

THE ARKANSAS ULTRA RUNNER

August 2015

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

Message From President George Peterka

First I wish to congratulate AURA members Billy, Stan, and James on finishing the Hardrock 100.

Billy Simpson 37:19:57

Stan Ferguson 44:26:41

James Holland 47:33:47

Second I wish to thank Susy Chandler and all the people who worked on the Full mOOn 50K. I missed it because I was in Boston. This race kicked off the UTS series and had 117 50K finishers and 210 25K finishers. That's quite a turn-out for a hot summer day. The race reports follow.

The UTS schedule is getting finalized. We still need to confirm a few more races but we have most of them. Note: If you are not yet a UTS member and you ran the Full mOOn 50K and want it to count for UTS you better join RIGHT NOW! Check http://www.runarkansas.com/UTS_participants16.htm to see if you are signed up for UTS.

There are still some folks that have not renewed their AURA membership. Please go to <http://www.runarkansas.com/AURAmembers.htm> and see if you need to renew. Also if I don't have your picture or if you don't like the picture I put there (I use facebook photos), please send me a better one.

Hope to see everyone at Mt. Nebo!

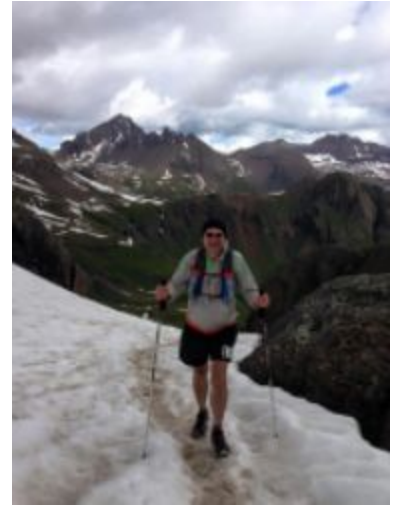
On a sad note, it is with great sadness that I inform you that my friend and fellow runner Brent Morrison died last month in a tragic shooting accident while running in Fort Smith. He loved running and biking and was a member of the Spa Pacers in Hot Springs and the Western Arkansas Runners in Fort Smith. He was not a AURA member but he did run in some of our events. He will be deeply missed.

Best regards,
George Peterka

2015 Hardrock 100

~by George Peterka~

To my great surprise, on 12/6/14 I won the 2015 Hardrock lottery. This was my 4th lottery and I now had 8 tickets. The number of tickets doubles each year. Even with 8 tickets my chance of getting in was only about 10% so I did not expect to get in. To get into the lottery you need to finish a qualifying run. These are not easy 100's in themselves. I used Western States, Leadville and HURT but now all of those have been removed from the qualifying race list.



Well I figured the first thing I must do is book a room. Silverton is a small town and I thought the race would fill up all hotels. This is not true. The race is not that big. But I arrived on Sunday on the Fourth of July weekend and the Fourth of July is their busiest weekend of the year. Already in December I had trouble getting a room because for the Fourth of July everything was already taken. The Hardrock website recommended the Wyman hotel. So I called them and talked with the owner Roger Wpublic who had run Hardrock many times and was very pleasant to talk to. The hotel is pricey but they give a 30% discount Hardrockers. I got the cheapest room booked.

After a couple weeks Roger called me back and said that he wanted to move me into a better room for the first night and then switch me to the cheaper room for the rest of the nights to help him with the Fourth of July mess. I told him I don't mind switching rooms. Same price. A month went by and he called me that he's going to do it differently. He'll leave me in that better room the whole time for the same price so I don't have to switch rooms. I said fine.

In June, about a month before I was supposed to fly out, I decided I better call the hotel to make sure my reservation is still good. I did and I talked with his wife and she said that my reservation has been cancelled and it's no longer valid and that I don't have a room and all the rooms are taken. I told her I have my confirmation printed out right here and I have this room reserved. I reserved it first. I'm running this race and I need a place to sleep. She said she would call me back. She called and put us into the Candlelight Caboose. That's one of their most expensive rooms. It's old railroad caboose with its own little courtyard and a hot tub and is very private and very fancy. And of course for the same price.

I would highly recommend this hotel to anyone running Hardrock. It is historical and luxurious and has the best gourmet breakfast I've ever had anywhere. At 4pm they have tea and pastries followed by wine and cheese at 5pm. The hallways are decorated with Hardrock finisher awards and posters and running memorabilia. Lot of good runners also stay there. I got to have breakfast with Kirk Apt and at the table next to me sat Kilian Jornet.

Enough about the hotel. I immediately started training. Doing tons of uphill and running every race in Arkansas in December through March when the worst thing happened. On the Three Days of Syllamo 50 miler I broke my leg. I didn't know it was broken at first. I just knew suddenly during running a downhill I had a lot of pain. I was at mile 20. Running was out of the question. I walked slowly and carefully trying to put as little weight on it as possible and finished the race. I was hoping not to mess it up any worse than it already was. After several doctors visits and x-rays, a bone scan showed that it was a tibial stress fracture.

Doctor said six weeks rest and then slowly start back up. After six weeks of rest I started with a couple easy walks on the YMCA track, an easy trail hike and then a little bit steeper hill hike. I felt a twinge in my leg and the next day it was swollen and hurting. I panicked. I thought I re-injured it and I'm back at square one. I decided to give it four more weeks of rest to make sure it fully heals. To make it heal fast, I got crutches and tried not to put any weight on that leg for four weeks. I don't know anything about broken bones. I never had one before.

It was funny though. The less I used that leg the more it hurt. And after four weeks I realized that I'm doing the wrong thing. The bone was fully healed and it needed exercise and it's only hurting because I'm babying it and letting it get stiff and tight and atrophied. I went to the bone doctor and he confirmed this. He had me stand on the bad leg and jump up-and-down and told me that there is absolutely nothing wrong with the bone and I can train normally. Great news but I now had only 4 weeks before I fly to Silverton.

I turned off Netflix and got down off the sofa where I had been sitting for 10 weeks now. (I actually did do a little easy walking, cycling, swimming, upper body weightlifting during this time but it didn't amount to much.) I started training. I couldn't just jump right in and do a 100 mile week after having done nothing for 10 weeks. I was concerned that I will tear up something else. So I started very slowly. A half-mile walk, a 2 mile walk a 4 mile walk ... totalling 10 miles of walking in the first week. Second week 20 miles. Third week 40 miles. Fourth week 30 miles and I was off the Silverton. There was no running. The bone hurt a little bit if I ran on it. So it was all walking but primarily up and down steep hills in the Hot Springs area. My hardest workout was a 14 1/2 miles Sunset Trail loop repeated on two consecutive days.



On Sunday, five days before the race, me and Darlene headed out to Silverton. We flew on United to Denver and then to Durango and then rented a car and drove to Silverton. We got in around 4pm without any problems and got settled into our hotel. I found the school and took my picture next to the rock that I had dreamed about for 10 years. I walked to the shrine of the mines statue to do my first little uphill.

The next three days, Mon-Tue-Wed, were altitude acclimatization days. Every day I drove to Red Mtn. Pass 11,100 feet and hiked to Black Bear Pass 12,800 feet. It's about a mile up and another mile back. The first day was fun.

I was sucking air like a vacuum cleaner. My heart was pounding like it's going to jump out of my chest. And I was walking unbelievably slowly. What a difference though on the second day. I was walking twice as fast and had no trouble breathing and a normal heartbeat. It's always like this every time I go to the mountains. By the third day I felt like if I lived in the mountains all of my life.

We drove to Ouray and looked at the aid station and swam in the thermal pool. We drove to Telluride and rode the free gondola and looked at the aid station. We had pizza with Stan and PoDog one night and then the next night we had drinks with Bob and Donna Marston, my crew. Thursday was a rest day. On Thursday evening my pacer Gia Madole arrived. After the Ouachita trail 50K/50M Gia asked to pace me. I had been

trying to get a pacer and haven't found one yet, so I immediately accepted. We had our pre-race dinner at the Pickle Barrel. Set the alarm for 5:00am and went to sleep.

The alarm went off. I got dressed and headed over to the school to check in before 5:45. If you're late your slot goes to someone else and there are runners waiting. A little gas-station pound cake with some Gatorade, the breakfast of champions, and I was ready to start. The gun went off at 6:00 and we were off. I went real slow. The first 2 miles are level and then it begins. The first climb up to Little Giant. I was pretty close to last place and struggling just to keep up. I made it over the first mountain and arrived at Cunningham Gulch, the first aid station mile 9, in next to last place and exhausted. I was unhappy. I could see I was in way over my head. I don't know if it was the altitude or the pace was too fast, but it was hard. I dumped out the Gatorade - it was making me sick, took Tailwind instead.

The next stretch was no better. Had to take resting breaks during the switchbacks up Green Mountain. Tried some gels and the Tailwind. Couldn't stomach anything. The sweet stuff was making me sick. Got a little rain/sleet/snow and made it over green Mountain. Lost the trail a few times. The markers look like mountain flowers. Made it into Maggies, mile 15. A little boy said. "Three more runners and we can shut down and go home, Yipee!" Great! I dumped out all my drinks and took only water. I ate some real food - nothing sweet. I thought I may be getting a little dehydrated because I was feeling weak. I didn't think you could be dehydrated that early but I probably was.

The water and food revived me. I started to feel good and move faster. The from Maggies to Sherman, (mile 28) are easy miles. I passed several people and started enjoying this race. I ate well at Sherman and again at Burroughs Park, mile 32 to be sure I was well fed for Handies. Climbing Handies went well and I passed several people and caught up with James Holland and Paul Schoenlaub, the first people I knew. I got to see a spectacular sunset from Handies. But sunset on Handies means you're right on the 48-hr cutoff pace and you better hurry. Handies was windy and I had only shorts. I flew down as fast as I could. In American Basin Paul asked how I got down so quick. I was freezing, that's how. I was running out of energy and stopped and ate a Cliff bar and drank some water and was good for the little climb up Grouse pass. Then down into Grouse Gulch, mile 42 where I picked up my pacer Gia. Paul was having some problems and dropped at Grouse.

With Gia we walked up the road to Engineer Pass and then down a wet, slippery, muddy slope down to Engineer aid station, mile 48. They got very little snow during the winter but then got dumped on in May. It was rapidly melting so it was a very wet and muddy year. From Engineer it's all downhill to Ouray. That was very easy - just don't fall off the cliff. Got into Ouray just before sunrise. Had a good breakfast. Needed energy for the upcoming climb up Virginus. This is a 11-mile 5000 feet climb on gentle roads until the last mile when you climb up steep mine tailings and snow. We got to the top without any problems but I was slowing down. A little blizzard with snow, wind, and clouds hit us in Kroger's canteen. I sat down on a bench, covered up with blankets and had a 2-liter coke bottle of boiling hot water in my lap for warmth and tried to drink a bowl of soup without spilling it from shivering. The soup was good and we headed down. Just a hundred feet down and we were out of the wind, in sunshine and warm. I did not enjoy the descent to Telluride. My quads were shot. Until now I was flying down but from now the descents were painful and slow.

Telluride, mile 72, was sunny and warm. They had a music festival going on next to the aid station. I fuelled up and headed out up on Bear trail. This next climb up to Oscar's pass is hard. It's about 8 miles and 4000 feet. Half way up the wheels came off. I couldn't walk uphill anymore. Too tired. I tried to fix it with food and water. I drank a bunch to make sure I wasn't dehydrated. I ate a Power Bar and a Cliff bar and 2 gel's 30-minutes apart. Nothing helped. I wasn't injured. Just exhausted to the point of not being able to continue. I knew I didn't have the strength to climb to the top of Oscar's and wanted to turn around and return back down to Telluride. Gia wouldn't let me. She counted 20 steps and then she let me rest. We climbed Oscar's 20 steps at a time but we did eventually made it.

I knew it's over. I did not have the energy to climb another mountain. I could see Grant-Swamp right in front of me and I knew there's now way I could climb that. We descended down to Champman, mile 82 and I dropped. My crew did all they could to talk me out of it but it was no use. These descents are so steep you don't get any rest. You have to work to brake going down and as soon as you hit bottom it's back up the next mountain. It just wears you out. It was 7:30pm and I covered 82 miles in 37.5 hours. We drove back to the hotel and went to sleep.

Spent most of Sunday laying in bed recovering. Had a nice breakfast at the hotel and a hamburger for lunch and BBQ with Gia for dinner. I was worn out. I had not done nearly enough training for a race like this and it showed. But it wasn't over. Wait till I tell you about our trip home!

Sunday was rest & recover. Monday we fly home. The plane was supposed to leave at 4pm from Durango. Were were there at 1pm. First the flight was delayed by 1hr, then 2hrs, then 2.5hrs, then indefinitely, then cancelled. After there was no hope of getting out of Durango on Monday and Tuesday we could fly out to Denver but cannot make the connection to Little Rock requiring a 2nd night in Denver and flying back on Wednesday we abandoned all hope of flying. Just as the entire airport was shutting down at 9pm we managed to grab the last rental car and we drove to Albuquerque. We got there a little after 1am, slept at the Sheraton at ABQ courtesy of United and flew the next day to Houston and to LR.

I wish to thank Gia for all she had to put up with. It wasn't any fun for her being stuck with somebody this slow. I also wish to thank Bob and Donna Marston for being the best crew ever. They were everywhere and had everything all set up ready for me. Also I wish to thank Darlene for taking such wonderful care of me. I'm already trying to find a qualifier so I can get into the lottery again. This is the most beautiful country I've ever run in and I plan on coming back. It may be another 5 years before I get in but I can help mark the course or just run portions of it on my own.



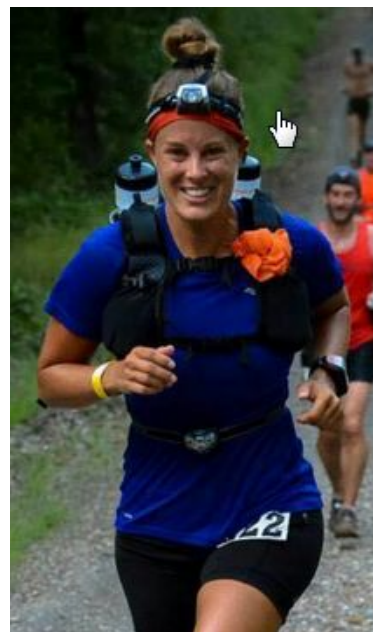


The journey is the gift,
fear is a liar and what 31.5 miles under the
moon and stars taught me.

Full Moon 50K Race Report

~By Andrea Sayers~

"Make sure you have your Travelers Checks, you never know when you are going to need to cash a few in," Gary Taylor so eloquently reminded me. He was referring to my little plastic baggie filled with toilet paper so neatly stashed in my Orange Mud Hydration vest. It was stowed in an extra compartment nestled between my two 26oz bottles that make me look like I am wearing a jet pack. In this compartment I have a little of everything; including socks, 3 different kinds of blister treatment, toilet paper, baby wipes, map, anti-chafe lotion, chapstick, Tailwind, and a baggie with my license, credit card, \$20 (in case I run across a nice Café mid trail) and my car key. In the front pockets of my vest I have another arsenal of stuff ranging from Lara Bars, Huma Gels, peppermints, Salt Stick Capsules, Fuel Bites and batteries for my chest lamp. I spent the better part of Friday afternoon meticulously packing my vest so that I would be sure to have everything for every situation, and every perceived curve ball I might encounter.



After doing a last minute scan, for the 50th time, of my pack it was on to the doctoring of my feet, which was my biggest fear for the race. I have been battling blisters all summer and just knew that this run had the perfect recipe of heat and distance to make a mess of my already battered feet. This fear of blisters and the impending heat was almost enough to make me drop to the 25K distance (thanks to Stacey Shaver for talking me down off my self-doubting ledge). I figured the blisters had to do with a shoe change I did earlier in the year. The change was fine for the winter months but was now reeking havoc in the summer. After speaking with several people, and visiting a couple running stores, I settled on just running in my road shoes, which had never given me any trouble. I sat in the back of my minivan for some time, which was also doubling as a makeshift Dirtbag Running Vehicle with a cozy bed for 2 in the back, as I was positive I would not want to make the drive home after the run. I was contemplating which blister preventative to adhere to which hot spot, and ultimately settled on a combination of them all. I also poured powder down the opening of each shoe, for good measure, hoping that the Gods of Feet would see all my good works and bless upon my little toes good fortune.

Once I donned my hydration vest, all 500lbs of it, and made it to the start line it was just about time to get the party started. First, however, I needed to find Debbie Rigsby to take one very important picture. The weekend prior to my race, my 14 year old daughter had bought me some cute little knickers that said, "Faster Than You" on them. She asked me if I would race in them for her, so of course, I needed a picture of me half mooning the camera for proof that I had done so. With the picture taken I was ready to roll.

The first half of the run was perfect, the temps were not as bad as they could have been thanks to a little pre-race downpour, and the service roads were well maintained making the perfect running surface. We were right on pace for the first half and clicking off 5 miles an hour just as we had planned. I had a couple moments where it was apparent I was not taking enough sodium, evidenced by slight swelling of my hands, but quickly remedied that with an extra salt tab. Stacey experienced a little tummy trouble at first, but we got that squared away real quick with her switching to liquid calories. All in all, it was a very uneventful first half, other than encountering a few copperheads, countless tarantulas and a lonely scorpion.

As we neared the turnaround and started the climb up the hill to the aid station, I had reached a point where sweet stuff did not sound good to me any longer. With all my meticulous packing, this was something I completely over-looked, as everything I had was just that - sweet. I was not worried, however, because I knew I just had to get up that hill and I would have a spread of things I could choose from. I was salivating at the thought of salty potatoes, which I bypassed at the first aid station.

As we crested the top of the hill, I could see a lantern hanging in a tree like a beacon of light, guiding us to the feeding grounds. Stacey yelled out, "225 and 222" as we rounded the little bend into the aid station. I was so excited at the size of the spread and then crushed all in the same moment. As I scanned the table, not only did I not see any potatoes, but I also did not see a whole lot of anything that was bland or that I could eat (as I have several food allergies). After filling my bottles, one with water and one with Gatorade, I settled on a few Ruffles potato chips and was trucking out of the aid station and headed for home (or to my little minivan miles away). About 10 minutes after we left the aid station, I made a very critical error, which almost brought an end to my race several times over the next 15 miles. I was realizing that my Ruffles had been a bad choice and were failing in the digestive department. So, after talking to Stacey, we decided it was my turn to switch to liquid calories. We promptly filled my water bottle with lemon flavored Tailwind and I tipped it back to take in my first swigs. The flavor hit my palate like a freight train of sweetness, the sweetness I had been trying to avoid. I promptly re-holstered it and grabbed for my other bottle, but as soon as the liquid hit my taste buds I realized my mistake. My second bottle was filled with the same lemon sweet taste. This was a major issue. Combined with the fact that I had about 4 more miles before I could get water, meant I was in for a gut check. So, I made myself drain half of my Tailwind and press forward. At this point, I was so sick that I knew if I took in any more sweet stuff, which was all I had, that I would for sure toss my cookies. I also knew that I needed salt, but that to take one would mean I had to have water. I figured if I took it with the sweet stuff it was just going to come back up, and if I threw up it was going to intensify the situation. Instead, I put a peppermint in my mouth and trucked on. I had to slow my pace and walk more during this stretch to keep all systems in check. Finally, after what seemed to take forever, I could see some dim lit headlamps, huddled around the blue water coolers filled with liquid gold. I filled up both water bottles, draining one completely and refilling before we left. Also, at this point, I was able to get 2 salt tabs in and placed another peppermint in my mouth. So far those little peppermints had gotten me the last 4 miles and I was going to rely on them to get me back to the 25K turnaround and that beautiful bowl of salty potatoes. The next 3.5 miles was a little better than the last 4, but I was still behind on calories and still walking a fine line with my digestive system. After another Copper Head encounter and several more tarantulas I could hear the voices from the aid station. I had made it!! This was the place I had planned to drop out several miles back, but now that I was here and had a salty potato in my mouth, I had a renewed determination. I placed several potatoes in a baggie, placed some rock salt under my tongue, put ice in my bandana to tie around my neck, re-holstered my bottles (which had been so graciously filled by the awesome volunteers) and was headed back out into the night.

Just before the last aid station we came across Justin Cloar. Little did I know, he would be my guiding light for the remainder of the run. He left the aid station just ahead of us and his head lamp, for some reason, gave me comfort and encouragement. As we made the left turn to start heading down the hill to the finish, I took a moment to gather myself, get a drink and take in the moment. Then, with just 2.5 miles to go, we let loose. It felt like we were flying (although I know we were not) and it felt so good to open up the legs a little and know this run was almost in the bag. Hitting the pavement and the heavy legs that went with it, brought me right back to reality. Looking out ahead, I could faintly still see Justin's headlamp and I knew we were almost there as I saw him make the right hand turn down to the finish. When I finally reached the glowing arrow, sharply pointing to the left, I could not help but yell out several elated shouts, although nothing was better than Stacey grabbing my hand and raising it into the sky as we simultaneously crossed under the big green finish arch. She had been my rock and had selflessly sacrificed her time to stay by my side. She embodies what trail running is all about and I am grateful to her for the miles and hours we have spent together.

I learned so many valuable lessons that night; how to pee in the woods, what rock salt is for, salted potatoes are as good as gold (I will carry my own from here on out), sweet stuff does not agree with my system in long hot miles just, I did not need half the crap in my hydration vest and could have traveled a lot lighter, and the body has a very delicate balance with salt and hydration. The biggest thing I learned, or at least reinforced to myself, is that fears are stupid and most of the time unfounded. They rob us of potential joy and make us question our truths. I almost did not do the 50K because of the fear of heat and blisters. I only got one teeny tiny blister, and it was not near as hot as it could have been. I spent days fretting over this and lost sleep on two nights because of the fear of blisters. I almost let fear

get away with it as well, it almost won, but then I remembered a line from my book, We Run Up, "Don't let the start stop you!" I figured I better practice what I preach.

I will leave you with one final thought that I think really embodies the trail running community. When road runners show up to a race they show up to "compete." The English definition of the word compete is "to strive, to gain or win something by defeating or establishing superiority over others who are trying to do the same." As trail runners, we show up to and use the Latin root word for "compete" which is com petere, meaning "to strive together". This is what I love about trail running, we are all willing at any point to abandon our agendas to help a fellow runner and further more to enjoy the journey, no matter what dusty road or single track trail may take us. The gift is in the process and the people that get to share it with us.
Live Life Loud!



Full mOOn 50K, Miles 9 to 19

~By Karen Hays~

Race instruction:

*If you go five minutes and don't see a glowstick,
go back.*

Run to green-glow, then to green-glow.
At my heels, two guys trade races.
Houston, Boston, Big Sur, Maui –
places, scenes, breathtaking, new.

When they catch me with their headlamps,
I jump huge and monster-real.
Queen Kong tall, I stretch uphill.
Then they pass, and I am gone.

Walk to green-glow, then to green-glow.
Gravel hill climbs up and up.
I suck in black humid air.
I do understand breath taking.

Nothing in the night is silent.
Cicadas claim to own the trees.
Single crunch of footfall, footfall.
I am ankles, calves and knees.

On to green-glow, then to green-glow.
Water, e-cap, cheese tortilla.
Lights run back toward me now.
Getting close to turn-around.

Climbing, timing, does not matter.
Midnight woods press nature close.
Moon and moth and stumbling rock,
silver leaf-back, beating heart.

Lights and ice and watermelon.
Give ham radio my number.
Lou and Charley, pretzels, pickles.
Alston brought me frozen bottle.

Briefly in this other world,
laugh, and burp my CamelBak.
Time to take the first caffeine.
Glad to reach the halfway mark.

Run to green-glow, then to green-glow.
Icy bottle held to throat.
Long past time to be abed.
Run to green-glow in the dark.



A Light in the Night

~by George McDonald~

Running trail races at night requires planning and a good headlamp. As with most races, a rule most people use is not to try anything new at a race. I bought a new headlamp just before the Full Moon 25K. I didn't get to check it out as it arrived the Friday before the race, but I put the batteries in and turned it on a couple of times! The Midnight 50K was scheduled to start at 7 pm and the Full Moon 25K at 8 pm., so I planned to arrive around 6 pm. The temperature was 96 degrees when I left home, but as I reached the starting line near Lake Sylvia at the old Girl Scout Campground, a rain shower passed through and dropped the temperature to 84 degrees. Marla planned to run with me, but had a wedding to attend, so her husband planned to drop her off just before the race, which left me to set up our space, get our race packets and retrieve all our stuff from my van.

The race kicks off the AURA trail series and a large crowd was on hand. In fact Susy had to turn away 20 runners who wanted to run. I enjoyed the atmosphere along with runners from California to Maine. As 7 pm approached, the 50K runners made their last-minute preparations while Susy gave race instructions and birthday wishes. At 7 pm they were off and the rest of us started our final preparations. Marla appeared and we were able to finalize our race strategy and made sure we were hydrated as the temperature and humidity were both high. As 8 pm approached Susy repeated instructions and birthday wishes. At 8 pm we were off. The first and last mile are on pavement. We ran and visited with fellow runners while we discussed the race and future races. Trail runners are an interesting group as we enjoy each other's company and encourage each other as we go.

When we left the pavement, the forest road began a steady climb. Many runners were pushing the hill as Marla and I were running and fast walking under control. After 3 miles the course leveled out some and the sun slowly set. I hadn't turned on my new light yet, so I wasn't sure what to expect. Susy secured a group to man the aid station at the four-mile mark. What a plus! They were a great addition and the crew was eager to serve! Marla and I were in and out quickly and felt that we were running well. As we passed the original water stop, we came across several runners confused about the X's on the road. We said it was the original water stop so ignore it and keep on running. As the shadows of the night surrounded us, I began to wonder just how bright my light would be. Marla used my light from last year, which failed me with about 3-miles to go. I made sure she had new batteries for this race and carried an extra set just in case. As we reached 6 miles, it was dark enough for me to turn on my lamp. I fiddled around trying to find the button and became concerned, but with a final reach I located it and pressed, WOW! It was not only bright, it made Marla's light on the ground disappear! Since I didn't want to blind runners that were coming at us, I started pressing buttons and went through all the settings, red, flashing red, bright, not as bright, flashing white and darkness! After pushing buttons some more, I finally got it set on a lower-beam setting. As we reached the 132C intersection we raced down a steep downhill and passed several runners. It was great being able to see the road. Marla's GPS kept up with miles covered and we were ready for a 16-plus mile run. As we reached 8 miles we were on the last climb before the turnaround. We saw the lights of the aid station and prepared for a quick stop. We wished Susy's mom, "Happy birthday," then ran quickly into the night. My new light made it easy to see the rocky roadbed, which made us more comfortable to run down the hill. We were soon on the climb at the 132C intersection and knew we had a 10K to go. As we reached the crest of the hill I turned my headlamp to one notch below high. My light lit up the whole road for both of us and we managed to pass other runners. Lights of runners in front of us gave us a constant update as to the rise and fall of the trail. When a light disappeared, we knew we were near the crest of a hill. I knew when we reached the old water stop location we had a long downhill to the pavement. We passed the X's and started looking for the lights of the aid station. When the lights came into view I knew we had only 4 miles to go. We made a quick stop and picked up the pace. I turned my light up to high and we had a large area in front of us lit up. I was well pleased with my new light!!

As we reached the white gravel I knew we were near the last turn with 2 miles to go. We continued to run well and looked forward to the transition to pavement. I was amazed with the illumination and how many trees were lit up around us. We didn't need to worry about not seeing snakes or pot holes! As we reached the pavement we had 1 mile



to go and the last hill before the finish. As we reached the crest of the hill we had a runner catch us. I knew Marla wanted to catch him so I said, "Go ahead," and off she went nipping him just before the finish. As we crossed the finish we were met with a flash and our moment in the night was caught by the camera. It was a great evening and we recovered with friends and listened to the stories of their night. Susy thought of everything as the local fire department fixed breakfast for us and our finisher's medal was a cool Christmas ornament. Runners continued to finish, but it was time for us to collect our stuff and trek back to my van for the ride home. We had a great race and finished in 3 hours and 22 minutes, knocking off over 15 minutes from our last time. As we approached Marla's home it was almost 0130. I thought to myself there were still folks running in the night, but not with a light as bright as mine! See ya on the roads.

Stormy Forest Run, July 3, 2015

~By Cliff Ferren~

There's a group of runners that meets almost every weekend in the summer to train on the forest roads and trails near Lake Sylvia and Lake Winona, about an hour west of Little Rock. Mostly, we're training to run the Arkansas Traveller, but that's not a requirement. I have been blessed to run with this group and I've made some really good friends.

The actual participants on any given day may vary due to individual schedules. On this particular weekend, Saturday was a holiday, but most of us had Friday off, so we chose to run on that day. As a bonus, there was some rain to keep the temperatures down a bit.

A water stop was placed midway on the course and we started the run near Lake Winona. We ran on the Traveller course south and west through Pig Trail and Club Flamingo, before turning north to continue the loop around the lake to hit the water stop at about mile 15. From there we went up Rocky Gap and made a second, smaller loop before returning to our cars.

This is pretty wild country, and we saw some deer, wild turkey and other "critters". No bears were seen. They usually do a good job of hiding in the woods, but once in a while we see one. Today we saw and ran through lots of spider webs. That's just part of it, but I think there were more because of the rain.

Ronnie and Lindsay Daniel and Andrea Bratton called it a day at about 15 miles, but the rest of us stayed to tally 30 miles. I hung on to finish the 30, with Chris Baldwin, Deb Baker, Stacy Warren, and Stacey Shaver.

The rain even stopped toward the finish so that we were able to hang out for a little while, eat and hydrate.

I'm looking forward to do it again soon. It sure beat the heat we usually have in July and August!



UPCOMING EVENTS

You Don't Want To Miss Out on the Fun

Mount Nebo Trails Run

Saturday, August 22, 2015 - 7:00am

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.

Race contact: Tom Aspel 479-857-4527

Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks. Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

Camping and Lodging Information:

Camping options: Campsites with water and electricity; Bench trail camping with no facilities. Cabins are also available. Capacities from 4 to 8 people.

For information contact Mt. Nebo: mountnebo@arkansas.com or 1-800-264-2458 or (479) 229-3655



Photos by Arkansas Outside
ArkansasOutside.com

(If you haven't visited their site - You should as they document so many of our events for free- so let's support them!)

Help Needed for AT 100 Trail Clean Up

It's Traveller trail clean up time. Traveller 100 Trail Works Day is Friday August 21st at 9:00 AM. We will meet at the Powerline Aid station. Bring loppers, hedge trimmers, weed eaters, gloves and water to carry. **We do not have a bush hog confirmed yet so if anyone knows anyone who could help us out, let me know asap.**

Lunch will be provided after.

It usually takes about 3 to 4 hours and then we eat. It is a lot of fun and you will be helping make the race better for all the runners. Many hands make for light work so come out and help and bring a friend. Please email me if you are coming so I will know how much food to buy.

Thanks

PoDog

robertvogler@netscape.net



Are you running the Arkansas Traveller 100? Are you pacing? Are you just curious what it is all about? Come join us in September for the **HOTT**, Heart Of the Traveller Training Runs, on Labor Day weekend. This runs offers the opportunity to view about half of the AT100 course. Highly recommended for first time Traveller entrants--especially those doing their first 100-miler. It is a free event. For more information see the website: <http://www.runarkansas.com/AT100HeartoftheTrav.htm>

Lake Winona Run

Saturday, Sept 5 - 6:30am
Distance: 25+ miles

Smith Mountain Loop

Monday Sept 7 - 6:30am
Distance: 23-24 miles

*As of August 10, there are only 30 spots available for the 2015 AT100 - Register Soon so you don't miss out!



It is NOT TOO LATE to register for the Ultra Trail Series! Spread the word, sign up, and come join us for fun on the trails! You won't find many trail series this cheap, with so many free events, yet still with amazing aid stations and volunteers!

2015-2016 UTS Calendar

NOTE: Due to weather and other uncontrollable forces, the following schedule is subject to changes.

Date	Event	Location	
7/25/15	Full mOOn 50K results	Perryville map	UTS race #1 (also a 25K which is not a UTS race)
08/22/15	Mt. Nebo Trail Run (14 miles +/-)	Dardanelle map	UTS race #2 - Fun Run
10/3/15	Arkansas Traveller 100	Perryville map	UTS race #3
11/14/15	Bona Dea 50K	Russellville map	UTS race #4 - Fun Run
11/27-28/15	Sunset 6/12/24 Hr Endurance Run	Benton map	UTS race #5 - Fun Run
12/05/15	Lake Ouachita Vista Trail Marathon	Mt. Ida map	UTS race #6 - Fun Run
01/09/16	Athens Big Fork Trail Marathon Safety Inst.	Big Fork Warning	UTS race #7 - Fun Run Elevation History
01/17/16	Swampstomper 50K	Millington, TN map	UTS race #8 (50K only)
02/08/16	White Rock Classic 50K	Cass map	UTS race #9 (50K only) - Fun Run
02/27/16	LOVIT 100K	Hot Springs map	UTS race #10
??/??/??	??? Styx n' Stones Trail Run 30K	Devils Den S. P. map	UTS race #11 - Fun Run
04/16/16	Ouachita Trail 50K/50M	Little Rock map	UTS race #12
05/21/16	Mt. Magazine Trail Run (18 miles +/-)	Mt. Magazine S.P. map	UTS race #13 - Fun Run
??/??/??	??? Catsmacker Fun Run (23 miles +/-)	Lake Winona Map	Fun run - NO POINTS UTS awards ceremony afterwards

CONTEST ANNOUNCEMENT

For all of you crafty, artistic people out there we are having a contest to freshen up our AURA Bumper Sticker. The creative designer chosen gets bragging rights and a free bumper sticker.

Send your amazing designs to Deb Baker at westbreeze40@yahoo.com

Full Moon Results

50K

Place	Name▼	Sex▼	Age▼	Time
1	Mark Ferguson	M	42	4:08:57
2	Chris Ho	M	40	4:48:13
3	Arland Blanton	M	56	4:49:02
4	Victor Brown	M	25	4:54:47
5	Sabine Norris	F	39	5:00:37
6	Jong Park	M	40	5:13:30
7	John Nobles	M	30	5:15:52
8	Erik Heller	M	34	5:20:20
9	Becca Murdock	F	28	5:20:58
10	Jeremy Huxol	M	32	5:26:25
11	Tony Baily	M	41	5:26:33
12	Loren Kaylor	M	0	5:27:57
13	David Joseph	M	24	5:29:31
14	Mark Lacey	M	50	5:34:53
15	Bill Jordan	M	41	5:35:49
16	Jason Abernathy	M	41	5:43:13
17	Brett Nguyen	M	46	5:43:15
18	Timothy Via	M	43	5:43:50
19	Deb Baker	F	53	5:45:19
20	Todd Welch	M	48	5:47:29
21	John Krillenberger	M	54	5:48:29
22	Brian Williams	M	43	5:49:26
23	Lia Mayfield	F	40	5:49:32
24	Scott Irwin	M	51	5:53:25
25	Jerry Bailey	M	49	5:53:53
26	Katerine Seywerd	F	38	6:00:09
27	Alan Hunnicutt	M	61	6:05:26
28	Justin Billins	M	37	6:05:33
29	Chance Dryer	M	27	6:07:38
30	Will Landreth	M	29	6:11:49
31	Cliff Ferren	M	59	6:12:54
32	Adam Stoddard	M	42	6:15:14
33	Bill James	M	46	6:16:34
34	Brian Bailey	M	38	6:18:02
35	Lucus Debuhr	M	30	6:18:04
36	Toby Yeager	M	41	6:18:13
37	Shannon Mcfarland	M	39	6:21:06
38	Brian Rickard	M	32	6:22:00
39	April Adair	F	41	6:23:38
40	Daniel Arnold	M	30	6:26:00
41	Chase Skelton	M	23	6:26:36
42	Ronnie Daniel	M	45	6:27:41
43	Christopher Baldwin	M	42	6:27:43
44	Robert Misener	M	44	6:29:01
45	Mic White	M	39	6:30:19

46	Rich Brown	M	53	6:32:47
47	Phil Brown	M	48	6:33:33
48	Andrea Sayers	F	36	6:33:50
49	Tammy Walther	F	44	6:33:51
50	Justin Cloar	M	43	6:37:05
51	Stacey Shaver-Matson	F	43	6:38:11
52	Eunsup Kim	M	62	6:38:52
53	Richard Fobell	M	31	6:39:21
54	Abe Nutt	M	45	6:43:27
55	Lauren Pasley	F	49	6:44:07
56	Brian Yates	M	37	6:44:11
57	James Massey	M	26	6:45:23
58	Russell Harvey	M	29	6:45:50
59	Ben Mansur	M	43	6:45:50
60	Angeline Whitworth Pace	F	48	6:46:01
61	Malcolm Smith	M	52	6:50:45
62	Eric Yarberry	M	22	6:53:40
63	Jacob Wells	M	0	6:53:40
64	Michael Allen	M	33	6:54:23
65	Aaron Ochoa	M	41	6:54:31
66	Randy Soeung	M	35	6:55:37
67	Elizabeth Brandt	F	53	6:59:12
68	Jason Montgomery	M	41	6:59:44
69	Geoff Meyer	M	41	6:59:45
70	Kurt Hauser	M	50	7:00:40
71	Brandon Ellis	M	34	7:03:08
72	Joe Julian	M	39	7:03:19
73	Chuck Cates	M	52	7:06:47
74	Elizabeth Kimble	F	29	7:06:59
75	Alissa Draper	F	25	7:07:29
76	Philip Berry	M	31	7:07:38
77	Jody Lingbeck	F	43	7:07:39
78	Dana Duboise	F	42	7:09:07
79	Kimmy Riley	F	54	7:09:10
80	Rick Caffy	M	55	7:18:34
81	Diane Bolton	F	53	7:19:20
82	Kaci Nash	F	40	7:20:52
83	Katey Fadler	F	28	7:21:31
84	Mike Samuelson	M	49	7:22:10
85	Keith Ingram	M	32	7:22:24
86	Kevin Kinder	M	33	7:23:00
87	Elliott James	M	30	7:23:00
88	Angie Stewart	F	34	7:24:13
89	Mark Roth	M	53	7:24:14
90	Ben Walters	M	35	7:30:03

Full Moon 25K Results

Place	Name	Sex	Age	Time
1	Gary Taylor	M	52	1:58:42
2	Carson Miller	M	20	2:05:56
3	Tia Stone	F	36	2:10:46
4	Jeffrey Grove	M	31	2:13:20
5	Nathan Venable	M	51	2:15:11
6	Tommy Griffin	M	32	2:20:42
7	Janie Rogers	F	27	2:22:09
8	Matthew Pickard	M	35	2:24:14
9	Caitlin Woodruff	F	26	2:24:15
10	Matthew Hertell	M	48	2:25:33
11	Shannon Box	M	41	2:26:59
12	Alan Krenzelok	M	58	2:28:03
13	Lance Biggers	M	33	2:29:52
14	Jonathan Dorris	M	34	2:32:56
15	Talyn Billins	F	18	2:35:20
16	Margaret Kendall	F	29	2:37:32
17	Scott Sander	M	46	2:39:26
18	Greg Massanelli	M	54	2:40:15
19	Jerry Prince	M	50	2:42:03
20	Jenny Massanelli	F	32	2:42:42
21	Krueger Melinda	F	50	2:42:45
22	Sam Sanders	M	55	2:44:13
23	Tony Serna	M	49	2:45:26
24	Brenden Bishop	M	49	2:46:47
25	Ashley White	F	30	2:46:49
26	Launa Gilmour	F	33	2:47:27
27	Thomas Woodley	M	59	2:50:02
28	Elizabeth Patterson	F	28	2:50:57
29	Will James	M	36	2:51:57
30	Stuart Goudy	M	43	2:52:30
31	Munson Courtney	F	30	2:52:37
32	Sean Dunbar	M	43	2:53:05
33	James Patillo	M	32	2:53:55
34	Jeff Maxwell	M	59	2:55:40
35	Kimberly Wright	F	34	2:55:56
36	Lucas Bishop	M	40	2:56:40
37	Dave Hochstedler	M	58	2:56:57
38	Stacy Cox	F	38	2:57:16
39	Brian Yeager	M	41	2:58:10
40	Tim Riemenschneider	M	36	3:00:54
41	Beth Walters	F	48	3:01:16
42	John Stricklin	M	37	3:02:46
43	Jake Norton	M	32	3:04:08
44	Sarah Crowley	F	28	3:04:55
45	Cliff Li	M	43	3:06:06
46	Shelley Sparks	F	43	3:06:11
47	Tyler Bishop	M	21	3:07:33
48	Crystal Cossey	F	41	3:07:36
49	Laura Kearns	F	32	3:08:58
50	Jennifer Liles-Dorris	F	39	3:11:02
51	Misty Brown	F	38	3:11:03
52	David McClanahan	M	46	3:11:08
53	Hugh Wright	M	27	3:12:27
54	Bradley Pitts	M	32	3:12:40
55	David Jacobs	M	25	3:13:00
56	Launa Brown	F	50	3:14:09
57	Antonio Serna	M	26	3:14:20
58	Andrew Reid	M	35	3:14:52
59	Jason Reeves	M	36	3:14:53
60	Justin Lynne	M	34	3:15:28
61	Deen Tisha	F	33	3:16:16
62	Melissa Hayes	F	33	3:16:32
63	Jason Brewer	M	39	3:17:33

64	Carrie Ann Rohrscheib	F	39	3:17:35
65	Sheri Nicholls	F	55	3:17:50
66	Erin O'toole	F	26	3:18:17
67	Clydino Preston	M	34	3:18:19
68	Robert Klein	M	52	3:18:22
69	Allyson Alexander	F	34	3:19:13
70	Bradley Hayes	M	48	3:20:56
71	Brad Schmitt	M	44	3:21:03
72	Denise Thrower	F	50	3:21:05
73	Kevin Robbins	M	38	3:21:06
74	Jd Counsey	M	30	3:21:35
75	Marla Miller	F	44	3:21:50
76	George McDonald	M	62	3:21:59
77	Stephanie Maricle	F	27	3:24:10
78	Jonathan Kelley	M	25	3:24:26
79	Casey Kelley	F	23	3:24:26
80	Louis Chalfant	M	40	3:25:50
81	Jeff Thostenson	M	38	3:26:45
82	Lacey Kelley	F	38	3:26:47
83	Katie Thoman	F	21	3:28:26
84	Ray Bunch	M	63	3:28:31
85	Ashley O'neill	F	43	3:28:57
86	Jenny Oliver	M	32	3:28:59
87	Tom Singleton	M	62	3:29:18
88	Lily Norton	F	33	3:29:18
89	Charity Shaw	F	36	3:32:49
90	Iac Henson	M	35	3:32:50
91	Duane Kee	M	40	3:33:11
92	Derek Goodall	M	30	3:34:10
93	Mullis Lisa	F	47	3:34:14
94	Beth Julian	F	38	3:34:42
95	Barbara Drew	F	57	3:35:25
96	Sharon Hendrix	F	55	3:36:01
97	Star Ritchey	F	41	3:36:17
98	Keith Ritchey	M	41	3:36:19
99	Morgan Henry	F	28	3:36:21
100	Charity Ashworth	F	29	3:36:23
101	Katie Gehrki	F	27	3:36:23
102	Barbara Milton	F	51	3:38:04
103	Brenda Ransom	F	51	3:39:31
104	Leisa Wamsley	F	51	3:39:32
105	Sherry Rogers	F	54	3:39:52
106	Christina Morris	F	49	3:42:10
107	Amy Hill	F	40	3:42:41
108	Eliza Drew	F	25	3:42:49
109	Anthony Coles	M	30	3:43:19
110	Kristen Sterba	F	40	3:43:24
111	Brad Runsick	M	30	3:45:35
112	Timothy McClymonds	M	51	3:46:01
113	Julie Kaylor	F	28	3:46:27
114	Constance Outlaw	F	42	3:46:27
115	Thomas Outlaw	M	42	3:46:44
116	Stephanie Belden	F	41	3:46:53
117	Kim Spencer	F	38	3:47:10
118	Shari Misener	F	45	3:47:10
119	Josh Elmore	M	32	3:47:31
120	Rebecca Richardson	F	30	3:47:38
121	Hindy Simonson	F	33	3:47:49
122	Everett Elam	M	27	3:47:49
123	Bryan Richardson	M	30	3:47:54
124	Tonia Jackson	F	51	3:49:02
125	Tricia Hudson	F	42	3:49:24
126	Jason Hudson	M	40	3:49:26

Full Moon 25K Results Continued

127	Lorena Moody	F	53	3:49:41
128	Yoneko Johnson	F	38	3:49:54
129	Vincent Ferguson	M	39	3:50:47
130	Jana Owens	F	42	3:50:52
131	Debbie Rigsby	F	58	3:51:26
132	Mannie Walker	F	44	3:51:49
133	Angela Sivia	F	35	3:51:49
134	Cyndee Maxwell	F	54	3:53:25
135	Jennifer Vaught	F	38	3:55:11
136	Cynthia Yancey	F	45	3:55:15
137	Debbie Benson	F	58	3:55:57
138	Rita Spears	F	64	3:55:57
139	Angela Fortson	F	42	3:56:12
140	Ying Klein	F	51	3:56:23
141	Ruth Klingbeil	F	57	3:56:25
142	Dawn Bradley	F	43	3:56:54
143	Chad Olds	M	33	3:58:49
144	Jim Moon	M	47	4:00:38
145	Kristen Taylor	F	35	4:04:33
146	Angie Madding	F	32	4:04:36
147	Stacy Cates	F	40	4:04:39
148	Justin Lamb	M	21	4:05:06
149	Blair Parker	M	59	4:05:46
150	Pete Ireland	M	75	4:06:42
151	Jeffery Jones	M	44	4:06:50
152	Cassie Brown	F	32	4:06:52
153	Rebecca McGraw	F	46	4:07:14
154	Skip Smith	M	57	4:08:20
155	Benjamin Grimes	M	39	4:09:13
156	Bill Brass	M	76	4:14:49
157	Teal Clark	F	47	4:15:27
158	Baron Selman	M	38	4:16:16
159	David Whitmore	M	54	4:16:17
160	Shelley Evans	F	49	4:16:20
161	Beau Strotman	M	41	4:17:26
162	Andrea Bratton	F	44	4:18:35
163	Lindsay Daniel	F	39	4:18:38
164	Marty Sullivan	M	37	4:20:32
165	Johnny Mitchum	M	68	4:20:36
166	Alexa Tolbert	F	18	4:20:53
167	Ramona Hicks	F	32	4:21:54
168	Kyle Hicks	M	35	4:21:54
169	Allyson Hodge	F	32	4:22:03
170	Robyn Tolbert	F	44	4:27:08
171	Randy Tolbert	M	45	4:27:12
172	Nesley Leach	M	60	4:27:23
173	Thaveep Leach	F	60	4:27:24
174	Sherry Blackstead	F	48	4:31:02
175	Carla Elmore	F	52	4:31:03
176	Christie Hauser	F	47	4:31:06
177	Dottie Rea	F	63	4:32:08
178	Liz Ryan	F	59	4:34:12
179	Christy Grimes	F	46	4:34:59

180	Dan Belanger	M	71	4:35:18
181	Tyler Parsons	M	31	4:36:22
182	Susan Ayres	F	36	4:36:36
183	Banker Patrick	M	51	4:40:19
184	Roger Williams	M	73	4:45:20
185	Emily Gabbard	F	43	4:45:35
186	Deborah Baldridge	F	50	4:45:36
187	Posey Michelle	F	45	4:46:26
188	Morrison Brent	M	25	4:47:45
189	Oscar Pearce	M	49	4:52:59
190	Leah Pearce	F	48	4:52:59
191	Ashley Chism	F	31	4:54:34
192	Goh Daniel	M	49	4:57:52
193	Ron Hay	M	49	5:01:27
194	Sandi Brown	F	66	5:04:10
195	Rosemary Rogers	F	67	5:04:12
196	Seager Dianne	F	58	5:08:34
197	Amanda Sullivan	F	37	5:11:44
198	Crystal Franklyn	F	33	5:11:46
199	Michael Franklyn	M	39	5:11:47
200	Karen Knudsen	F	51	5:11:49
201	Lalita Flagg	F	48	5:15:00
202	Nancy Stotts	F	54	5:21:23
203	Helen Jones	F	50	5:21:24
204	Susan McCourt	F	38	5:23:45
205	Jesse Lancaster	M	38	5:23:45
206	Christy Brooks	F	53	5:24:27
207	Cheri Smith	F	42	5:29:22
208	Monica Ritchie	F	45	5:31:34
209	Landes Reid	M	44	5:34:57
210	Ron Gimblet	M	67	1:37:29

Congratulations To All and Big Thanks to All Volunteers!!!!!!

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.

AURA MEMBERS,

I hope you enjoyed this edition of the AURA Newsletter. Thank you to all who shared your running experience with us this month. 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. (Room Permitted- I will happily add your race report, photos poem, gear or running book review) Let's hear from some new faces/voices! Come on, you know you want to and we certainly want to hear your story! As always, feedback is most welcomed. I love receiving your emails!!!

Sincerely,

~Stacey Shaver-Matson~