

1st Bona Dea 50K – UTS #5
8:00 a.m. Saturday, November 13th, 2010
Russellville, Arkansas

THE (e)ARKANSAS ULTRA RUNNER

November 2010 - *The Arkansas Traveller Edition*
The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.RunArkansas.com

AURA Forum/Message Board - www.ArkRRCA.COM

The Editor's Note Book

What a great month October was for Arkansas Ultra Running. By all reports, the 2010 Arkansas Traveller 100 was the best so far. Speaking for the Queen Mother (Lou Peyton) and myself, I want to thank Stan and Chrissy for their dedication and attention to detail that made the Arkansas Traveller experience one to be proud to be a part of. The "Arkansas Traveller Experience" began on Labor Day weekend with the Heart of the Traveller Training Runs and culminated on October 23rd with the Post Race Volunteer Picnic and Victory Celebration.

Every year following the AT100, I send out questionnaires to selected finishers and non- finishers alike in an attempt to find out about the race and those who participated in it. As an Aid Station Captain at Lake Sylvia, Mile 16.4, I can tell you everything that took place at the Lake Sylvia Aid Station but not much else. Sunday morning while the real struggles are taking place, Lou and I are out on the course pulling course markings and picking up race trash. We can only guess what has taken place during the race.

The questions I asked were as follows: Now that you are a finisher, what would you tell someone thinking about entering the AT100; tell us about your preparation and any changes you would have made; tell a little about how your race went what did you learn during the race (any surprises) and how has your recovery gone. I have received most of them back and am printing them in no special order in this month's newsletter. If I receive others, my plan is to run them next month.

Last item in the *Note Book* is to wish all of our AURA members the best as they run the *Ozark 100 Mile Endurance Run* next weekend, November 6th. The Editor hopes that all of you will give us good news and a story.

Dutifully Yours

The AURA Officers - Stan Ferguson, President; Michael DuPriest, Vice-President;
Lou Peyton, Secretary; Charley Peyton, Treasurer/Newsletter/BS.

Arkansas Traveller 100 Miler

October 2-3, 2010

Perryville, AR

Official Results

Place	Name	Sex	Age	State	Time
1	Scott Eason	M	45	AR	18:12:31
2	PoDog Vogler	M	44	AR	19:02:11
3	John Muir	M	32	AR	20:56:41
4	Dale Humphrey	M	51	MN	21:15:47
5	Andrew Barrett	M	43	FL	21:19:39
6	Mark Riley	M	25	AR	22:39:23
7	John Goble	M	39	MO	23:05:47
8	Steven Corbin	M	47	TX	23:07:25
9	Matt Crownover	M	38	TX	23:16:54
10	Richard Hickok	M	38	IN	23:28:28
11	Brian Kuhn	M	37	IL	23:33:39
12	Melissa Liñan	F	39	TX	23:34:57
13	Monica Scholz	F	43	Canada	23:37:40
14	Jenny Weatter	F	30	AR	23:40:44
15	Rich Brown	M	48	AR	23:43:45
16	Mike Samuelson	M	45	TN	23:51:04
17	Bill Coffelt	M	50	AR	24:05:14
18	George Peterka	M	50	AR	25:10:33
19	Candy Trantum	F	39	MS	25:11:16
20	Stacy Bacon	F	36	TX	25:21:06
21	Tammy Walther	F	39	AR	25:30:09
22	Ryan Craig	M	35	AR	25:30:39
23	Michael Koppy	M	60	MN	25:47:55
24	Debbie Leftwich	F	56	AZ	25:51:37
25	Tim Woodring	M	47	KS	25:57:48
26	Ian Maddieson	M	68	NM	26:13:28
27	Suzi Turner	F	41	TX	26:16:52
28	David Carder	M	40	TX	26:16:52
29	Bill Butcher	M	45	NC	26:17:50
30	Butch Allmon	M	55	TX	26:28:13
31	Kimmy Riley	F	49	AR	26:32:09
32	Chrissy Ferguson	F	49	AR	26:43:32
33	Murry Chappelle	M	51	AR	26:58:01
34	Paul Alaimo	M	57	MO	27:00:07
35	Ian Alaimo	M	33	MO	27:00:07
36	Dianne Seager	F	54	AR	27:01:06
37	Jim Sweatt	M	54	AR	27:01:06
38	Jay Magiera	M	42	NY	27:20:16
39	John Schauman	M	38	NY	27:20:16
40	Isaac Espy	M	47	AL	27:22:41
41	Claire Heid	F	22	MO	27:38:27
42	Andrea Risi	F	38	FL	27:38:30
43	Joey Butler	M	42	AL	27:43:21
44	Laura Range	F	44	MO	27:46:22
45	Allen Wrinkle	M	45	TX	27:46:23
46	Hillary Looney	F	36	AR	27:55:18
47	Alberto Battaglinio	M	44	TX	27:56:11
48	Eric Kajiwara	M	63	CA	28:02:09

49	Sammy Barnes	M	53	AR	28:08:45
50	Aaron Scrimager	M	35	FL	28:11:41
51	Paul Kilvington	M	53	AR	28:15:26
52	Vicente Ledesma	M	59	TX	28:22:03
53	Donald Rice	M	37	TX	28:28:24
54	Bill Heldenbrand	M	64	SD	28:30:38
55	Philip McColl	M	58	Canada	28:35:48
56	Vincent Swendsen	M	48	NC	28:39:02
57	Eli Perez	M	46	AR	28:48:45
58	Jim Ingalls	M	65	TX	29:06:06
59	Steven Preston	M	28	AR	29:07:40
60	Janet Suttmiller	F	54	OH	29:09:36
61	Letha Cruthirds	F	57	MS	29:09:56
62	Jay Freeman	M	63	TX	29:09:56
63	Joshua Scherrey	M	37	AR	29:18:17
64	Hiromi Hatta	F	48	Japan	29:38:43
65	Jeffrey Stephens	M	44	FL	29:45:10
66	Leonard Martin	M	57	TN	29:47:09
67	Ernest Stolen	M	61	AK	29:52:11
68	Katsuyuki Hatta	M	45	Japan	31:08:35
69	Patrick Barker	M	46	AR	31:10:31
70	Paul Owen	M	52	KY	31:14:05

(96 starters - 73% finish rate)

Scott Eason, Conway, Arkansas. First finisher - 2010 AT100



Post Race Interview

Mellisa Linan, 1st Place Female 12th place overall - Age 39 – Allen, Texas

1. *Can you share with us a little about your preparation for the race?* Lots of back to back long runs, hill work, and consistent mileage over the past year.
2. *Standing on the starting line, every runner has a goal for the day. What was yours?* I really wanted to run a sub 24 but I knew it was going to be a tough course. I didn't want to dwell on splits so I decided not to run with my Garmin and just go with the flow.
3. *Did you have a strategy for finishing (eating drinking; pacing and crewing; etc.)?* Eat a little at every aid station and run w/nuun in 1 bottle and water in the other however it was much easier to just get Gatorade so, I went with that. I did tons of gels and didn't have any crew or a pacer.
4. *Were there any surprises (unexpected happenings)?* Vision problems towards the end of the race (I think my contacts were just dried out) and getting off course a few times including the finish.
5. *Any highs or low points during the run? (If Low how did you overcome them?)* Low points – when I had to walk a portion of the trail at night because the terrain was rough and I didn't want to risk injury because of my poor vision. When the terrain was more runnable I stayed to the right of the trail and brushed against the plants on the side of the trail to help guide me. High points – every aid station...the volunteers were AWESOME!
6. *How aware were you of your competition behind you?* Very, she caught me at the last aid station. When I realized it, I decided not to stop and just yelled out my bid number to the aid station volunteer.
7. *At what point did you know you were going to finish, win?* I missed the turn at the finish because of my vision issues so I wasn't sure if I was going to win because I knew she was very close behind. I knew I won when I crossed the finish line.
8. *The unasked question (if necessary, this is the place to say something you wish to say.* "Will you have a pacer next time?" Hell yeah!

Editor's Note - Overall winner Scott Eason's Post Race Interview will be in the Newsletter when it is returned.

2010 AT100 Race Reports

Jenny Weatter, age 30 – Maumelle, Arkansas 14th Place, 23:40:44 (1st 100-Miler) 3rd Female

1. *Now that you are a finisher, what would you tell someone who is thinking about entering next year? Do It!!* Crossing the finish line is worth every bit of training, soreness, planning, mental toughness and bad weather you endured.

2. *Is there anything you would change in your preparation/strategy like-(training, eating and drinking, pacing or crewing)?* Would it be crazy if I said NO!?! Well, I mean it. I did the training and I planned the race in my head and stuck to it. That got me to the finish line along with two most excellent pacers, a crew (John, Jack and Harold) that was there at every spot and the best support of family and friends that anyone could ask for.

3. *Tell us a little about how your race went.* Well, I started out very conservatively because I had been told time after time to not go out too fast. My plan was to walk all the up-hills, run the flat and down-hills and just take it aid station to aid station. The more people I met along the way, the more I realized that everyone seemed to have the same plan. Seeing as how this was my first 100, I just wanted to finish and I didn't care if it took me 30 hours to do it. I was really trying to push myself to get to the crew spots because I looked forward to seeing my family and friends there. That played a huge part in keeping me excited. I picked up my first pacer, John Russell, at mile 48 and I was honestly still feeling great with no issues. I was excited about having someone to talk to. Making it to turn around was really exciting because now I could "head home." It turned dark right after we left turn around and that was the part that I was most worried about. I didn't know what the night would bring. I picked up my next pacer, Harold Hays, at mile 67 and now the fun would begin. Harold knows this course like the back of his hand so I was not the least bit worried about getting lost. Smith Mountain was definitely not fun in the dark but we made it over at a pretty good pace. I just couldn't wait to get back to the Club Flamingo aid station so I could see Paul in his red dress again. He apparently got a little too chilly because he was wearing a jacket and pants over his dress. Around mile 80, I realized that I had 5 hours to complete the past 20 miles if I wanted to break 24 hours and I knew that I wanted to go for it. So from then on, it was about running as much as possible and getting in and out of the aid stations as quickly as possible. But it wasn't over. We still had to cover Rocky Gap. That was when I got pretty miserable. I was just so tired of tripping over and kicking rocks every 5 seconds. We finally made it over that section and I still had time to spare as long as I stayed strong. Around Mile 90 was when I was really ready to be done. We finally hit the last aid station and realized I had almost 2 hours to run the last 6.1 miles and still break 24 hours. It was then that I got very excited because we were so close but then again, I was ready to be done. Surprisingly enough, I wasn't sleepy, I was just so sore and my body wanted me to stop but I was almost there. Crossing the finish line was amazing. Once again, my family was right there for me and I cried like a baby. It was an amazing feeling. Everything I trained for finally came to an end and I don't regret a second of it.

4. *Any surprises during the race?* For me, the surprise was that I was feeling so great. I expected to have some sort of stomach issue somewhere along the way because I thought it was only natural but I didn't! I almost feel bad saying that but I was very lucky.

5. *Are you back to running? Recovery going as expected?* Recovery is going just fine. Today, October 12th, is the first time that I attempted to run since the race and I felt better than expected. I do still have some aches but nothing major.

6. *Will you ever run another 100 miler?* Ummmm, yes! Of course I will. How can you not be addicted after the first one?

Rich Brown, age 48 – Searcy, Arkansas
15th place, 23:43:45

1. *Now that you are a 2X finisher what would you tell someone who is thinking about entering next year?* You can do it if you are willing to prepare for it. You don't have to be Superman. If you can run the Ouachita Trail 50 miler pretty easily and will work hard through mid-September you can run the Traveller in October. You can get used to running with tired legs by running 22 miles 3-4 days in a row and still be able to train after two days off. Speed is way overrated. Every runner can run fast enough to do the Traveller in 24 or 30 hours. The hard part is running slow enough for long enough to do it. Physical discipline and mental toughness are what you need to run 100 miles. Having them or not is a matter of personal choice.

2. *Is there anything you would change in your preparation /strategy like - (training, eating and drinking; pacing or crewing)?* I mostly used Clip 2 and Accelerade for my hydration because of the carb/protein balance of them. Next time I will use four bottles so at crewed aid stations two can be ready to go and I'll leave two. This past year I had premeasured packets of powder and my wife had to spend time with lids and pouring packets before water could be added. This probably cost me two minutes at each crew stop. I need to learn to eat a little but have not been able to either year. I'm really sick of Gels and Boost right now. This year I reinforced to myself that you can't run 100 miles in 23 hours in the first 50 miles but you can be sure you won't do it in the first 50. I think I was passed five or six times between Lake Winona and the finish by people who ran smarter than I did. That is fixable.

3. *Tell us a little about how your race went.* I started this year with two goals. Number one was to get another colorful buckle so that I would have one for each of my daughters. Number two was to finish in just under 23 hours. Trying for the second almost cost me the first. Realizing I had overestimated my ability with about 40 miles to go made the last part of the run pretty stressful. It's tough be afraid going after your secondary goal has cost you your primary one and know you have to run forty pretty hard miles to find out. It was hard to let people go by in the last 20 miles and admit I either had to let them go or really risk that colorful buckle. Other than that it was wonderful. Great weather, scenery, conversation, and support; what more could you want.

4. *Any surprises during the race?* I really did not have any surprises this year. I knew the people at aid stations would be great and they were. I knew I would feel good

at the start and I did. I knew I would feel bad before it was over and I did. I knew I would be happy when it was over and I was. I knew I would look forward to seeing my wife at the crew spots and I did. I knew Chrissy and Stan would have all the details covered and they did. Looking back, I guess I'll always be surprised to realize I ran 100 miles in one day. It's a pleasant sort of surprise though.

5. *Are you back to running? Recovery going as expected?* I have not started running yet but except for my feet I'm ready too. I have no blisters or toenail damage but my feet are swollen and feel bruised. Other than my feet my recovery has been MUCH better than last year. Truthfully, I have been more sore after a marathon on pavement in the heat than after this year's Traveller. My plan is to start swimming and biking soon and running again a week after that.

Patrick Barker, age 46 – Little Rock, Arkansas **69th place, 31:10:31 (1st 100-Miler)**

1. *Now that you are a finisher, what would you tell someone who is thinking about entering next year?* For those who have never attempted a 100 mile run, I would tell them to nurture their thoughts on the subject because ideas and dreams have the power to grow into great achievements if they are cultivated. I would also tell them that if I can do it, they can do it. Finally I would see if we could swap phone numbers and maybe go for a run sometime! For experienced ultra runners, I would point out that the race is mature and well organized and that this manifests itself on the course. I would also note that the aid stations are first class and plentiful, the setting is beautiful and challenging, and I would discuss with them the course layout, where they could stay, and I would have to point out the quality of buckle! I would also probably even go so far as to volunteer to crew or pace for them if they ever decided to do it.

2. *Tell us a little about how your race went.* It was a celebration of life based on a commitment to purpose that is often necessary to experience life more fully. Overall it was a very enjoyable and positive experience that I will never forget. Like most things, there were some rough patches along the way, but fortunately they were very minimal and served to add luster to the achievement. I am very thankful to the volunteers and my pacers for their selfless efforts.

3. *Any surprises during the race?* I was surprised that I blew a perfectly good chance to fondle a nice set of boobies at Flatside Pinnacle aid station around mile 8 but then had no problem hugging a man dressed in a cheep red cocktail dress in exchange for a brass buckle 92 miles later. I'm feeling a little concerned about the long term effects of ultra running and wondering if that really was a brass buckle at the award ceremony or was Paul Turner just happy to see me.

Other Surprises (on the serious side):

- How engaged I was mentally. My mind was firing the whole time.
- How pain came and went and how well I seemed to deal with it.

- I never had the desire or the need to sleep at any time during the run.
- In hindsight it occurs to me that the thought of quitting never even entered my mind.
- How much help and encouragement I received on the course just me blows me away when I think about it.
- I did not know that the part of Hwy 324 leading to the finish line is made of the hardest substance known to man.
- Who would not be surprised at the sight of a man running up a hill toward them in a red dress?

4. *Are you back to running?* For the first week after the race I did not run. I tried to stay loose by walking and getting on a stationary bike for progressively longer times each day. This began the day after the race. During this second week I have started to ease back into running and it feels good.

5. *Is your recovery going as expected?* Yes it is. This last week has been a time for my body to heal so I have been taking it easy, staying loose, eating well, staying hydrated and getting plenty of rest. No long term injuries were incurred during the run although my toes are still a little numb. This will heal over time. Mentally I am not experiencing any post race lows and I have set some new goals.

6. *Where there any concerns before you signed up for the race?* The biggest concern I had was abject fear. Fear that I would not be able to finish, fear that I had not paid my dues in terms of running long enough, fear that I would for some reason just die on the course. I almost failed to finish for the simple reason that I was too afraid to sign up for the race, but then I was reminded that in order to succeed at something that is extraordinary, you have to be willing to fail. Even the best sometimes fail to complete these distances, so why should I be exempt?

Tammy Walther, age 39 – Little Rock, Arkansas

21st place, 25:30:09

1. *Now that you are a 3X finisher what would you tell someone who is thinking about entering next year?* I would tell someone thinking about entering next year's race to not be afraid of the distance. The first year that I completed the race, 2008, the longest training run I had completed was a 50k. This year I had completed many more ultras, including a couple of 50 milers working up to the race. Regardless, both years required a mental toughness to get through to the end. I would tell this person to go in knowing they can do it and to carry this attitude until the finish line. Dropping out is not an option (unless of course you get injured). I would tell this person to have a nutritional plan worked out as to how they are going to fuel themselves for the entire race. I would also tell them to practice on the trails...not just the roads.

2. *Is there anything you would change in your preparation /strategy like - (training, eating and drinking; pacing or crewing)?* I have learned so much this year while training for this race and talking to different runners who have a lot of experience with ultras. I started listening to friends tell me that I needed to take in calories and drink the entire race, and when I began to do this, I would notice differences in my performance. Now, I want to practice more each week on the trails so I can improve my speed on these sections. I am going to include trail running at least once or twice a week as part of my training.

3. *Tell us a little about how your race went.* This year's race went really well for me. This was my favorite year by far as I have met so many people during the last three years who are involved with the race in some way. Everyone was so helpful and glad to be where they were. The hardest part for me was the last 12 miles. I was tired and realized I wasn't going to make my 24 hour goal, which was frustrating. But now that I have had time to rest and realize my accomplishment, I am better and will be ready to try again next year. I am also working toward the 5-year plaque.

4. *Are you back to running? Recovery going as expected?* I am back to slow running and ready to start training hard for the Disney Marathon in January. I am planning to run the ART again but I am looking for a second ultra to get on the calendar for next year as well. I was hurting pretty bad the first three or four days following the ART. My body was pretty upset with me, but it was all worth it.

After I crossed the finish, Stan asked me if I had learned anything. At the time, I didn't really know what to say, but after thinking about it I see that it is smart to look back at what you learned during the race. I think with every 100 miler that I do, I am learning ways to improve my time and ability. Runners should ask themselves this question when they finish, no matter what their time was, so they too can improve their performance at their next ultra event.

Steven Preston, age 28 – Little Rock, Arkansas
59th place, 29:07:40 (1st 100-Miler)

1. *What would you tell someone else who is thinking about entering next year?* Talk to everyone you can who is an experienced 100 miler about what to expect. You can go out there and do as many 20 milers in the woods as you like, but if you don't have your game day plan down packed you have a pretty good chance of not being able to finish. This means, what paces your going to do throughout the race, what you will eat/drink throughout the race, and what you will need on you and in your drop bags as far as gear.

2. *Is there anything you would change in you preparation/strategy say like training, eating and drinking or pacing and crewing?* My training went really well. I felt I was well prepared to run a sub-24 hour run. However, I went out too fast and I didn't eat/drink the right things. I need to start out REAL slow. I also need to stick to just an endurolyte every hour with water in my bottles and a cup of Gatorade every now and then at aid stations.

3. *Tell us a little about how you race went for you.* I could go in to lots of detail about how badly my race went, but I'll just leave it at that. As it was my first ever 100-miler, I was just satisfied to finish. I went through a lot of downs, but just enough ups to get me through to the finish. I dealt with vomiting digested blood and pacing out while getting 2 bags of IV after the race. But I was most proud to hear that most people who feel as bad as I did as early in the race as I did drop. I was bound and determined that I was going to finish that race and that I was going to get that buckle. I did and as I made it to the finish line and slapped the ground beneath me notifying that course that 'I HAD BEATEN IT!'

4. *Were there any unexpected surprises?* Getting nauseated so early in the race. But oh well, what are you gonna do (besides take a pepto tablet. Thanks Chrissy!).

5. *Are you back to running? How has your recovery come along?* I am running about every other day. I did run Soaring Wings Half on Oct 23rd. I can tell it's going to take longer than I thought it would to get back to normal training. Maybe a month to a month and week and I think I'll be back. It was all worth it.

6. *Anything else to say to your AURA brothers and sisters?* Like I just stated, it was all worth it. I'm not going to say that I'm going to be doing this anytime soon (I've already ruled out next year because I want to break 3 hrs in the marathon), but I think this will become a bigger part of my running in the future. I love everything about this race and wouldn't change a thing about the way Chrissy, Stan, and everyone else does it. Keep up the great work and I surely will be back next year to work the Flatside Pinnacle aid station and maybe pace again. Thanks for the great memories!



2010-2011 ULTRA TRAIL SERIES

Race Schedule

#1	7-24-10	Full mOOOn 50K	8:00 p.m. start; Lake Sylvia
#2	8-21-10	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park
#3	9-11-10	Bartlet Park Ultras(50K,40M,50M)	Bartlett, TN
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-13-10	Bona Dea 50K	Russellville, Arkansas
#6	12-11-10	Lake Vista Trail Run	Mt Ida, Arkansas
#7.	1-8-11	Athens-Big Fork Trail Marathon	Big Fork, Arkansas
#8	2-5-11	White Rock 50K	Cass, Arkansas
#9.	2-19-11	Sylamore 50K	Allison, Arkansas
#10.	3-11/13-11	3DaysofSyllamo	Mountain View, Arkansas
#11	TBA	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

UTS Applications and current participant list can be viewed at www.runarkansas.com

UTS # 5 - Bona Dea 50K

Saturday, November 13th, 2010 - 8:00 a.m. start,
Bona Dea Trail in Russellville

Directions: Take Exit 81 off I-40 in Russellville. West-bound traffic will have to turn left on Aspen Ln, then take an immediate left onto Arkansas Ave (AR Hwy 7). East-bound traffic will exit onto Arkansas Ave, and should turn right. Once on Arkansas Ave, drive south and take the first right turn onto Dyke Rd/Lake Front Dr. Continue west on Dyke Rd/Lake Front Dr until reaching the Bona Dea Trailhead parking lot.

Details: The race will utilize a 3.2 mile loop on paved trail: a short loop to begin, then nine complete loops. An aid station will be available at the completion of each loop. If you have a drop bag for special supplies, it can be left at the aid station. Times will be captured on each lap.

Entry: There will not be an entry fee for this inaugural event, but please contact Tom (TAspel@atu.edu) or Stan (Stan@RunArkansas.com / 501-329-6688) if you intend to run--so we know how many runners to prepare for.

UTS # 6 - Lake Ouachita Vista Trail (LOViT) Marathon(26.2)

Saturday, December 11th, 2010 - 8:00 a.m. start,
Lake Ouachita-South side, near Mount Ida

Directions: Shangri La is located 25 miles west of Hot Springs and 12 miles East of Mount Ida North off Hwy 270. Look for signs posted for the run. Registration will be set up approximately 500 feet down OLD Hwy 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track footpath. This contains no significant creek crossings. There will be a total of 6 stations set up along the trail all will have water and gatoraid, along with various goodies. Drop bag service will be available.

There is no application or entry fee. There will be a waiver to sign and a donation can to cover the expenses. You will keep your own time and please check in at the finish.

Race contact: Phil Carr. bpcarr@windstream.net

UTS #7 –Athens-Big Fork Trail Marathon

(and) Blaylock Creek 17 Mile Fun Run
Saturday, January 8th, 2011 – 8:00 a.m. start
Big Fork, Arkansas

Directions: From Little Rock, take I-30 thru Benton. Past Benton, Turn off I-30 onto the Hot Springs Hwy(Hwy 70). Entering Hot Springs, merge right onto the Hot Springs By-Pass and follow to the Hwy 70 west/Glenwood exit. Follow Hwy 70 to Glenwood. Entering Glenwood, look for Hwy 8 West. Follow Hwy 8 West for approx 32 miles to the small community of Big Fork. Look for the Big Fork Community Center on the right.

UTS HOT FLASH !!!

Just received into the AURA Power Room:

On May 14th, 2011, the Ultra Trail Series Award Ceremony and Fun Run will be held at Mount Magazine State Park.

More details as they are made available.

2010-2011 ULTRA TRAIL SERIES

Standings After Four Events

Open – Female

Name	FullMoon	Nebo	Bartlett	AT100	Total
Kimmy Riley	47	45	51	75	218
Jenny Weather		56		105	161
Chrissy Ferguson	18	34		62	114
Tammy Walther	12			89	101
Karen Hayes	24		52		76
Lisa Gunnoe		22	41		63
Veronica Battaglia	58				58
Dianne Seager				51	51
Jamie Huneycutt	36				36
Judy Massingill	8	28			36
Katie Helms	30				30
Dottie Rea		16			16

Open – Male

Name	FullMoon	Nebo	Bartlett	AT100	Total
PoDog Vogler	74		54	108	236
Mark DenHerder	52	45	54		151
Rich Brown		11	43	92	146
Darby Benson	63	73			136
Murry Chappelle	12	20	32	54	118
George Peterka	11	8	26	65	110
Stan Ferguson	46	62			108
Jason Auer	13	39	43		95
Mike Samuelson				78	78
Jeffrey Graham	24	51			75
Steven Preston	15	17		37	69
Eli Perez				45	45
Don Pucik		9	32		41
Allen Plack	40				40
Patrick Barker	5	3		31	39
Andrew Graham	14	23			37
Alan Hunnicutt	21	14			35
James Holland	34				34
Kevin Griffith		33			33
Steve Appleton	28				28
Matt Kirkpatrick		27			27
Johnny Eagles			26		26
Paul Turner	18				18
Steve Hern		13			13
Pete Ireland	6	6			12
Malcolm Smith		12			12
Frank Massingill		10			10

Matthew Jackson	9				9
Dale Powell	4	5			9
Paul Schoenlaub	8				8
Dennis Baas	7				7
Joe Milligan		7			7
Bill Brass	2	2			4
Michael Harmon		4			4
Greg Bourns	3				3

Masters – Female

Name	FullMoon	Nebo	Bartlett	AT100	Total
Kimmy Riley	55	55	51	103	264
Chrissy Ferguson	27	44		87	158
Karen Hayes	33		52		85
Dianne Seager				73	73
Lisa Gunnoe		27	41		68
Judy Massingill	21	33			54
Jamie Huneycutt	44				44
Dottie Rea		21			21

Masters – Male

Name	FullMoon	Nebo	Bartlett	AT100	Total
PoDog Vogler	66		54	107	227
Murry Chappelle	20	34	42	53	149
Rich Brown		15	43	91	149
Mark DenHerder	44	46	53		143
Darby Benson	55	68			123
George Peterka	16	8	31	64	119
Stan Ferguson	38	57			95
Mike Samuelson				77	77
Alan Hunnicutt	32	28			60
Patrick Barker	5	3		36	44
Eli Perez				44	44
Don Pucik		9	32		41
Kevin Griffith		40			40
Johnny Eagles			26		26
Paul Turner	26				26
Steve Hern		22			22
Malcolm Smith		18			18
Maurice Robinson	13				13
Pete Ireland	6	6			12
Frank Massingill		12			12
Paul Schoenlaub	10				10
Dale Powell	4	5			9

Dennis Baas	7			7	Bill Brass	31	14	100	145	
Joe Milligan		7		7	Stan Ferguson	31	14	100	145	
Bill Brass	2	2		4	Pete Ireland	31	14	100	145	
Michael Harmon		4		4	Steven Preston	31	14	100	145	
Greg Bourns	3			3	Rich Brown		14	31	100	145

Senior – Female

Name	FullMoon	Nebo	Bartlett	AT100	Total					
Dianne Seager				101	101	Johnny Eagles		31	100	131
Karen Hayes	42		51		93	Maurice Robinson	31		100	131
Judy Massingill	31	52			83	Paul Schoenlaub	31		100	131
Jamie Huneycutt	53				53	Paul Turner	31		100	131
Dottie Rea		41			41	Frank Massingill		14	100	114

Senior – Male

Name	FullMoon	Nebo	Bartlett	AT100	Total					
Murry Chappelle	49	59	52	86	246	Jenny Weather		14	100	114
George Peterka	38	25	41	102	206	Dottie Rea		14	100	114
Alan Hunnicutt	60	48			108	Elaine Gimblet			100	100
Johnny Eagles			51		51	Kim Johnson			100	100
Steve Hern		37			37	Rosemary Rogers			100	100
Maurice Robinson	32				32	Eli Perez			100	100
Frank Massingill		31			31	Joshua Bornhorst			100	100
Pete Ireland	14	13			27	Dianne Seager			100	100
Paul Schoenlaub	26				26	Jason Auer	31	14	40	85
Dennis Baas	20				20	Mark DenHerder	31	14	40	85
Dale Powell	10	9			19	James Holland	31		50	81
Joe Milligan		19			19	Judy Massingill	31	14		45
Bill Brass	4	6			10	Darby Benson	31	14		45
Greg Bourns	7				7	Andrew Graham	31	14		45

Super Senior – Male

Name	FullMoon	Nebo	Bartlett	AT100	Total					
Pete Ireland	33	42			75	Jeffrey Graham	31	14		45
Maurice Robinson	55				55	Alan Hunnicutt	31	14		45
Joe Milligan		53			53	Dale Powell	31	14		45
Bill Brass	21	31			52	Kevin Griffith	31	14		45
Dennis Baas	44				44	Matt Kirkpatrick	31	14		45
Greg Bourns	27				27	Don Pucik		14	31	45

UTS Miles

Name	FullMoon	Nebo	Bartlett	AT100	Total
Kimmy Riley	31	14	40	100	185
Murry Chappelle	31	14	40	100	185
George Peterka	31	14	40	100	185
Karen Hayes	31		31	100	162
PoDog Vogler	31		31	100	162
Mike Samuelson			50	100	150
Chrissy Ferguson	31	14		100	145
Lisa Gunnoe		14	31	100	145

Veronica Battaglia	31				31
Katie Helms	31				31
Steve Appleton	31				31
Dennis Baas	31				31
Greg Bourns	31				31
Matthew Jackson	31				31
Allen Plack	31				31
Joe Milligan				14	14
Steve Hern				14	14
Malcolm Smith				14	14

ULTRA CORNER

Report your ultra finishes to chrlypytn@gmail.com. Race reports are always welcome.

Rim to Rim to Rim (North to South to North)

Grand Canyon, Arizona

September 23, 2010

Greg Eason 15:37 (42 miles)

SwampStomper Notice

The SwampStomper is on Sunday, January 16th, 2011. As expected, the race filled quickly and registration for the 2011 SwampStomper has closed. There will not be a waiting list to enter the 2011 race.

Stay current on all Ultra Runs in our area by going to www.runarkansas.com and link at the very bottom of the page to “Ultra Trail Series runs and Other Events”

The Big Shots Paper Trail



AURA Etiquette

Number Five in the continuing series –AURA Etiquette

DNF'ing

Mr. Manners wishes to address the topic of DNF's in this month's AURA Etiquette Lesson.

In his opinion the topic is relevant to newcomers to the sport of Ultra running and is equally applicable to veteran runners as well. The problem arises when a runner DNF's (Did Not Finish) during an Ultra marathon event. For the purpose of this lecture, we will assume the Ultra is a 100 miler. There are stark differences in running a 5k and an ultra marathon. For one, a 5k runner on the starting line pretty well knows his pace and almost to the second what his finish time will be. On the other hand, an Ultra marathoner has no guarantee of a finish despite all of his physical and mental preparation. Heat, injury,

illness, etc., all conspire to push an ultra marathoner into the DNF column. For the finisher, there is much rejoicing but to those who did not finish, there is often the feeling that one has let his ultra friends down. Too often those who did not make it, go into hiding and avoid post race gatherings and fellowship on the false assumption that they are being thought of as a failure by their fellow runners. Mr. Manner's wishes to stress that nothing could be further from the truth as all ultra runners have been in that position and can identify with the DNF'er. They would never embarrass one by taking the attitude of "why didn't you finish" because there is a very strong bond, a brotherhood, among Ultra marathoners. Instead the questions will center on "Tell me about your race". Redemption can begin now. By telling a good story you can be a hero to all.

So if your fate is a DNF, don't go off by yourself. Arrive at post race gatherings early and prepare for the fellowship of your AURA brothers and sisters. In no time, you can be like the Bigshot. When people ask him how many 100 milers he has run. He replies, "I have run five and finished one." Then he smiles and doesn't blink.



David Hughs, Indiana, attempts to finish his 10th AT100 at the 2010 Arkansas Traveller.
He DNF'ed

Gentle Reader- When your reenlistment is due, the BS will highlight your address label, if you are a Hard Copy recipient. If you receive the (e) AURA, you will be sent a Friendly Reminder application plus an addressed envelope. This will be your only reminder. Although the BS will always consider you an AURA brother or sister if you choose not to renew, one must be an active member of an RRCA club to be considered for the awards given by the Arkansas/Road Runners Club of America.



Photo (from last month's newsletter) deserves another look. Left is Patrick Barker who finished his first AT100. See his story on page 7. On right is Jimmy Sweatt who finished his 10th AT100 and received his 10 year jacket at the AT100 Volunteer Picnic on October 23rd.

The BS's Horoscopes

The Good, the Bad and the Ugly

Number 153 - A glorious victory might soon lead to a pleasant financial gain.

Number 73 - Recent revelations could make even your momma turn her back on you.

Number 33 - Standby, your gutsy performance has elevated you to the lofty status of "role model".

In the Service of Truth

(e) AURA Bonus photo



Jenny Weather, having fun at her first 100-Miler

It is Finished!

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A Member of the Road Runners Club of America*