

# THE ARKANSAS ULTRA RUNNER

April 2015

THE NEWSLETTER FOR MEMBERS OF THE  
ARKANSAS ULTRA RUNNING ASSOCIATION  
AURA WEBSITE:runarkansas.com

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## Message From President George Peterka

First I would like to thank the following people for putting on races:

Mark DenHerder - Styx n'Stones

Thomas Chapin - Heart of the Ouachita Trail Training Run (HoOT)

Stan & Chrissy Ferguson - Ouachita Trail 50k/50M

Paul Turner - Mt. Magazine (May 9th)

Chris Block - Catsmacker (May 30th)

Also a big thanks to all the volunteers without who these races would not be possible.

After the HoOT, Thomas made his legendary B-B-Q waffles. Yes, that's right. Buttermilk waffles with pulled pork B-B-Q with sauce and pancake syrup as well. That is some good eating! It more than made up for the rain and cold weather.

After that we had our AURA elections. All officers were re-elected. So you're stuck with us for another year!

George Peterka - President

Deb Baker - Vice President

Lisa Gunnoe - Secretary

Charley Peyton - Treasurer

The biggest event of this month was the Ouachita Trail 50k/50M. I will leave that to race reports that follow. I was working at Northshore directing people at the 50k/50M split so I got to see everyone and cheer them on.

The next race is Mt. Magazine and we already have 94 people signed up. We were having around 70 in years past. Let's hope we have clear skies and can enjoy the views this year.

The Catsmacker will be on May 30th at Lake Winona Park. Afterwards we will have the UTS awards ceremony. It is already pretty clear who will get awards but it not yet clear which award it will be (Open or Master or Grand-Master). Stacey/Deb and Stan/PoDog are too close call and will be decided at Mt. Magazine.

On a personal note, after two X-rays and a bone scan, the doctors are now telling me that I have a stress fracture in my tibia. But the good news is that we now have someone to work the aid stations at Mt. Magazine and the Catsmacker. Hope to see you all there!

## UPCOMING EVENTS

### You Don't Want To Miss Out on the Fun

Come Run The 5th

# Mount Magazine Trail Run

18 miles +/-

8:00am - Saturday, May 9, 2015

Mount Magazine, Paris AR

**2014 - 2015 AURA Ultra Trail Series Event**



Come join us for the 5th Mount Magazine Fun Run. We'll start just north of the visitor center (see map on website), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top. For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

#### Directions:

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion – across the highway from the visitor center.

Website/Registration: <http://www.runarkansas.com/MtMagazine.htm>

For lodging and camping information at Magazine: <http://www.mountmagazinestatepark.com/>

For more information on the race please contact PT

#### Answers to posted questions about the race...

1. Adult Beverages - If you want to bring your own adult beverages, that is ok; however, please be discrete!
2. There are 2 aid-stations, the first is approx 5.5 miles in and will be water only, the second is approx 10.5 miles in, it will have water/gatorade/snacks.
3. There is not a time limit, and if you decide to drop down to 12 versus 18 miles, you can do that at the 2nd aid-station.
4. If you bring food to share, that would be awesome. I will have a couple ice chests there, but limited room in them. If you have an ice chest you are more than welcome to leave it over with the others. There will be plenty of room in the pavilion.
5. VOLUNTEERS are always welcome, if you would like to volunteer, please send me a private message, and we can work out the arrangements. Thanks guys, looking forward to seeing you on top of Arkansas in a couple weeks!!!

## UPCOMING EVENTS (Continued)

# The Catsmacker 2015 Fun Run & Awards



**A Big Thank You to Chris Block for Taking Over As Race Director!**

### **Lake Winona Park Saturday, May 30, 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 2014-2015 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. If you see cars parked along FSR 114 it means the parking lot is full. Park on the RIGHT-HAND-SIDE on FSR 114. 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 two aid stations with minimal aid. You are encouraged to carry a water bottle and any snacks you want. For more information, contact the race director Chris Block 501-454-1525

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

1. DO NOT park on the grass. If the parking lot is full, park on the RIGHT-HAND-SIDE on 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.
4. Use the port-a-potties - not the park toilets.

#### **Runner Safety:**

It is always a good idea to carry a cell phone. The service is poor but most for of the course is higher up and has some service. If you are unfamiliar with the area, run with a buddy and study the [Google Map](#). Print out the [Course Map](#) and carry it with you.

Website/Registration: <http://www.runarkansas.com/Catsmacker.htm>

## A Devil Of A Time by George McDonald

Trail running is always interesting and weather can really change the conditions. I ran the Styx n' Stones 30K at Devil's Den State Park, and it had rained for 2 days prior to the run and the forecast was for rain the day of the event. For once the weather people were right!

As I drove out to the park from Fayetteville, the rain fell steadily. The temperature was 47 degrees which made it feel very cold. I arrived at the park before daylight hoping for a close parking spot. As the rain fell

softly I remained warm and cozy in the van and awaited the start. As daylight slowly arrived I saw the water flowing over the dam. It was the most water I've ever seen flowing over the spillway which meant it would be a very WET DAY!



As runners arrived, they quickly got their race numbers and scurried back to their vehicles to stay dry. As the time came to start we reluctantly evacuated the warmth and dry to stand in a cold, light rain to prepare for our trek. With instructions not to get lost, the mixed dress group of over 100 runners ran the short stretch of pavement to the bridge over Lee Creek and dashed down the embankment to the very muddy trail. Since the race started in the valley, there was nowhere to go but up!

As we climbed up the embankment we reached the Yellow Rock Trail and started a steady climb out of the valley.

After about 20 minutes of running we had crossed 4 streams and reached the overlook. I'm sure it's very pretty, but in a foggy shroud and a steady rain, I wasn't too interested in standing around! The trail meandered up to the ridge and parts of it were actually a creek-bed. There were many places where people were sliding. As we switched trails we found ourselves on the horse path. It was a little bit wider, but very muddy. Everyone was looking for solid ground to run, as many of us were sinking into the mud.

I reached the first aid station in just under an hour and I was glad since this meant we were going to return back down to the valley. Over the next few miles we paralleled the ridge where the water fell over the ledges creating small waterfalls that



flowed right to the

trail. We crossed small streams every 50 feet or so and lot of places where the water flowed right down the path. The water was over 4 inches deep for many sections of the trail. So much for staying dry!

Back on the valley floor we had a small out-and-back loop with a creek crossing. The water was over knee-deep and flowing with a steep climb up the bank on the other side. As we worked our way back to the start, many of the people running around me were doing the 15K and were happy they didn't have much further to go. As we returned to the park we paralleled Lee Creek. It was flowing and I'm sure kayakers would have enjoyed the high flow! As we returned to the road



the runners doing the 15K split off for home as the rest of us got ready to go uphill again!

Over the next mile we were on the Devil's Den Trail, one of the better-maintained trails in the park. We passed several cave entrances and ran under Twin Falls. At the bottom of the falls we broke off the trail and cut through the woods to pick up the Butterfield Trail. At this point a lady named Sarah came up behind me and followed me the rest of the way. For the next 3 miles we slogged and climbed through mud and flowing streams working ourselves out of the valley to the top of the ridge. The rain slacked off to a drizzle as we reached the top and the last aid station. We had less than 2 miles to the finish as we reached the pavement for the steady downhill plunge of switchbacks to the park. Pounding the pavement wasn't fun, but I was ready to finish and get rid of my soggy shoes. I was glad to cross the finish line in 3 hours and 39 minutes. I wasn't sure of the real distance, but glad to be done. It was the muddiest, wettest run I've ever done! There was no letup in the rain or the mud, but it was a good run and I was ready for some hot chocolate and dry clothes.



See ya on the road. (Hopefully in dryer conditions!)

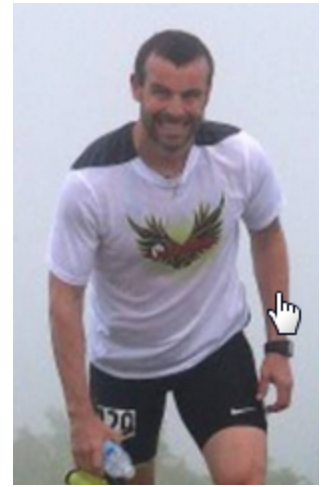
\*See Feb/March Newsletter or website for Styx N Stones Race Results



## OT50 - 50k race

By Marc Gill

I woke up at dark thirty on Saturday to run a distance I had never done before, on a trail I only knew parts of, after days of heavy rain. Needless to say I was a little nervous heading to the check in and start line. I rode to the race with Tina Ho who helped to make me feel a little better about the run by helping me with some of the small things I was most worried about (Fuel, hydration, and strategy) - Things that Chris Ho told me about but nerves were making me question most of those.



Being at the check in and the time leading up to the race was spent saying hello to everyone I knew there and putting on the dreaded bib (why has no one come up with something better than safety pins!), taking care of those last minute bathroom visits and getting my stuff together for the run. As I got closer to the start time Chrissy did her RD speech and I have to admit as organized as she is her pre race talk was very entertaining and got everyone relaxed for the race start.

Walking to the line I noticed that everyone at the start was talking like they knew each other and I at least had PoDog to talk to. Once we got started though I managed to chat a little with the people around me and they seemed like a good crew to stick with as they set a good pace on the road. This seems as good a place as any to mention that we had a police escort, lights blazing, which was awesome and made me feel a little less sad I wasn't running Boston on Monday, but the road was also where all of my precious Gu fell out of my fuel belt (Worst fuel belt ever).

From the start it seemed like Matt Pruitt was setting the pace so I tucked in behind him and just enjoyed the humidity and sweat that seemed to drown me from mile 3 onwards... Once we hit the trails I felt like a fish out of water as all my training to that point had been with my training group who were all running Boston. I adjusted my gait a little and just soldiered on through scenery I could barely see in the dark but that let me focus on the trail so I didn't trip... It was pretty easy going until Pinnacle mountain. This was my first Pinnacle ascent of the year and I forgot just how tough it can be. I went with the old "just look forward and get a good line" strategy and soon found myself at the top with Matt nowhere in sight. Going down was also an adventure as walkers and people already on trail seemed to be surprised to see someone running down that early in the day.

Getting off Pinnacle was a great feeling and once back onto trail I put my head down and got stuck in. The trail itself was pretty wet and muddy in sections and bone dry in others so you really had to keep your wits about you. After getting to the bridge I saw Matt ahead of me and pushed a little so we could work together and maybe push each other. Spillway was a mess, I'm sure a few people lost shoes and maybe sanity trying to stay upright on it, but being the first runners through had an advantage as we got some solid spots to run on. From there the trail was great fun. It was a little humid but it was a beautiful day and the aid stations were manned by some of the friendliest people who let me replenish my lost fuel and filled up water bottles quickly and most importantly were enthusiastic and encouraging!! Getting to the turnaround I followed Matt, mainly because he was a lightning bolt on the downhills and I tried to catch up on the uphill and flats. The longer the race went on I felt more relaxed, not because I was near the front but being on the terrain made me feel more comfortable on the trail.

Getting to the turnaround was a great point in my race because I felt like I had some gas still in the tank and I saw some good friends there that really buoyed me up. After Northshore we got stuck into the trail again and started to see some runners coming towards us. This was the turning point of my run as it seemed like the encouragement and comments from the other runners really raised my spirits.

At about mile 18 I decided to ask Matt if he wanted me to take the lead for a while as he looked a little strained and I figured I should put in some work setting the pace. I concentrated on the course for a mile or two and said something about the trail, and that's when I realized that I was on my own. For the next several miles it was awesome seeing my friends that could tell I was leading and really got behind me. I had never been in that position before so it helped to see people on trail. Once I passed the last runners though is when the doubt sunk in and I started asking myself when someone was going to appear at my side. Before I knew it I was at spillway again and at this point in the race it was a hot mess. I had a slip and felt something cramp so walked the rest of the spillway and then slowly got back into it.

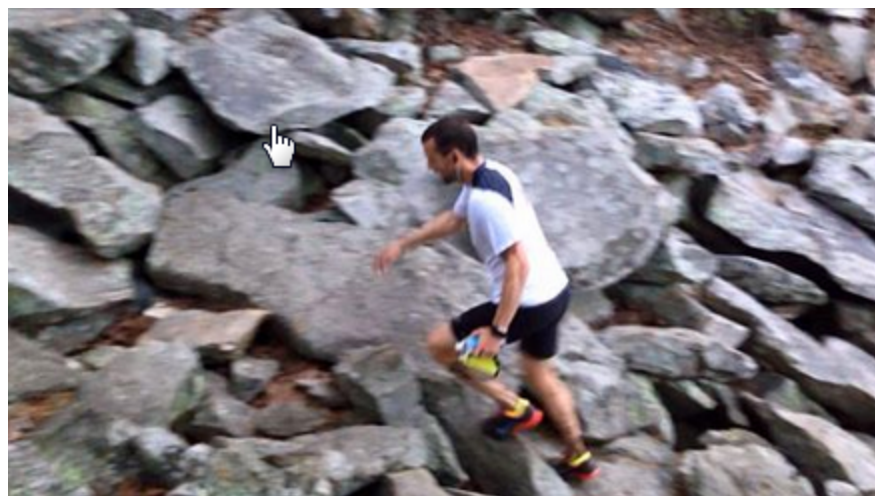
The last 3 or so miles of trails were not fun and all I could think about was the road where I could maybe run a little quicker and maybe make up for the time taken at spillway and after. So I concentrated on getting through the tough stair sections and trail and get back to the road.

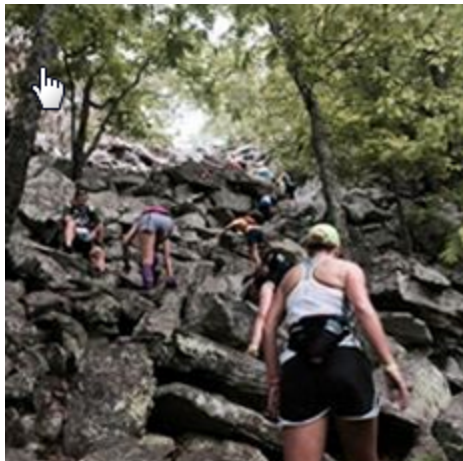
Once on the road I was both happy and horrified. The first steep downhill felt TERRIBLE on my feet which was not what I had been told. I guess with the wetness and time already on my feet taking a toll I was not going to enjoy it so I did something almost every ultra runner has told me. GUT IT OUT, and once I got moving I actually felt a little better but nothing compared to the feeling I had when I saw the finish line (after each hill on the road I couldn't hide my disappointment when the pavilion wasn't in front of me) and I would love to say I put on a burst of speed and crossed the line like a champ. In all honesty I coasted in and was just happy to be done.

I am always happy to see Chrissy but this was by far the happiest!! I thanked her for doing such a great job on marking the trail, and for telling me I better sign up to run even though I missed the cut off for the price increase. I also saw the giant rooster I got for first place (where do you put something like that?) and her AMAZING hand made medals! Then came the fun part. The hanging out eating, talking, and drinking with the other runners. For a first 50k I don't think I will ever forget the experience, and now I feel compelled to do the 50 mile one day too.

I learned a lot during and after the run, and got lots of advice from some of the guys I look up to and have already gained lots of knowledge from. It was a great day and I would encourage everyone that hasn't done it to really think about it for next year!

It was a great race with an amazing atmosphere before, during, and after!



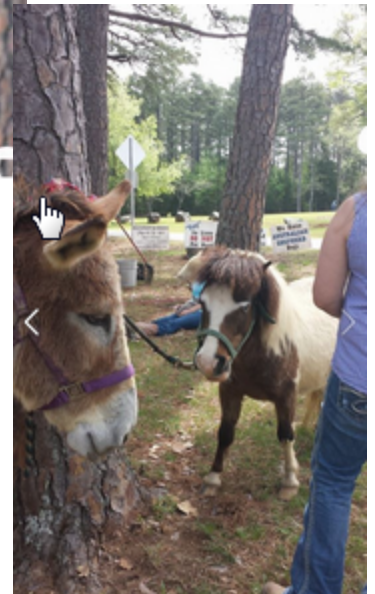




# Hoof It For Heifer 2015

My first Hoof it for Heifer with my running buddy Emily Rieck Gabbard, was so much fun. Running amuck through the beautiful Petit Jean State Park trails was amazing. Being a newer member of the AURA family, I find the support and positivity of everyone so inspiring. Hoof it for Heifer is a great race with beautiful scenery and fun, technical trails. The downhills were a blast feeling like we were flying. For me, after a nice trail run, seeing the great volunteers at the finish is always nice. And getting high fives with my new trail friends. Being an animal lover, getting to spend time with the animals they had at the finish, made the day complete! Cant wait to do it again next year!

~Deb Baldrige~



Poetry  
by  
~Karen Hays~

**Sunday, North of Reform Road**

Nature doesn't care how far  
I journeyed to Winona,  
to run the trail beside the creek  
before the leaves keep summer secrets.

Lake Winona sends a flood,  
the crossing is impassable,  
a glut of rain and melted snow.  
Winter isn't through with me.

Today's communion will be red dirt road,  
an offering of crystal quartz,  
lichen sponges, moist with morning,  
briar and shotgun shells.

Resurrected fern and frog,  
fresh-scrubbed souls of cedar trees,  
velvet monuments of moss,  
beaded spider web.

Spikes of skewered rotting leaves,  
holding fast in rushing green.  
Summer's trickle now a torrent,  
deadfall dams and deepening pools.

Hillside granite testifying,  
Speaking vernal tongues.  
A thousand years their pilgrimage,  
to kneel in the ravine.



**212 Detour**

Rusty icebox,  
executed,  
bullet-ridden,  
on its back.  
Fire pit belly  
bids me stay  
to warm its bones.

# OT 50 Mile Race Results

~50 Mile results continued~

Name	Sex	Age	State	Time
1 Stan Ferguson	M	51	AR	8:56:18
2 Gia Dawn Madole	F	34	OK	9:23:12
3 Cory McDaniel	M	32	AR	9:54:59
4 Bryan Hay	M	41	MO	9:58:03
5 Mike Moroz	M	27	AR	10:04:28
6 Troy Potter	M	51	TX	10:09:58
7 Angela Quadrani	F	29	MS	10:23:57
8 Carmen Cheadle	F	24	AR	10:32:56
9 James Mercer	M	45	MO	10:35:30
10 Paul Schoenlaub	M	55	MO	10:44:25
11 Tony Baily	M	41	AR	10:49:40
12 Stephen Whatley	M	31	MS	11:00:37
13 Joshua Scherrey	M	42	AR	11:07:02
14 Kevin Byron	M	38	AR	11:11:29
15 Adam Kees	M	41	AR	11:14:50
16 Giana Leone	F	21	MS	11:18:01
17 Michael Scoggins	M	34	OK	11:18:01
18 Shannon McDowell	M	38	AR	11:25:56
19 Cynthia Heady	F	53	KY	11:32:15
20 Rich Brown	M	53	AR	11:58:59
21 Matt Heidenreich	M	39	TN	11:59:00
22 Logan Wilcoxson	M	45	AR	11:59:45
23 David Newman	M	54	AR	12:02:38
24 Stacey Shaver-Matson	F	43	AR	12:03:30

25 Jason Abernathy	M	40	PR	12:06:34
26 Adam Stoddard	M	42	MO	12:09:44
27 Ronnie Daniel	M	45	AR	12:15:25
28 Phil Brown	M	48	AR	12:19:00
29 Dustin Speer	M	33	AR	12:19:07
30 Cameron Crow	M	29	LA	12:22:38
31 Kelley Crow	M	32	LA	12:22:39
32 Deb Baker	F	52	AR	12:26:30
33 Laura Range	F	49	MO	12:31:11
34 Beth Erickson	F	49	NC	12:36:22
35 Alan Hunnicutt	M	61	AR	12:36:22
36 Shannon Hampton	M	42	AR	12:50:00
37 Abe Nutt	M	45	AR	12:50:00
38 Jacob Carter	M	20	TX	12:52:26
39 Chris Cantwell	M	51	AR	13:03:19
40 Janet Cantwell	F	50	AR	13:03:20
41 Brian Cochran	M	44	AR	13:04:58
42 Cliff Ferren	M	59	AR	13:09:40
43 Brady Williamson	M	38	MS	13:09:50
44 Kimmy Riley	F	54	AR	13:19:30
45 Melissa Martin	F	50	AR	13:19:31
46 Kurt Stein	M	33	MD	13:24:11
47 Randy Windle	M	36	AR	13:42:38

# 50Km Race Results

~50 Km results continued~

Name	Sex	Age	State	Time
1 Marc Gill	M	38	AR	5:08:04
2 PoDog Vogler	M	48	AR	5:12:17
3 Matt Pruitt	M	31	AR	5:29:48
4 Thomas Chapin	M	37	AR	5:35:09
5 Daniel Arnold	M	30	AR	5:42:50
6 Billy Simpson	M	60	TN	5:49:29
7 James Reeves	M	46	AR	6:20:32
8 Sam Sanders	M	55	AR	6:22:02
9 David Blaske	M	52	AR	6:25:07
10 Richard Fobell	M	31	TN	6:39:02
11 Sarah DeCamillo	F	36	WA	6:43:36
12 Courtney M Munson	F	29	TN	6:44:07
13 Kurt Hauser	M	50	AR	6:47:19
14 Brandon Ellis	M	34	AR	6:51:59
15 Keith Reasons	M	34	TN	7:06:02
16 Brett Bassham	M	54	TX	7:06:15
17 Paul Jara	M	44	AR	7:09:49
18 Erin O'Toole	F	25	CO	7:12:47
19 Ashley O'Neill	F	43	AR	7:18:23
20 Jim Tadel	M	58	AR	7:20:10
21 Tina Ho	F	50	AR	7:21:30
22 Justin Cloar	M	43	AR	7:26:35
23 Beaux Pilgrim	M	44	LA	7:30:25
24 Alex Wan	M	39	AR	7:34:26
25 Tina Mitchell	F	42	AR	7:35:10
26 Emily Conley	F	43	TN	7:36:15
27 Dave Castronova	M	51	AR	7:36:15
28 Justin Honerkamp	M	26	MO	7:39:08
29 Clayton Preston	M	26	MS	7:41:48
30 Susy Sturgeon	F	36	NC	7:47:50
31 Travis Duncan	M	30	TX	7:50:13
32 Mindy Mauler	F	30	TX	7:50:33
33 Kirstin Girard	F	31	TX	7:50:33

34 Virginia Gwyn	F	32	TX	8:05:39
35 Bailey Crespi	F	19	MA	8:08:02
36 Jessica Crowley	F	37	TN	8:09:20
37 Jim Ingalls	M	70	TX	8:15:24
38 Daniel Terral	M	22	MS	8:19:40
39 Randy West	M	58	AL	8:19:59
40 Joshua Adkerson	M	25	AR	8:28:35
41 Kier O'Neil	M	46	AR	8:28:45
42 Missy Ezel	F	42	AR	8:28:57
43 Laura Babbitt	F	38	AR	8:28:57
44 Mike Trahan	M	49	LA	8:40:51
45 Eunsup Kim	M	62	TX	8:41:36
46 Brenda Gutmann	F	56	IN	8:47:03
47 Kyle Hicks	M	35	AR	8:50:27
48 Gregory Douthard	M	37	AR	8:50:28
49 Kenneth Carter	M	44	TX	8:57:45
50 Joseph Hogan	M	42	TX	8:57:47
51 David Meroney	M	44	AR	9:03:15
52 Kevin King	M	47	AR	9:03:58
53 Lori Dather	F	49	AR	9:05:34
54 Christopher Atchison	M	39	TX	9:10:45
55 Lacey Kelley	F	38	AR	9:17:14
56 Brendan Rhyne	M	35	MO	9:19:43
57 Angie Orellano-Fisher	F	64	AR	9:24:24
58 Mary McDonald	F	62	AR	9:30:28
59 Bryon Dunn	M	35	TX	9:30:45
60 Johnny Eagles	M	63	AR	9:44:10
61 Leisa Wamsley	F	51	AR	9:45:27
62 Tisha Deen	F	33	AR	9:57:14
63 Kathleen Grubbs	F	38	AR	9:57:14
64 Ben Walters	M	65	AR	9:57:14
65 Rebecca McGraw	F	46	AR	9:59:03

~50 Km results continued~

66	Pamela Ussery	F	39	AR	10:01:24
67	Kelly Frantz	F	54	AR	10:01:24
68	Autumn Cribb	F	35	AR	10:30:38
69	Dottie Rea	F	62	AR	10:35:14
70	Regina Dennis	F	43	AR	10:48:04
71	Scott Provencher	M	43	AR	10:48:04
72	Dwight Aiken	M	39	MS	10:54:49
73	Cory Adams	M	35	MS	10:54:49
74	Sandy Ahne	F	52	AR	10:54:49
75	Brent Ahne	M	44	AR	10:54:49
76	Melissa Henshaw	F	49	AR	11:08:10
77	Bob Marston	M	64	AR	11:14:47
78	Wesley Douglas	M	44	LA	12:14:42
79	Elaine Gimblet	F	67	AR	12:27:04
80	Donna Duerr	F	59	AR	12:27:05
81	Monica Ritchie	F	44	AR	12:37:29
82	Andi Stracner	F	42	AR	12:37:29
83	Rana Lowman	F	43	LA	12:50:33
84	Dana Caruso	F	42	MS	12:50:34
85	Nancy Stotts	F	54	AR	13:47:33
86	Helen Jones	F	50	AR	13:47:34

Congratulations To All and Big Thanks to All Volunteers

I hope you enjoyed this edition of the AURA Newsletter. I am slowly getting the hang of it and I thank you all for bearing with me through any hic-ups. If you are interested in submitting a race report, whether it be an AURA event or an out of state race, please email me at [mverunnergirl@gmail.com](mailto:mverunnergirl@gmail.com)  
~Stacey Shaver-Matson~

## RETREADS

(Retired Runners Eating Out)

We meet the first Wednesday of every month at Frankie's Cafeteria on Rodney Parham Blvd.

The food lineup begins sharply at 11:30am.

Come early to the lobby for a time of "Touching and Feeling".

Wear something to identify you as an old runner. T-shirt, medallion, etc...

Call Charley or Lou Peyton at 680-0309 if you have questions.