

# THE ARKANSAS ULTRA RUNNER

## June 2012

The Newsletter For Members of the  
Arkansas Ultra Running Association  
AURA Website - [www.runarkansas.com](http://www.runarkansas.com)

### Message from the President – Stan Ferguson

Greetings ultra folk,

Since the last newsletter we've had two fabulous events to wrap up the official race schedule of the 2012-2013 Ultra Trail Series. I don't think conditions could have been any better for either the 23<sup>rd</sup> running of the Ouachita Trail 50 or the third annual Mount Magazine Trail Run. Well, I guess it could have been just a bit drier for the OT50, but it's much better to have had big rains the week before the race than on Friday or actual race day.

For the Ouachita Trail, we were a bit surprised at the number of no-shows (37!), but all-in-all we believe it was the closest to perfect that we've had since taking over the race in 2001. You know, last month I had intentions of calling out all the people who helped with setup and execution of the race, but to name everyone is simply beyond my capability within the time constraints that I have. For that--I apologize, but THANK YOU! to all who helped. When so many people can contribute even just a few hours, it really makes a difference.

This was the first time at the Mount Magazine Trail Run where conditions cooperated such that you could actually see the beautiful views from the trails along the bluffs. I swear that one time I thought I could see Paris! "Good job!" to PT and his helpers for providing a great run to close out the series.

### **Kings and Queens**

The leader boards for Kings and Queens of the Trail did not leave much room for excitement after the Ouachita Trail. At Magazine, Deb Baker closed some ground on Chrissy for the Grand Master Queen, but the gap was just a little too big to completely

bridge. The only close race remaining for was for the Masters King, which was set up as a virtual winner-take-all between Mark DenHerder and Bill Coffelt. Mark's three-year reign as the Masters King ended with a no-show this time, enabling Bill to easily take the spot. So, I'm proud to announce this season's Ultra and Trail Royalty, who will be officially crowned following the Catsmacker on June 8<sup>th</sup> at Lake Winona:

Open: Thomas Chapin and Stacey Shaver  
Masters: Bill Coffelt and Tina Ho  
Grand Master: Rich Brown and Chrissy Ferguson  
Senior: Johnny Eagles and Elaine Gimblet  
Super Senior: Greg Bourns

Also, we have a bumper crop of 19 High Mileage Club members from this series. Here they are in order of miles earned/completed:

Mark DenHerder (398), Stan Ferguson (389), Stacey Shaver (373), Rich Brown (371), Lisa Gunnoe (370), George Peterka (369), Tina Ho (348), Bill Coffelt (339), Jason Auer (337), Cliff Ferren (320), Nicholas Norfolk (318), Thomas Chapin (316), Chrissy Ferguson (294), Deb Baker (268), Pete Ireland (265), Elaine Gimblet (262), Paul Turner (261), Chris Ho (260), PoDog Vogler (251)

I was asked about the starting time for the Catsmacker the other day, and had to check it myself to be sure. –It's 6:30am. We'll have some food for after the run, so please try to plan things so you can stick around for the brief club meeting and UTS awards.

Gears are turning with the planning of the next UTS, so this is a good time to send any feedback, thoughts, and suggestions for the next go-round. Send it to [Stan@RunArkansas.com](mailto:Stan@RunArkansas.com). The 2013-2014 kick-off run will again be the Full mOOn run on July 20<sup>th</sup>. In case you haven't seen or heard the news, this is the first year it will be an official race—so you'll need to do the application thing. You can get all the info by following the Full mOOn link on RunArkansas.com. I've also received confirmation from the Irishman that we have a date for the second run of the series—Mt. Nebo on August 24<sup>th</sup>. Stay tuned for more on the series schedule which we'll try to announce by mid June.

Happy Trails, and I hope to see a bunch of you at The Catsmacker.

## **Mt Magazine Trail Run Report from RD Paul Turner**

Well, as I was getting everything together for the 3rd running of the Mt Magazine Fun Run, I noticed that the weather forecast was calling for rain Friday and Saturday. I was a bit worried, as one of the reasons I decided to put on this run, was so that folks could see how beautiful it was on Magazine. Years 1 & 2 brought us unusually cold weather for May, along with plenty of cloud cover and fog. But knowing Arkansas weather, and how quickly it can change, I knew there was hope for a good day.

Once again the staff at Mt Magazine was wonderful, and had gone out ahead of time to clean up the trails. I failed to mention this, so most folks didn't know, but the MM staff cleared about 12 trees off the Cove Lake Trail. Folks, once you leave the park boundary, pretty much at the beginning of that trail, it is no longer their responsibility to maintain trail. Yet they worked long and hard to clear that section of trail for us. I've thanked them several times, but if you get a chance you should shoot them a thank you as well.

Now, on to the race...

Saturday morning dawned without a cloud in the sky, a cool morning with a lite breeze, what a perfect day for a run. With a lot of help from PoDog, Joe & Jen Fluech, and my folks (Beth and Henry Turner)... we had things set up enough that I was able to join in the fun this year. Chris Block, the winner two years ago, and runner up last year, took off at a blistering pace, dropping all but Jacob Anderson, and Tom Brennan. I tried to run with them for a bit, but soon realized that was not going to happen.

I didn't see them again till I was making my way down Cove Lake Trail to the turnaround. Sure enough Tom had taken over the lead, with Chris and Jacob a few minutes back. On my way back up the mountain, I saw the women's leader Deb Baker, followed by Shelly Chronister, only a few minutes back, and remembered they went 1 - 2 last year. I was also able to see a lot of friends on the way down, all thanking me for the chance to run back up the mountain. Ok, maybe not thanking me!! But what the heck is a good trail run without a good climb, or two, or maybe 3?

Once I got back topside, I stopped for a couple extra minutes and visited with my folks, I would have stayed longer, but looked up and there was PoDog, Chis Ho, and Tyler Wilkerson. So I had to book it, hoping that I would be able to hold them off till the end. Some times your plans just don't work out, well like you planned. The 3 of them caught up to me with about a 1/2 mile to go, and we finished up together.

Back at the pavilion I was able to chat with Tom, who held on for the victory in a new course record 2:18, and Jacob who held on for 2nd place in 2:30. PoDog took home the masters award in 2:44 (for the 3rd year in a row).

On the women's side, Deb was able to pull out the victory in a time of 3:05, followed closely by Shelly at 3:11, to nab 2nd place and women's masters. Deb now has back to

back victories, and a master victory in her 3 races at MM. Next year could be very interesting if both ladies are back, as both ran faster than last year, and Shelly cut into Deb's lead by 24 minutes over last year.

As folks finished on up, the day stayed nice, at lite breeze kept the gnats away, for the most part, and a good crowd was able to hang around for some burgers and dogs (some what burned dogs), a little bit of socializing, and even a surprise birthday party... with the new Coconut Lemon Meringue Pie.

Thanks to everybody for coming out for the run, to my volunteers, who not only helped set up, but also help with the trail sweep (Deb and Joe). I hope to see you all again soon, and next year for running number four!

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### **A Maniac is Reborn at the OT 50**

by George McDonald

There is a fringe group of people wearing bright yellow Marathon Maniacs shirts and singlet's at races. I never really thought much about it since some felt I was a "maniac" years before it became a popular membership group. At last year's Hogeye Marathon I heard runners talking about becoming a "maniac" with that race or there was another race coming up that would qualify them for membership. I still wasn't interested in increasing my t-shirt collection since my wife was already on my case to thin out the piles of shirts in the closet. (*We just finished removing 60 t-shirts and making them into quilts, but this process didn't make much of a dent in the pile!*) A month ago I finally checked the website to see what qualified you for Maniac membership and found an abundance of levels. However, I really didn't want to dig through my runner's logs to find a qualifying string of marathons and ultras. Since I was already signed up for the Hogeye I would just enter something that would meet the qualifications. The minimum was 2 marathons within a 16-day time-frame or 3 marathons within a 90-day time-frame. Ultras count. I hadn't run the Ouachita Trail 50 in a while and it was 6 days after the Hogeye, so it would count! *It made perfect sense if you weren't thinking straight...* I figured that I would take the week between them easy and have no problem.

Hogeye went as well as an under-trained runner could expect, so Phase One was completed. I decided to swim my ladder workout on Monday, ride my bike Tuesday and Thursday, swim distance legs on Wednesday, then take Friday off. *Seemed like a good plan.* The weather was predicted to be 38 degrees at the start and slowly reach 65 degrees for a high. **Perfect!** Since the race started at 0600 I began my day at 0400 with breakfast and got to the parking area early. They waited until race day to hand out race bibs so they could account for who actually started. The OT 50 has two race distances, a 50K and a 50 mile. At least I had sense enough to run the 50K. In the early morning darkness over 200 runners, plus their support teams, families, and friends milled about collecting race bags,

bib numbers, and then waited for race director Chrissy Ferguson to give the pre-race instructions. In short order, the “GO!” was given and off we went.

We started along the short stretch of pavement of Pinnacle Valley Road that would take us from the Maumelle Pavilion to the trailhead of the Ouachita Trail near the Pinnacle Mountain Visitor’s Center. As the sun began to shine, we left the flat part of the trail and reached the first aid station near the East Summit parking lot. A quick refill and then up the steep uphill section of the East Summit and on to the steeper rock scramble to the top of Pinnacle Mountain. Many runners consider this a favorite part of the course. It definitely adds an interesting section to the race! Some runners, especially those from out of town, seem to feel differently about our rocky pinnacle as they pause to catch their breath at the top. Many then realize that they are getting the most spectacular view of the day. Next came a quick dash down the west side and a loop around the base as we arrived back at the East Summit aid station. At least the steepest part of the race was done!!

The next section took us around the north side of Pinnacle and out a short stretch of Highway 300, then back west after crossing the bridge over Maumelle Creek. A great view of the spillway and then back into the woods we went. The trail was interspersed with mud holes, rock gardens, gnarly roots, flowing creeks, and undulating hills. The trail followed the bank on the north side of Lake Maumelle and, every so often, the trail got close enough for a good view of the lake. We came to the Lake Vista Road aid station. I had completed 10.6 miles and wasn’t feeling too bad. I *was* concerned about my legs, so I took it easy after this point. The next aid station was 6 miles away, so I made sure I was loaded up before leaving. Every station was well-stocked with salty and sweet goodies that could be easily and quickly grabbed from bowls. There was a surprise aid station put on by the Hashers about 1.7 miles from the turn for the 50K and I was glad to see them! Bob Marston was there and gave me a boost to keep me going.

At the Northshore aid station I completed 16.9 miles and had been on the trail for 4 hours. I could tell the next few hours would be rough! At least I didn’t have to go back over Pinnacle! The Northshore folks also decorated their part of the trail with a little pirate-themed fun. We started seeing signs like *Ahoy Matey* and finding little *Jolly Rogers* hanging in the trees to mark our path. They even had a sign for jars of dirt! Thereafter I began my survival mode; run as much as I could and walk a little as needed. Although, it seemed that the further I ran, the reverse pattern emerged. Passing through the reverse of the aid stations made me feel that I would survive. Lake Vista Road was a joyful spot as I reached the 23.2 mile mark and became goal-oriented. My next goal was the spillway. Next, was the bridge on Highway 300, then back to the trail on the north side of Pinnacle, which was followed by the East Summit aid station. It was great seeing my pals Bob and Sybil along with Pete Ireland with only 3 miles to go! More goals - the steps below the Visitor Center, the OT trailhead, Pinnacle Valley Road, the Methodist Church, *the arrow sign at the entrance to Maumelle Park*, and **the finish line!!!** Finishers received a handmade medal but had a choice between a backward or forward image of Arkansas. (*It seems that about half of the medals were reversed, putting Mississippi River on the wrong side of the state.*) When asked if they liked it frontward’s or backwards by race

organizer, Chrissy, most seemed a bit confused before eventually proclaiming their preference. (*I heard a lot of requests for backwards.*) I survived in a respectable 7 hours and 49 minutes. The post-race food was awesome and I enjoyed visiting with old and new friends. Now all I have to do is figure out where to put the Maniac shirt! See ya on the roads!



George along the spillway at the OT50K  
Photo courtesy of ArkansasOutside.com

### **OT50K Race Report from Bill Dobbins**

So you ask, how does a street marathon runner decide to do his first ultra-marathon? It's simple, osmosis. I first heard about ultra-running when I was training for my first Little Rock Half Marathon in 2010. My training partner, retired from ultra-running, would share stories about the pleasures, pains and adventures of the trail. At the time, it sounded like complete insanity and I made a mental note not to venture into this territory as it was a bridge too far.

Fast forward to summer 2012. I'm standing around after a Thursday night run at the Go! Running store in Little Rock, and I overhear our motley band discussing Full Moon. What's this? I wonder. Many of these amazing men and women had adopted trails, and

it sounded like something all the cool kids were doing. I ran the 25k at night and had one of the most joyful yet terrifying experiences as a runner. Joyful in that those down hills were like riding a roller coaster at Six Flags. What a thrill! Terrifying in that I kept hearing bear snorts behind me. The bear snorts turned out to be the rubbing of my hydration pack across my back which I only discovered at mile 14. Next came the cold and hauntingly beautiful Sylamore 25k with its brisk creek crossings and finally, the Ouachita Trail 50.

I was looking for an adventure to celebrate my 46<sup>th</sup> birthday and since I had already completed two road marathons, I thought wouldn't it be great to run a 50k? I scanned the AURA website and came across the OT 50. Wow, it was a hometown race on parks and trails that I thought I was reasonably familiar with. How hard can it be? My friend Andi Stracner was running it too so I knew I would be in good company.

Fast forward to race day. It was a chilly yet glorious morning as we started down the road towards Pinnacle Mountain State Park. Andi was pacing with me and I felt really good. There was a real sense of possibility in the air. That is until we started the ascent on the eastward side of the mountain. I had last scaled the East Summit Trail when I was in college and remembered a very difficult climb. This morning, the mountain was as promised. The climb was really tough. Other runners scurried past me like so many agile mountain goats. I knew I had to be careful and couldn't rush. I also took time to pause and take in the vista. On the east side of Pinnacle, the difficulty is made worthwhile by the gorgeous view. Andi and the others with whom I had comfortably paced earlier were long gone by the time I reached the summit. I picked my way down the West Summit Trail frustrated at how slow things were progressing. I finally reached the parking lot where Andi was patiently waiting. We pick up the pace again hoping to catch up with some of our friends from Conway's Team Loco.

As we started running the Pinnacle Base Trail, I began to notice a tell-tale nagging on the left side of my left knee. My IT band inflammation had returned. We slowed it down moving ever so gingerly over the primordial stones of the Base Trail and later the Ouachita Trail. Arkansas possesses a magical beauty all its own. The forests evoke mythical places such as Avalon or Rivendell. As we slowly progressed along the trail, I was able to recognize through the cursing and frustration that being here was a gift.

The aid stations along the way were wonderful places where a few encouraging words, shots of pickle juice and sandwiches provided me with both mental and physical fuel to forge ahead. There was even temptation in the form of the "double secret" aid station at mile 15 manned by the Hash House Harriers. That storied name alone should give away the secret. By far, the most inviting place was mile 17 manned by Cap'n Kristen Garrett and her assembled pirate band. By this time, I had started to run out of gas and I told Andi that I was not allowed to sit down at any aid station going forward as I knew it would probably mean a "DNF". In all my short years as a runner, I have never quit a race. Refreshed and reloaded, we continued.

The last 14 miles was when the race really began for me. I had to fight physical and mental fatigue. I experienced every emotion on the spectrum especially in the last 3-4 miles where I started regressing into a cranky and petulant 3 year old. Andi was always there in her kind patient way encouraging me at every step and reinforcing the concept that quitting is not an option. I also knew we had been out there a long time. My Garmin battery had died at just over 9 hours. I kept quizzing Andi for time and distance. I wanted to finish, but I also wanted a qualified finish time and Chrissy's backwards medal.

We finally hit Pinnacle Valley Road where we were met by my training partner from that long ago 2010 half marathon. She had come out to watch me finish and hell yes I was going to do it after some encouragement from her. Pinnacle Valley stretches in a seemingly endless two mile ribbon reminiscent of the mind numbing River Trail expanse of the Little Rock Marathon. I kept asking where the turn off to Maumelle Park was. Andi promised patiently that it was only a quarter mile down the road. Several "quarter miles" later, we reached it. My spirits lifted as I saw many friends who had stayed a lot longer after their own race to watch Andi and I finish. We clasped hands crossing the finish line, because we had agreed that neither person was going to be completely DFL in the standings. We finished the 50k in 12:27.14. It was probably the sweetest moment for me surpassing my first marathon finish in Memphis. In the moments afterward, several runners had learned this was my first 50k and they remarked "you do know there are easier races to do as your first." By now, I knew this first hand, and responded that those other races will only be even easier. I had finished my first 50k, and a bridge too far became transformed into stepping foot into an undiscovered country.



The coveted finisher award the OT50





Dennis Fugate with Lou Peyton at the Lake Vista Aid Station at the OT50

Dennis is a former Race Director of Cross Timbers Trail Race, TX. and has won a silver belt buckle at Western States in the 1980's. Dennis and wife, Jan used to race the Scenic Maumelle 60K race that Bob Hanle directed for years. It is always a treat to see Dennis running trails in AR.



Bob McKinney (yellow shirt) and Josh Bornhorst at the Lake Vista Aid Station



David Reagler (second from right) and his crew of food and drink, men...  
David was the aid station coordinator at Lake Vista.

# Ouachita Trail 50 Results

April 20, 2013 – Little Rock, AR

## 2012-2013 Ultra Trail Series Race #12

### 50 Mile

Place	Name	Sex	Age	State	Time
1	Ted Herget	M	39	AR	8:11:50
2	John Bruno	M	27	SC	8:38:00
3	Chas Kabanuck	M	29	FL	8:39:17
4	Steve Nusser	M	43	IL	9:10:46
5	Dennis Peyton	M	30	KY	9:12:30
6	Erno Lindner	M	36	TN	9:28:00
7	Donald Hellen	M	48	AL	9:37:03
8	Michael Poole	M	32	TN	9:39:23
9	Paul Turner	M	50	AR	9:39:49
10	Mary-Ellen Kelly	F	45	TN	9:40:28
11	Eric Knight	M	26	TN	9:42:36
12	Cade Pearson	M	34	NE	9:43:52
13	Stan Ferguson	M	49	AR	9:47:19
14	Jonathan Miller	M	24	AR	10:05:16
15	Jessica Soroka	F	34	AR	10:07:03
16	Tim Harrington	M	43	AR	10:11:56
17	Scott Eppelman	M	46	TX	10:15:12
18	PoDog Vogler	M	46	AR	10:37:07
19	Doug Lebda	M	43	NC	10:43:31
20	Shawn Williamson	M	38	TX	10:51:07
21	David Murphy	M	40	MO	10:52:47
22	Todd Blanchard	M	41	LA	10:54:26
23	Noah Churchill	M	30	AR	10:55:40
24	Jacob Walker	M	28	AR	10:55:40
25	Brian Cockrell	M	36	LA	10:57:14
26	John Stanfield	M	28	OK	11:15:15
27	Scott White	M	41	OK	11:15:15
28	Nathan Sigmon	M	34	OK	11:15:16
29	Rich Brown	M	51	AR	11:15:39
30	Adam Kees	M	39	AR	11:18:32
31	Andrew Readinger	M	29	TX	11:24:17
32	Mark DenHerder	M	48	AR	11:25:54
33	George Peterka	M	53	AR	11:26:40
34	Von Ralls	M	37	MS	11:26:56
35	Jason Armitage	M	40	AR	11:29:22
36	Cara Pozun	F	25	AR	11:42:30
37	Eddie James	M	50	OK	11:44:17
38	Allen Plack	M	29	AR	11:45:39
39	Marcus Smith	M	35	TX	11:49:19
40	Jody Atchison	M	34	TX	11:52:34
41	Sophia Wharton	F	42	KS	11:56:02

42	James Gaston	M	46	AR	11:56:02
43	Charles Hurst	M	55	TN	11:58:03
44	Deb Baker	F	50	AR	12:01:11
45	Christopher Baldwin	M	39	AR	12:06:57
46	Joseph Nance	M	35	TN	12:09:40
47	Keith Ingram	M	30	MS	12:14:20
48	Tina Ho	F	48	AR	12:30:30
49	Lisa Smith	F	25	TN	12:39:54
50	Kenneth McKnight	M	33	TN	12:39:54
51	Ken Starnes	M	38	AR	12:43:44
52	Cliff Ferren	M	57	AR	12:49:37
53	Randy Windle	M	34	AR	13:37:00

### 50 Km

Place	Name	Sex	Age	State	Time
1	Thomas Chapin	M	35	AR	4:51:50
2	Joshua Brown	M	24	AR	5:12:11
3	Jake Anderson	M	31	TX	5:18:00
4	Reid Landes	M	42	AR	5:35:50
5	Alan Haguewood	M	41	TN	5:46:47
6	Joe Guitar	M	34	AR	5:47:32
7	Eric Brock	M	28	AR	5:49:26
8	Bruce Wood	M	50	AR	5:57:03
9	Christine Rutlen	F	24	AR	5:57:35
10	Joshua Bornhorst	M	38	AR	6:12:18
11	Scott Irwin	M	48	TN	6:18:48
12	Jason Spillers	M	36	LA	6:18:49
13	Jen Freilino	F	28	AR	6:21:02
14	Kiran Hanumaiah	M	36	TN	6:23:07
15	Bill Luton	M	57	TN	6:23:07
16	Jerry Bailey	M	46	AR	6:23:56
17	Aaron Dickens	M	32	AR	6:28:07
18	Bill Coffelt	M	53	AR	6:29:16
19	Megan Sweeney	F	32	CO	6:31:04
20	Jessica Hardy	F	30	TN	6:35:36
21	Jeff Statham	M	36	LA	6:42:08
22	John Kelly	M	46	AR	6:43:25
23	Paul Schoenlaub	M	53	MO	6:45:13
24	Jon Licon	M	25	AR	6:45:13
25	Phil Brown	M	46	AR	6:46:52
26	Jamie Golleher	M	42	AR	6:47:52
27	Patrick Barker	M	49	AR	6:48:42
28	Ben Mansur	M	41	AR	6:49:03
29	Corina Miller	F	28	AR	6:49:03
30	Bobby Childers	M	34	AR	6:52:40
31	Roger Fakes	M	45	TN	6:53:42
32	Brett Bassham	M	52	TX	6:55:37
33	Ronnie Daniel	M	43	AR	6:57:12
34	Carla Branch	F	61	AR	6:59:17
35	Bobby Reese	M	29	AR	7:02:29
36	Staci Mashburn	F	38	AR	7:02:29

37	Andy Nanneman	M	26	AR	7:02:30
38	Joel Perez	M	34	AR	7:02:30
39	David Stroud	M	33	TX	7:03:45
40	Michael Fellona	M	39	AR	7:04:55
41	Ben Melton	M	18	TN	7:05:08
42	Erin Vratil	F	31	TX	7:05:13
43	Dennis Fugate	M	61	MD	7:05:52
44	Jason Auer	M	30	AR	7:08:48
45	Randy West	M	56	AL	7:10:06
46	Laura Earley	F	33	AR	7:16:21
47	Jodi Magnotti	F	43	TN	7:17:34
48	Jepson Erattuparmbil	M	43	TX	7:18:02
49	Tammy Walther	F	41	AR	7:22:43
50	Brandon Allen	M	31	AR	7:23:45
51	Mack Varner	M	68	MS	7:26:34
52	Cristina Guibao	F	37	TN	7:30:32
53	Sam Wilkerson	M	53	AR	7:30:32
54	Brenda Bonner	F	52	AR	7:31:34
55	Nate Myers	M	25	AR	7:39:20
56	Paul Becker	M	53	AR	7:39:59
57	Mark Roth	M	51	AR	7:43:57
58	Bill Elmore	M	53	AR	7:45:15
59	Jim Lane	M	39	MO	7:48:36
60	George McDonald	M	60	AR	7:49:18
61	Delicia Thompson	F	40	TN	7:51:23
62	Johnathan Ward	M	36	NE	7:51:23
63	Holcomb Mosley	F	35	AR	7:53:15
64	Bernita Lovelace	F	58	AR	7:53:45
65	Brandon Moon	M	23	AR	8:03:58
66	Shirley Grimm	F	50	CA	8:04:57
67	Caroline Nusser	F	43	IL	8:05:31
68	Christi Jones	F	36	AR	8:06:42
69	Eunika Rogers	F	42	TN	8:17:34
70	Salli Scott Young	F	40	TN	8:17:46
71	Johnny Eagles	M	61	AR	8:18:40
72	Dale Camp	M	54	AR	8:24:41
73	Ben Saubers	M	30	Mo	8:24:41
74	Scott Buhlinger	M	49	OK	8:28:32
75	Shelly Buhlinger	F	50	OK	8:28:32
76	Kristin Parker	F	26	WA	8:35:28
77	Jeff Underwood	M	50	AR	8:40:01
78	Lisa Mullis	F	44	AR	8:41:45
79	Tala Hill	F	53	AR	8:43:42
80	Doris Dorrough	F	49	OK	8:45:06
81	Nicholas Norfolk	M	29	AR	8:46:27
82	Elizabeth Quinn	F	27	AR	8:51:32
83	Ginea Qualls	F	35	AR	8:51:42
84	Belinda Jared	F	42	AR	9:03:33
85	Lori Dather	F	47	AR	9:25:54
86	Pamela Ussery	F	37	AR	9:29:52
87	Kelly Frantz	F	52	AR	9:29:52
88	Rick Bushmiaer	M	34	AR	9:29:57
89	Ron Gimblet	M	65	AR	9:38:53

90	Kenny Simpson	M	58	MS	10:08:34
91	Kristen Sterba	F	37	AR	10:08:34
92	Donna Duerr	F	57	AR	10:09:54
93	Lisa Gunnoe	F	48	AR	10:09:56
94	Elaine Gimblet	F	65	AR	10:09:58
95	Lisa Nicholls	F	36	CO	10:10:00
96	Jon Quinn	M	25	AR	10:16:55
97	Dottie Rea	F	60	AR	10:19:09
98	Greg Bourns	M	73	AR	10:27:23
99	Andi Stracner	F	40	AR	12:27:14
100	William Dobbins	M	46	AR	12:27:14

### 50 Km DQs

Dianne Seager	F	56	AR	9:11:50
Jim Sweatt	M	57	AR	9:13:39

### 170 Starters



Mary-ellen Kelly-50Mile Female Winner - 9:40:28

# Mt. Magazine Trail Run Results

May 11, 2013 – Mt. Magazine State Park

## 18 Mile Run - 2012-2013 UTS Finale

1	Tom Brennan	2:18!	Course Record	46	Dawn Horn	4:21
2	Jake Anderson	2:23		47	Elaine Gimblet	4:54
3	PoDog Vogler	2:44		48	Ron Gimblet	4:56
4	Tyler Wilkerson	2:44		49	Pete Perkins	4:56
5	Chris Ho	2:44		50	Bill Brass	5:06
6	Paul Turner	2:44		51	Hank Turner	3:55 (LS)
7	Will Blanchard	2:53		52	Stephanie Childers	3:55 (LS)
8	Stan Ferguson	2:54				
9	Bill Coffelt	2:58				
10	Jeff Foes	2:59				
11	Drew Riddles	3:02				
12	Deb Baker	3:05				
13	John Licon	3:05				
14	Chris Block	3:06				
15	George Peterka	3:06				
16	Brant Bishop	3:06				
17	Ben Mansur	3:08				
18	Shelly Chronister	3:11				
19	Lauren Riddle	3:11				
20	Josh Bornhorst	3:11				
21	Rutledge McMillian	3:13				
22	Cliff Ferren	3:13				
23	Stacy Shaver	3:14				
24	John Berger	3:15				
25	Dulcinea Groff	3:22				
26	Jason Auer	3:22				
27	Brad Simpson	3:29				
28	John Wrye	3:29				
29	Jen Freilino	3:30				
30	Jenny Wilkes	3:31				
31	Patrick Barker	3:40				
32	Tina Ho	3:41				
33	Tina Coutu	3:45				
34	Jason Thomas	3:49				
35	George McDonald	3:50				
36	Rick Bushmiaer	3:50				
37	Sam Wilkerson	3:50				
38	Charity Hill	3:56				
39	Tala Hill	3:56				
40	Elizabeth Quinn	4:06				
41	Chrissy Ferguson	4:06				
42	Tim Harrington	4:06				
43	Johnny Eagles	4:12				
44	Ashley O'Neill	4:21				
45	Tom Singleton	4:21				

## 12 Mile Run

1	Joe Fluech	2:06
2	Kayleigh Majerek	2:36
3	Josh Brown	2:36
4	Lauren Harrington	2:38
5	Rhonda Ferguson	2:47
6	Brittany Niznick	2:52
7	Jon Quinn	2:52
8	Arland Blanton	2:52
9	Sloan Cooper	2:53
10	Brian Borgman	2:53
11	Michael Harmon	2:58
12	Carrie Dupriest	3:12
13	Pete Ireland	3:12
14	Bob McKinney	3:23 (LS)

## Other Participants

David Caillouet

LS----Late Starter

## 2012-2013 Ultra Trail Series Final Standings

### Open Division - Women

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Myst	OT
1	Stacey Shaver MM Total 48	51 497	54	55	102		46	50.8	55	35			
2	Tina Ho 25	22 397	19	51		55	35	37.7		26	51	30	45
3	Jen Freilino 37	262	43						44	46		36	56
4	Deb Baker 59	62 261								26		58	56
5	Jenny Wilkes 31	257	65				57			57		47	
6	Chrissy Ferguson 11	28 197	25		86		29					18	
7	Lisa Gunnoe 150			21			11	56.6	27			12	22
8	Tala Hill 19	126		33				29					45
9	Karen Hayes 119	34	31					53.9					
10	Susan McCourt 96		6	27		21		42					
11	Elaine Gimblet 90.2							39.2	21			8	16 6
12	Lena Manning 88			44		44							
13	Jenny Brod 77	40	37										
14	Lori Dather 75	9	5						33				28
15	Angie Stewart 62	3	3			33	23						
16	Judy Massingill 60.2	12	9					39.2					
17	Elizabeth Quinn 11	59								14			34
18	Lisa Vorwerk 56		12			27	17						
19	Susy Phillips 53.2							39.2		14			
20	Angie Orellano-Fisher 40	16										24	
21	Debra Reynolds 17	2	15										
22	Katy Lemasters 8	6	2										
23	Rosemary Rogers 4		4										

### Open Division - Men

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Myst	OT
1	Thomas Chapin MM Total 471	66 471	47	62	93		43		53		47		60
2	Bill Coffelt 24	37 412	41		55	20	54		36	23	30	54	38
3	Mark DenHerder 402	55	53	54	38	52	31	49.8	30	29			10
4	Tom Brennan 64	77 401	75						64	63	58		
5	Paul Turner 43.7	27 279							42	52		65	49





40	Mark Cato 4	2		2									
41	Bill Brass 4		2										2

### Masters Division - Women

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Myst	OT
	MM Total												
1	Stacey Shaver 45	48	59	54	102		55	53.3	54	53			
2	Tina Ho 34	25	31	51		53	44	39.6		36.5	51	45	43
3	Deb Baker 56	59								36.5		56	54
4	Chrissy Ferguson 22	31	37		86		33					28	
5	Lisa Gunnoe 192			26			21	59.5	32			22	32
6	Tala Hill 28			32				30.5					54
7	Karen Hayes 142	37	48					56.6					
8	Elaine Gimblet 16	125						41.1	26			16	26
9	Lori Dather 104	9	9						43				43
10	Lena Manning 85			43		42							
11	Lisa Vorwerk 77		19			31	27						
12	Judy Massingill 67.1	13	13					41.1					
13	Angie Orellano-Fisher 53	19										34	
14	Debra Reynolds 31	6	25										
15	Rosemary Rogers 6		6										

### Masters Division - Men

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Myst	OT
	MM Total												
1	Bill Coffelt 27	45	44		89	22	58		40	18	33	50	55
2	Mark DenHerder 458	56	55	51	62	59	47	52.3	34	24			18
3	Tom Brennan 61	67	66						62	58	55		
4	Rich Brown 337	27	32	58	75	13	18		12	12	27	39	24
5	Paul Turner 44.5	39							51	47		61	58
6	Stan Ferguson 33	14	38			48			22	36	44		47
7	George Peterka 21	21	20	47		34	24	41.5	9			33	12
8	PoDog Vogler 44.5	21			105	22	36						36
9	Cliff Ferren 15	244			51		30	36	16	8	21	15	8
10	Johnny Eagles 128	200	6	12		9	8	34.6	6			11	33
11	Malcolm Smith 114	8						48.5	28	30			8

12	Don Preston 101		4	18		6	12	58.4	3				
13	Alan Hunnicutt 93	33	26			34							
14	Michael Harmon 84.1		10	24				23.1				27	
15	Joe Milligan 78.8	6	13					38.8				21	
16	Ron Gimblet 69.5		3					30.5	2			2	27 5
17	Chuka Bible 63	11	16	36									
18	George McDonald 11												44
19	Todd Blanchard 47	55 17											30
20	Herb Jarrell 42.4	4						38.4					
21	Joshua Drake 42	5	7	30									
22	Greg Bourns 34	3	5									5	21
23	Mark Cato 10	2		8									
24	Pete Ireland 8											8	
25	Frank Massingill 7	7											
26	Bill Brass 4		2										2

### Grand Master Division - Women

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Myst	OT
1	MM Total Chrissy Ferguson 32	34 294	44		101		51					32	
2	Deb Baker 54	56 267								51		54	52
3	Elaine Gimblet 26	189						45	51			26	41
4	Tala Hill 43	179		51				33.4					52
5	Karen Hayes 162	45	55					62					
6	Judy Massingill 94	22	27					45					
7	Angie Orellano-Fisher 71	28										43	
8	Debra Reynolds 49	16	33										
9	Rosemary Rogers 21		21										

### Grand Master Division - Men

Rank	Name	Midnt	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	Myst	OT
1	MM Total Bill Coffelt 57	58 645	60		103	34	56		57	53	53	59	55
2	Rich Brown 504	36	49	54	87	28	28		35	42	42	48	55
3	George Peterka 46	30 391	32	43		50.5	34	45.5	29			37	44
4	Cliff Ferren 35	358			73		45	39.4	46	31	31	25	33
5	Johnny Eagles		20	26		22	16	37.9	23			19	33



# The Catsmacker

Lake Winona Park  
Saturday, June 8, 6:30 am  
Distance: 23 miles (+/-)

## **Features:**

Terrain: Gentle hills  
Surface: Ouachita Trail, forest roads and 4-wheeler trails  
Also a 12-mile Kitty Run option  
Fun!!

## **Queens and Kings of the Trail!**

The 2012-2013 Ultra Trail Series awards ceremony will be held after the run

To get there:

Driving directions from Williams Junction (intersection of highways 10 and 9) : Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles (first two miles are blacktop, last two miles are gravel) to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive so as to not disturb the park superintendent.

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 Stan at [stan@runarkansas.com](mailto:stan@runarkansas.com)

## **Rules for Lake Winona Park:**

- #1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.
- #2 Keep Off the spillway and levy.
- #3 No bike riding is allowed in the park except in the parking lot and drive.

# Full mOOn 50K & 25K

Date: 7.20.2013

Place: Camp Ouachita Girl Scout Camp in Perry, Arkansas (3 miles west of Highway 10/9 along Highway 324)

Time: 8 p.m.

7 p.m. early start (for 50 K runners needing longer than 8 hours to finish)

After Party: All night long!

Registration: \$40 (until June 1; \$60 until July 15)  
\$20 (No T-Shirt option)

Runners: This is a great run for first-time ultra and trail runners, as well as for PRs

Our community fun run has grown so big, we've had to make some changes to comply with the Forest Service to continue the run.

We haven't lost any of the fun; we'll still be partying until the last runner comes across the finish line!

This is our Ultra Trail Series 2013-2014 season kickoff and a celebration event honoring birthdays of favorite AURA Queens.

Full mOOn Director:

Susy Phillips

email: [su\\_phi@yahoo.com](mailto:su_phi@yahoo.com) or [susy@fullmoon50k.com](mailto:susy@fullmoon50k.com)

phone: (501) 837-3104

fax: (501) 851-6182

If you have questions, comments, concerns, please email me.

I take suggestions!

If you would like to volunteer, or know someone who does, you can call me!

For more information and registration go to <http://www.fullmoon50k.com/index.html>

**Retreads**

First Wednesday of the month

Franke's Cafeteria

11121 N. Rodney Parham Road  
(Market Place Shopping Center)

Dutch Treat

Wear something to show you are  
one of the gang -- shirt, hat, scarf,  
finisher medal, etc. Just show up  
and look for the Old Runners:

Retreads. For more information  
contact Charley or Lou Peyton at  
225-6609 or [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)