiting for me at the finish line, and I couldn't wait to wish him a happy birthday and tell him how much I loved him! Many came up to congratulate me on my finish. Minutes later Captain Kurt crossed the finish-line under the cut-off time. He had risen from the dead to finish. My official time was 35:46:31– place 154 out of 156 finishers. Boy, I'm glad it's over! Thanks to Rhonda and Kim for crewing/supporting me and to Paul for pacing me for almost 24 hours! Wow! That makes for a long Weekend!



Grand Slam 2009 Report - Chrissy Ferguson

In all my race reports so far this year I've purposely not mentioned the Grand Slam for fear that I would jinx Stan and myself on our ultimate goal of being the first married couple to complete the Slam in the same year. Since the Wasatch 100, the last race of the series, has been completed I can now utter the words "Grand Slam". For many years, Western States had a rule called "three time loser" that guaranteed runners entry into the race if they applied three times in a row and weren't selected in the lottery. Stan and I fell under this rule in 2008 and were granted entry into Western States. However, because of the forest fires in California near the Western States course, the race was cancelled and the Arkansas Traveller became the last leg of the Grand Slam.

The seed for the idea of being the first couple to complete the Slam in the same year was planted by Beth Simpson, an ultra runner from Wisconsin who e-mailed Stan and asked if we were going to try for it. At first, we both leaned toward not doing it, but after time and much thought we decided to give it a try. Due to a sprained ankle at Leadville last year I missed the Halfmoon (70 mile) cut-off by four minutes which killed my dream of completing the Slam in 2008. Instead of running Wasatch I paced Stan the last 25 miles and was Race Director of the day for the Traveller so that Stan could run.

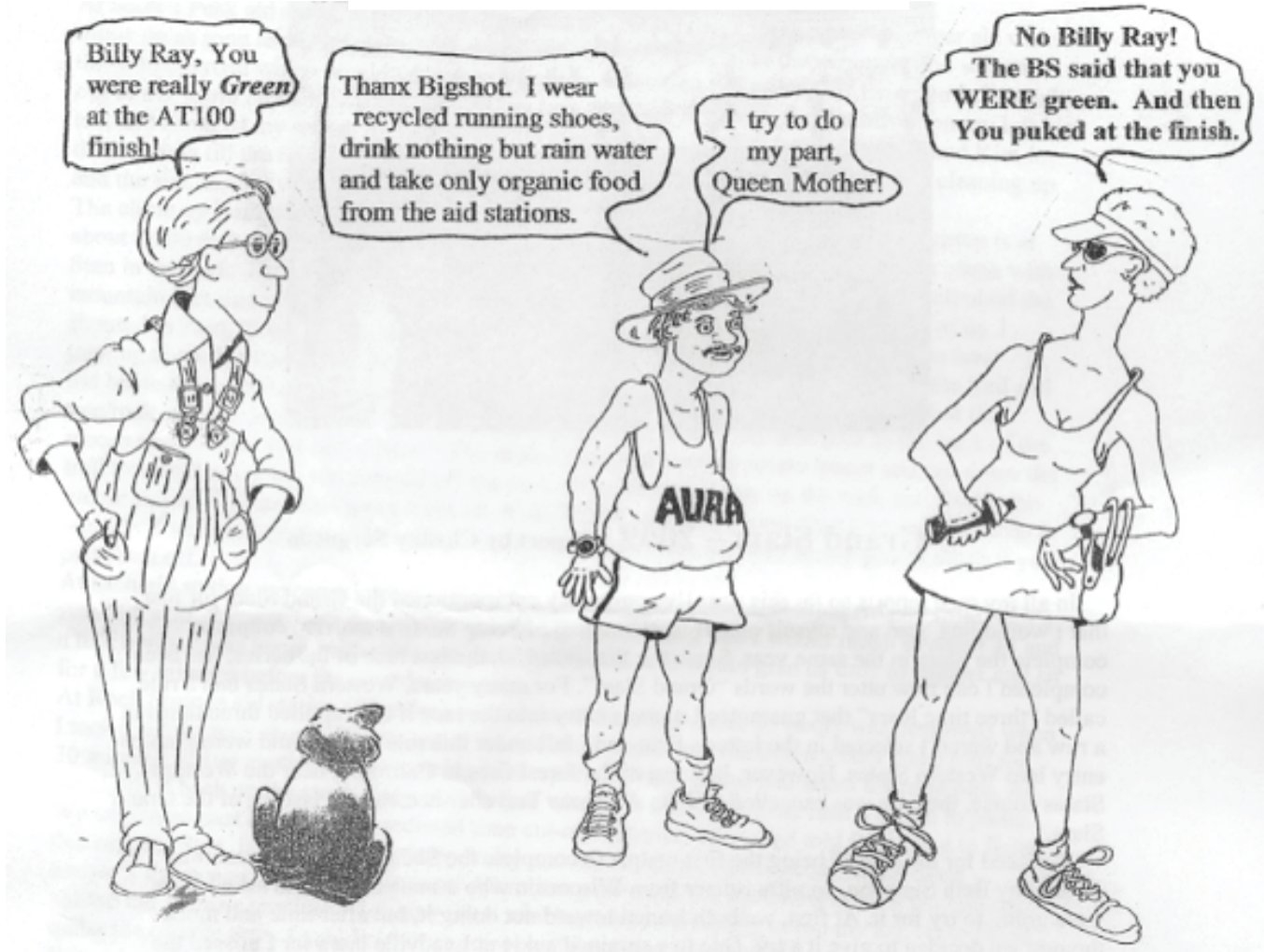
Looking back on the ankle sprain at Leadville, I now know that it was just not meant to be in 2008. Further proof came during the Traveller on race day. There were problems that needed addressing that only Stan or I could handle. 2009 would have to be the year instead.

After two long years of dedication to training, relying on crew/pacers and a WHOLE lot of money, we finally completed our goal! You won't find our names in the newspaper or any big magazines, and most people that you tell think we're just crazy for running four hundreds in less than four months. But that's okay because the Arkansas ultra-running community can take pride knowing that our state produced one of the first women to complete the Grand Slam, Lou Peyton, and also the first married couple to complete the Grand Slam – Arkansas Rules!

By Rx Only

A satirical look at Arkansas Ultra Runners

The Big Shot and the Coach Doctor



Gentle Reader – When your renewal date approaches, your AURA secretary will send you a friendly reminder. In order to renew, you have two options: 1. Download an application from the AURA website or 2. Send your check and the secretary will update your application already on file.

AURA Bumper Sticker are still available. Send \$2.00.
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AT100 Pictures



AURA's Kyle Baldwin, Little Rock, at the Mile 58-Chicken Gap Aid Station. Kyle was the 2nd overall finisher with at time of 19:17:35



AURA's Bob Walter, Shreveport, Louisiana, and Joyce Taylor, Little Rock, AT100 volunteers, visit with the aid station dog at Chicken Gap/Turnaround Aid Station.

AURA HOT FLASH!

On 10-10-09 AURA brothers, Alslton Jennings and Paul Schoenlaub completed the Heartland 100 Miler in Cassoday, Kansas. Member Jennings has promised a race report of his first 100 miler for the December issue of the AUR

AURA's Fab-4

Stan Ferguson – President, Webmaster, UTS Coordinator and eAURA facilitator

Michael DuPriest – Vice president

Lou Peyton – Secretary

Charley Peyton –Treasurer, Newsletter Editor

21st Edition; Number 7

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The End