

# THE ARKANSAS ULTRA RUNNER

FEBRUARY-MARCH 2015

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

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## Message From President George Peterka

Well it's been a busy month! Since the last newsletter we've had the second Athens Big Fork Trail Marathon, the Swampstomper 50K, the White Rock Classic 50K, the LOViT 100K, and the Styx n' Stones.

I don't ever remember having five UTS races in one newsletter! I wish to thank everyone who worked in these events. The race write-ups follow and I will not repeat that here. Instead I will talk a little about what I've been doing this last month in the way of computer software.

Around ABF I got the idea of doing online registration for our fun runs. There were several reasons for this. (1) I was in Wal-Mart with Alex buying aid station supplies for Blaylock Creek and we didn't know how much food to buy. We had no idea how many people were going to show up. (2) I was typing up the race results and having difficulty reading people's handwriting and misspelling their names. (3) A runner missed a turn and we had to look for him and I thought it would be nice if we had a printed list of all participants with their cell phone and emergency contact info. (4) We call these events "fun runs" but to me a "fun run" seems like a couple of friends getting together. Our "fun runs" often have over 100 participants so I think a little better organization is called for.

For White Rock I tried online registration. I had to learn a new programming language .PHP that allows me to write code that executes on the [runarkansas.com](http://runarkansas.com) web server. The online registration works like this. On the bottom of the page for the race is the following form that you fill out. Please click on this link and scroll down to the bottom to see what I'm talking about.

[www.runarkansas.com/StyxStones.htm](http://www.runarkansas.com/StyxStones.htm)

[www.runarkansas.com/HoOT.htm](http://www.runarkansas.com/HoOT.htm)

Registration is easy and FREE. Just fill out the form and click submit. The first name, last name, and cyber security code (adams) is required for the entry to be accepted. If you change your mind you can always un-register. Just select the "un-register" button and spell your first and last name the same as when you registered and your entry will be erased. You can also use this if you made a mistake or want to change something. You can "View Participants" and see who all is going. Maybe you can carpool. I will close registration at 2:00 pm on Friday before the race. I will then assign bib numbers, write your name on the bibs and print out the forms with the bib numbers on them. When you arrive at the race you will just sign the waiver and take the bib with your name on it. We will have a nice printout with all runner information at the race.

If someone does not register online we will still let them run (though we might make them run an extra mile for punishment! - Just kidding.) Just find me and I will register you at the start - but if at all possible please try to register online. At White Rock we didn't assign the bib numbers in advance and that made for some confusion. I think it will work better at Styx n' Stones.

## Message From President George Peterka (Continued)

You might wonder, why is there a cyber security code? To keep out hackers! I got the registration going for White Rock without the code and Russian hackers were registering for the race. These were not people. These were computer programs that crawl through web searching for forms, enter bogus data and click "submit". I came back from a run, was drinking a beer, and saw that while I was running 2 more hackers got in. I thought, Ok, how do I keep them out? I need some of those squiggly characters that you have to type in to prove you're human and not a computer program. But I don't have any of those. I know - I'll just use what I have in my hand! So I photographed the beer bottle with my iphone and I had a hacker-proof cyber security code. Haven't had a hacker since.

Since I can now write programs on our server, I wrote a simple search engine to search through the race results. It is not intelligent and will only find exact matches to the search string. If you search for "James Smith" it will not find "Jim Smith". It is usually better to search only for the last name since first names can vary.

Stan scanned and uploaded the entire AURA newsletter to the website. From February 1989 to the present is now online. The latest 3 editions are not there. You have to be a member of the club to get those emailed to you. I bought optical character recognition software and converted the scanned images to text. I then wrote another simple search engine for the newsletter. You can now search for any character string in the newsletter. For example, if you wonder if anyone has ever run a race in Florida - just search for Florida and you will find out. I've used it to find all information that's in the newsletter on Hardrock.

Well, that's all I could think of - so see you at 3 Days of Syllamo or the HoOT!

Best regards,

- George Peterka

## UPCOMING EVENTS

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

### **Heart of the Ouachita Trail 50 Training Run (HoOT)**

**What:** Fun run on the OT50 Course, BBQ Waffle lunch provided

**Who:** Anyone interested in running the OT

**Where:** West Side Pinnacle Mountain, Pavilion Reserved

**When:** Saturday, March 28, 7:15 AM trail briefing, 11:15 Lunch, Pavilion reserved until 2pm

Thomas Chapin is hosting a training run on March 28 from Pinnacle Mountain State Park. It's meant as an introductory or preview run for the OT50, so is being loosely referred to as the Heart of the Ouachita Trail (HoOT) run. This is just a fun run where you can show up at any time and run any distance on any trail you choose. It's not a structured race.

His famous bar-b-que waffles are on the menu. A big thanks to Thomas!!!

Please study the [https://www.google.com/maps/d/edit?mid=zuPtzeFLeGzE.kBnBm\\_Hu0TyA](https://www.google.com/maps/d/edit?mid=zuPtzeFLeGzE.kBnBm_Hu0TyA) GOOGLE MAP as we will not do any marking for this event. The Pavilion is shown on the map.

The trails are all marked with permanent blazes and Tom will explain the blaze colors at the trail briefing. Also, please carry your phone so that if you have any problems you can call. Cell service is good.

If enough people want to go all the way to North Shore (20 miles round trip) we will put an aid station there. Please indicate this on the registration.

Registration Page: <http://www.runarkansas.com/HoOT.htm>

**There will be a brief AURA club meeting following the Heart of the Ouachita Trail training run on March 28th at the Pinnacle Mountain West pavilion at 1:30. The purpose of the meeting will be to elect officers for next year. If there is anyone you would like to nominate please be present.**

**We have the pavilion rented till 2:00 so the meeting should start around 1:30**

## UPCOMING EVENTS (Continued)



### **Ouachita Trail 50 Endurance Run** **50 Mile and 50 Km** **April 18, 2015** **25th edition**

**Location:** Maumelle Park, Little Rock, Arkansas, Pavilion # 8

**Starting Time:** 6:00 AM (Prompt) for both races. Runners must check in at the pavilion between 5:00 and 5:45 AM.

**Packets:** Race packets may be picked up at Pavilion #8 from 4:00 to 7:00 PM on Friday, April 17th, or between 5:00 and 5:45 AM race morning.

**Course:** A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Pinnacle Mountain trails will be utilized on the “out” portion only. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

**Trail:** The Ouachita Trail is a single track foot path on which no bikes or motorized vehicles are allowed. The trail is permanently marked with blue blazes. Turns are marked with two blue blazes. Additional markers (blue and white striped ribbon) will be out.

**Aid:** Eleven staffed aid stations for 50-mile; seven for 50Km. (See mileage/aid station chart.) Carrying at least one fluid bottle is HIGHLY advised.

**Awards:** Finishing awards to each 50K and 50 Mile finisher. Overall awards to first male and female finisher in the 50K and 50 Mile. Awards will be presented as you finish.. Technical shirts to all entrants. Food will be provided at the finish – hamburgers, hot dogs, etc.

**Race Director:** Chrissy Ferguson, email (Preferred) [OT50@RunArkansas.com](mailto:OT50@RunArkansas.com) ; phone 501-803-9411

More information and registration can be found at the website:  
<http://www.runarkansas.com/OT50.htm>

# A Rookie Report on Athens-Big Fork Trail Marathon

By Bruce A. Wood

Wow! Now that is what I call a trail run. As you can tell from the title, this was my first time running, or should I say hiking the Athens-Big Fork race. I had heard about it for the first time a couple of years ago on a posting on the AURA website. Everyone was talking about how challenging the ABF was and what a fun and difficult time (if those 2 descriptors can go together) this race was. I asked what ABF stood for and that's when I started researching into probably the most challenging trail marathon in the country. I wasn't disappointed in the effort it took just to finish the race. Like most of those new to trail running or this race I was caution when I read the race's website description and words of caution about trying to do this race. I had a few trail runs under my belt and wanted to try ABF since it wasn't too far from home and had heard all the tales from other runners.

The first try on the original race day was not disappointing. Even though it was weathered out (great call by the race director) I was pleased to know we could at least experience running up the 1st mountain pass and get to run on some fire roads. With all the rain, the waterfalls that were created and the rushing creeks were outstanding scenery, which made the "fun run" a great experience. I never been on the Athens-Big Fork trail before and at least experiencing part of the trail gave me some confidence, but at the same time I was thinking to myself "I have to do 15 more of these mountain passes, man this is going to hurt", and it did.

The actual day of the race, the weather was perfect. It was clear, cold, and sunny. It started in the upper 20's, but by the time most of the racers had finished it was in the mid 50's, you couldn't ask for better conditions. The trail was marked very well and the creek crossings were wet, but the trail was dry. When the race started, it was nice to warm up on the road from community center and fire road before you entered the trail. The first mountain pass was "easy" compared to what lie ahead. I knew from the trail description that the last 3 mountain passes were the steepest, but I definitely underestimated the effort it was to try to keep a good walking/running momentum up and down these scenic, but steep trails. Crossing the Blaylock Creek was scenic and I felt good. The last 3 mountain passes were the steepest and to me the most technical. It was challenging to say the least to climb up as well as keeping your footing as you were going downhill. I spent almost as much effort going up as I did going down because of the loose rock and the steep sections.

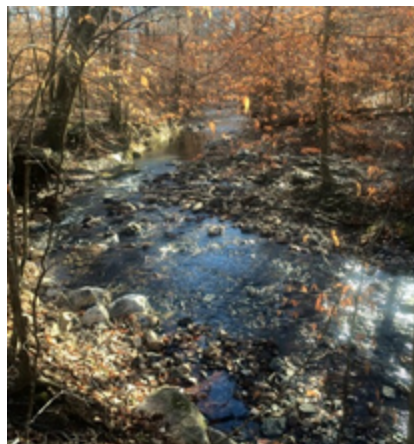
The views were awesome and by the time I hit the turn around I felt good but now knew what I was in for going back. Only 8 more mountain passes to go to the finish, oh boy. I started counting each mountain crossing and kept my eye out on the trail markings trying not to focus on my burning quads. The down hills hurt as much as the uphills as you were sometimes literally jumping down the mountain. When I finished, I swore I would never do this again but of course after a few minutes or rest and nutrition I was contemplating what kind of training I could do to get ready for this race...maybe take the stairs more.

Now the best saved for the last. What a great race put on by the new race director Brady Paddock. I can't thank him enough for stepping up and taking over the race. I had heard that the past race director who started this race years ago was stepping aside and it was questionable if this race was evening going to be held again. First of all, thanks to David Samuel for creating the race and Steve Appleton and his team for keeping the race going these past years. I had heard from previous participants it could be challenging to keep on the trail and you had to pay careful attention to the trail marking so not to get off the trail. All I can say was thanks to Brady and his team, I never once felt like I was did not know which way to go.

## A Rookie Report on Athens-Big Fork Trail Marathon (Continued)

The trail markings were outstanding and you could tell a lot of work went into clearing and making sure the trail was safe and runner friendly. The aid station volunteers were awesome and their words of encouragement as well as seeing them you knew you weren't lost or off the trail was even more encouraging. The Big Fork community center and all the volunteers were very hospitable and plenty of snacks of baked cookies, brownies, and sandwiches waited for you at the end of the race.

Thanks to Nataleigh Marley for her help organizing and doing the t-shirt order. Of course I had to get one, and anyone completing this race can say they have accomplished one of the hardest trail marathons in the country. The t-shirt states the "Hardest Trail Marathon East of the Rockies", I think next year it could just say "Hardest Trail Marathon Period."



## Swamp Stomper James Holland, RD

The 10<sup>th</sup> running of Swamp Stomper 50K/25K took place Sunday, January 18, 2015 at Meeman-Shelby Forest State Park in Millington, Tennessee. This is a special race and place for me. It was my first official ultra race in 2007 and my first introduction to the trail system at Shelby Forest which has become a home away from home for me in Memphis.

The 50K was UTS race #8 and AURA President George Peterka made the trip from Hot Springs to participate for the first time. Amanda Drogmiller and Joel de Blonk (<http://JAdRunning.com>) both celebrated their birthdays with us. The weather was beautiful and the single track trail was in excellent condition for the record 170 finishers (31 - 50K/139 - 25K).

In 2014, we presented the inaugural Hilde Haynes Memorial Award given in memory of Hilde's endless spirit and sportsmanship, her love for the trails and running and people. Last year's recipient, Sarah Harris, successfully took on the second part of this award which is entry to the Arkansas Traveller 100 (AT100). I had the honor of crewing and pacing Sarah as she finished in 28:44 along with Katrin Hartwig. This year's recipient, Andrea Stack, is a member of the Buffalo (Second Wind Running Club, Champaign, IL) who have supported Swamp Stomper for many years. She is described by her peers as "a tough little trail runner whose upbeat attitude and support of others, at times, overshadows her own running accomplishments." We hope her schedule will let her train and run the AT100 in October!

Olaf Schulz, 2014 25K winner, successfully won the 50K in 4:20:20 to become the 2<sup>nd</sup> person to win both distances. Kyle Grady, 2014 50K winner, improved his time by over 10 minutes but could not keep pace with Olaf. David Piercey traveled from Medina, TN to take 3<sup>rd</sup> in 4:34:45. Congrats to Buffalo women (Illinois) who finished 4 out of the top 5. Yvonne Learmonth avenged a wrong turn last year to easily win in 5:34:26. Buffalo spoiler and local Kelly Henson was 2<sup>nd</sup> in 6:09:25, Magdalena Casper-Shipp was 3<sup>rd</sup> in 6:49:17. 50K course record money is now at \$200 for both the male (4:10:16) and female (4:50:32) records.

In the 25K, Memphian Nick Lewis bested his 2009 course record by just under 4 minutes to win in 1:52:15. Local Max Paquette also broke the previous course record to finish 2<sup>nd</sup> in 1:54:41. Buffalo Brandon Smith kept the race interesting early only to finish 3<sup>rd</sup> in 1:56:18. Local women finished 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> as Nancyanne Hickman improved her 2014 time by over 5 minutes to take the win in 2:27:04. Mary-ellen Kelly finished 2<sup>nd</sup> for the 3<sup>rd</sup> time in 4 years in 2:28:52. Doreen Redenius in her Swamp Stomper debut was 3<sup>rd</sup> in 2:32:05. Incredible weather contributed to the post-race party with Fuel (<http://fuelcafeMemphis.com>) providing post-race food for the runners, volunteers, crew and spectators. The new playground was a big hit with the kids!

Thanks to everyone for supporting this race and more importantly Meeman Shelby Forest State Park.  
~Photos provided by Alex Hartwig~







## White Rock 50k Birthday Run by ~Stacey Shaver-Matson~

What could possibly be a better way to spend a birthday than running up to the top of White Rock Mountain surrounded by good friends! The morning was cool & crisp and is typically the case for me when the season begins to change I slightly overdress. When you spend the first two miles going from 700' to 1700' you are going to work up a good sweat & warm up quick! I couldn't wait to get to the top just so I could take off my jacket. Will I ever learn!?

I decided to spend the run at a fun, casual pace so that I could visit with friends and even make some new ones. There were people from Missouri, Oklahoma, Alabama, Texas, and a big group who traveled with Eric Steele, founder of Epic Ultras, from Kansas. It was nice to meet new people and welcome them to one of our treasured races.

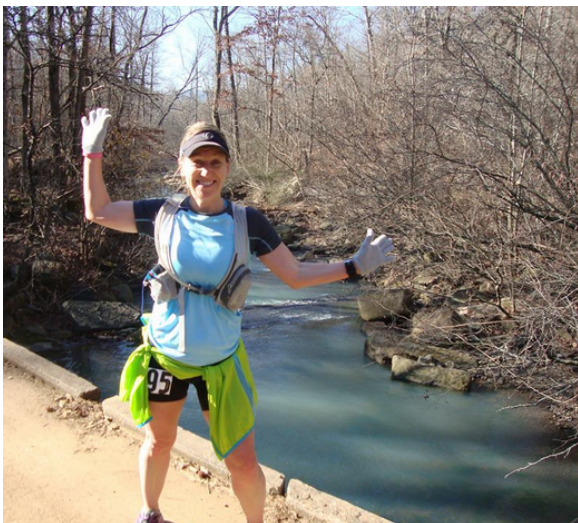
This year we signed in at the Start/Finish area instead of the Turner Bend Store. For those who didn't heed the warning to arrive early were surely shocked & panicked to see so many cars lined up on the dirt road. All got parked, signed in, and we received our direction and words of wisdom from race directors, the gong was sounded and off we went.

Not very long into the run and you begin to see cyclists coming past. One might be leary of sharing the road with cyclist but these riders were very kind and respectful. We had some who cheered us on and we got to return the favor by trying to cheer and encourage them as they made their way up the steep climbs. All in all I am happy that the cyclists are encouraged to join us for this event.

The day was perfect, the aid stations were well stocked, and the volunteers were extremely friendly! The ham radio guys were out on their four-wheelers checking on the runners and handing out bottles of water and gatorade. Everyone went above and beyond the call of duty. I even got a little birthday dance from PT at the Turn Around.

After the turn around Deb & I both picked up the pace. The thought of winning one of Chrissy Ferguson's hand designed top 5 finisher plates made us both give up the notion of running casually. We caught up with Alan Hunnicutt.

The three of us ran together most of the way back. With 6 miles left to go Deb started feeling bad, but said she was going to hang back with Alan and insisted I go on to get a plate for my birthday. Not much later my stomach started acting up. I could stomach gels but not solid food. Unfortunately I was out of gels. I asked for some at the last aid station to no avail. A runner from out of town was kind to give me one of his. His problem was reverse and solid food was all he could handle. We wished one another well as we parted ways. That gu had magical powers because I was feeling better than ever. I raced on to a 4th place female finish and Deb who also got a second wind came in 5th place female. We Both Got Our Chrissy Plates!!! There were 61 50k finishers (including a 13 year old), 36 25k finishers, and 12 other distance runners and cyclists.



Huge Thank You & Big Hugs to our race directors Lisa Gunnoe & PoDog Vogler, the Arkansas Ultra Running Association, the many volunteers, Turner Bend Store, and the surrounding community who always welcomes us! It was the best birthday party ever!

# White Rock 50K Results

## 50K Run (2015-2016 UTS Race #9)

Name	City	Age	Sex	Time
1 Doug Assenmacher	Springfield, MO	49	M	4:32:35
2 Victor Brown	Tulsa, OK	25	M	4:44
3 Podog Vogler	Russellville	48	M	4:54
4 Stan Ferguson	Maumelle	51	M	5:00:22
5 David Joseph			M	5:05:22
6 Stephen O'Neal	Bentonville	36	M	5:07:30
7 John Bitler	Fayetteville	43	M	5:12:25
8 Bruce Wood	Sherwood	52	M	5:14
9 Katie Helms	Fayetteville	37	F	5:25
10 Harrison French	Rogers	55	M	5:26
11 Zach Adams	Ginard, KS	67	M	5:27:49
12 John Hughes			M	5:33:28
13 Ryan Holler	Bentonville	46	M	5:35:48
14 Candi Paulin	Ginard, KS	33	F	5:37:17
15 Tommy Griffin	Mountainburg	31	M	5:39
16 Lindy Biglieni	Republic, MO	38	F	5:40
17 Aaron Ochoa	Broken Arrow, OK	40	M	5:40:03
18 Stacey Shaver	N. Little Rock	43	F	5:44
19 Cameron Plate	Tulsa, OK	13	M	5:50
20 Jeremy Pate	Fayetteville	57	M	5:50
21 Alan Hunnicutt	Berryville	60	M	5:51:50
22 Deb Baker	Little Rock	52	F	5:51:50
23 Matt Clay	Fayetteville	36	M	5:58
24 Rich Brown	Searcy	53	M	6:05:05
25 Adam Stoddard	Springfield, MO	41	M	6:07
26 David Newman	Bentonville	54	M	6:21
27 Justin Chockley	Topeka, KS	32	M	6:23
28 Eric Steele	Wichita, KS	49	M	6:26:36
29 George Peterka	Hot Springs	55	M	6:28
30 Kurt Hauser	Hot Springs	50	M	6:30
31 Paul Dial	Edmond, OK	49	M	6:33:52
32 Geoff Hanley	Tulsa, OK	38	M	6:35
33 Chris Cantwell	Rogers	51	M	6:35:29
34 David Coon	Siloam Springs	22	M	6:39
35 Brian Bailey	Fayetteville	37	M	6:42
36 Dana Duboise	Hackett	41	F	6:55
37 Anthony Turner	Van Buren	35	M	6:56:02
38 Kevin Robbins	Mountainburg	38	M	6:56:54
39 Brandon Plate	Tulsa, OK	14	M	6:58:23
40 Kyle Knapp	Broken Arrow, OK	39	M	6:58:24
41 Abe Nutt	Bella Vista	45	M	7:02:37
42 Mark Roth	N. Little Rock	53	M	7:07:30
43 Polly Choate	Tulsa, OK	43	F	7:11
44 Mark Zanemba	Killen, AL	53	M	7:12:20 *
45 Kinny Riley	Mabelvale		F	7:17
46 Tina Ho	N. Little Rock	50	F	7:24
47 Bill Elmore	Little Rock	55	M	7:27
48 Ben Walters	Rock City	34	M	7:31
49 Robert Misener	Hot Springs		M	7:32
50 Melissa Martin	Conway	50	F	7:38:16
51 Chrissy Ferguson	Maumelle	54	F	7:38:16
52 Steve Owen	Broken Arrow, OK	59	M	7:38:30
53 Eunsup Kim	Dallas, TX	62	M	7:48
54 Brandon Foster	Tulsa, OK		M	7:50
55 Dean Worley	Little Rock	49	M	7:50
56 Jonathan Young	Benton	33	M	7:59:50
57 Deb Baldrige	Mabelvale	50	F	8:00
58 Johnny Eagles	Little Rock		M	8:08
59 Amy Jenkins	Sherwood	38	F	8:13
60 Debbie Rigby			F	8:28
61 Shari Misener	Hot Springs		F	8:28

## 25K Run

Name	City	Age	Sex	Time
1 Justin Walker	Tulsa, OK	35	M	1:57
2 James Reeves			M	1:59:46
3 Sheena Westfall	Alma	40	F	2:10:57
4 Alison Jumper			F	2:26
5 Shannon Hampton			M	2:43
6 Tom Brennan			M	2:43
7 Shannon McFarland	Rogers	38	M	2:43
8 Brian Powell	Rogers	47	M	2:54
9 John Haddock	Springdale	48	M	2:55:27
10 Alex Joannes	Fayetteville	28	M	3:00:00
11 Kurstie Wesolowski	Hot Springs	18	F	3:01
12 Ryan McGeeney	Little Rock	40	M	3:05
13 Justin Bland	Fayetteville	33	M	3:12
14 Sonja Bylak	Fayetteville	43	F	3:13
15 Deloris Hudson	Fayetteville	55	F	3:13
16 Jeff Jones	Fayetteville	44	M	3:13
17 J.T. Patillo				3:15
18 Keith Sams	Springdale	49	M	3:17
19 Mark Black	Springdale	36	M	3:22
20 Tim McClymonds	Fayetteville	50	M	3:31:45
21 Inger Bakaric				3:33
22 Michael Bakaric			M	3:33
23 Mark Plate	Tulsa, OK	49	M	3:34:06
24 Elizabeth Kimble	Font Smith	29	F	3:39
25 Navie Hogue	Fayetteville	49	F	3:40
26 Amy Gannett	Fayetteville	46	F	3:45
27 Kelley Robbins	Mountainburg	34	F	3:45
28 Rhonda Ferguson	Little Rock	59	F	3:52
29 Kim Johnson	Harrison	46	F	3:52
30 Susan McCourt			F	4:00
31 Jesse Lancaster			M	4:00
32 Deanna Duplanti	Springdale	55	F	4:11
33 Randall Davis	Little Rock	47	M	4:20
34 Lalita Flagg			F	4:33
35 Dan Belanger	Little Rock	71	M	4:55
36 Katie Evans	Springfield, MO	30	F	6:23

## Other Distances & Cycling

Name	City	Age	Sex	Time	Distance
1 Diane Diebold	Springfield, MO	51	F	3:07	25K run & bike down
2 Charles Sanders	Little Rock	57	M	3:24	50K bike
3 Brian Cochran	Fayetteville	44	M	4:07	20 Miles
4 Derek Rund	Springfield, MO	37	M	4:50	50K bike
5 Andy Halfhill	Little Rock	35	M	5:20	23.5 Miles
6 Summer Rund	Springfield, MO	38	F	5:30	50K bike
7 Jayne Mayo	Conway	39	F	5:52	28 Miles
8 Jj Mayo	Conway	47	M	5:52	28 Miles
9 Rebekah King	Fayetteville	49	F	6:30	25K run & bike down
10 Kevin King	Fayetteville	47	M	6:56	25K run & bike down
11 Alan Lucas	Conway	61	M	7:30	48K run
12 Chase Skelton	Springdale	22	M	DNF	



# Labour of LOViT: Giving Birth to my First 100k

"It always seems impossible until it's done." ~Nelson Mandela

## Conception

The trail ultra seed had been planted early on by my training partner-in-crime, Bill Dobbins, although I didn't know which ultra would be my first. I flirted with LOViT, coyly clicking on the website [www.runlovit.com](http://www.runlovit.com), and learning all I could about the course. Periodically I would drop words like "LOViT", "ultramarathon", "100 miles", and "Born to Run" amongst my runner friends while closely watching the expressions on their faces. On September 18th Bill sent me a text that registration was open for the Run LOViT 100k. I pulled the trigger and signed up before I could change my mind. This was my FB post immediately after - I just signed up and experienced a series of emotions in less than a minute - excitement, panic, joy, nervousness, anticipation, thrills, anxiety, and a very brief moment of questioning my sanity. But most of all I feel like I've found my place as a runner... I remember where I was and the song that was playing at the moment my 100k was conceived.

## Pregnancy (2nd and 3rd trimesters)

"Honey, I need to run two back-to-back long training runs this weekend."

"Honey, I need you to massage my feet and legs."

"Honey, I need a Garmin."

"Honey, I need a hydration vest."

"Honey, I need a second pair of running shoes."

"Honey, I need one more pair of socks."

"Honey, I need a headlamp."

"Honey, I need that new flavor of Huuma, Honey Stinger Waffles, & Tailwind."

"Honey, I need a lightweight wind resistant rain coat."

"Honey, I need a visor."

"Honey, I need recovery compression socks."

"I love you, Honey!"

My family and friends tolerated and encouraged me as the Run LOViT 100k grew in utero.

## Pre-Labor

The night before my due date nerves had set in. I took a hot shower, taped my right knee and ankle, fussed over my drop bags, checked the birth plan twice, and perused social media until friends told me to get off of Facebook and go to sleep, but I couldn't. Inducement time came quickly at 6a.m. on a dark and rainy morning. The labor pains slowly began with a short jaunt over paved road that led to the Forest Service Road still covered in mud colored ice- my first indication that this was going to be a long and hard labour and delivery. I kept my eyes down looking for my predecessors' foot steps and skid marks to determine the best path. The contractions picked up as the grey and misty daybreak peeked through the north side of Hickory Nut Mountain. The climb raised my heart rate and my breathing started to follow the pattern of a "pant-pant-blow" and a "hee-hee-who" in an attempt to power hike over the ankle breakers covered in mud.

*Winter solitude  
in a world of one colour  
the sound of wind  
~Matsuo Basho~*

## Labour of LOViT: Giving Birth to my First 100k (Continued)

I made it to the Hickory Nut Overlook aid station or what was left of it. The volunteers had battled the wind all night and their tent was a crumpled pile of canvas and poles. However, they put some Tailwind in my IV and I was good to go. At this point my legs were warmed up, my body was loose, and my mind was alert, so I picked up the pace on the descent. Typically I run like an elephant - stomping my feet and landing heavily on the path, but this time I felt graceful - light and quick - dancing along the pine needles, and flitting across the roots and stones. Until I heard THE POP as it reverberated throughout my body. With an involuntary yelp and a mumbled curse, the pain and warmth spread throughout my ankle as it swelled until my shoe was tight. I knew this was inevitable for a klutzy trail runner like me... but at mile 6? Labor had just intensified. I swallowed two tylenol and kept moving.

*I'm a wanderer  
so let that be my name --  
the first winter rain  
~Matsuo Basho~*

The next 11 miles from Crystal Springs Pavilion through Bear Creek to Brady would prove to be the toughest stretch for me, both out and back. The terrain and weather conditions tried to mentally and physically break me, but ain't nobody got time for that! I had a 100k baby to birth. Luckily I had donned my raincoat at the behest of a pacer waiting at Crystal Springs Pavilion. The thunder, lightning, and rain started up again as the temperature steadily dropped. Running along the ridge at Bear Mountain left me exposed to the cold wind and dense fog blowing up the mountainside, but it turned the lake, forest, and mountain into a mystical landscape. At any moment I expected to see nubile water and wood nymphs, magical wizards, sleeping giants, or a fiery dragon. Wait, did someone slip me an epidural?

### Active Labor

Emerging from the land of enchantment into the Brady Aid Station there appeared the Holy Grail of Grilled Cheeses. I still don't know how processed imitation cheese on white bread can be the best thing I ever tasted, but somehow it was. My confidence rose due to the fact that I was about to embark on the only stretch of trail I was familiar with, and I officially had my second wind. The endorphins and excitement kicked in to make the active phase of labor my most enjoyable. Leaving the Spillway aid station and who do I hear? My dear friends Lisa Stuart and Lorena Moody hooting and hollering on the side of the road and waving signs. I got choked up and hugged them. My crew had arrived to coach me through the last half of my delivery. I made it to the Avery aid station 15 minutes earlier than what I had estimated in my birth plan, and took advantage of the real bathroom. My amazing midwife and doula refilled the bladder in my vest, helped my with my jacket, called my family, and took lots of pictures.

*"Every day is a journey and the journey itself is home." ~Matsuo Basho*

Approaching Spillway, I hit 32 miles, a new distance PR. Feeling elated as I spotted the aid station through the trees, I also spotted something else. ALL of them were there, Mike and our three kids and Lisa and Lorena. I stopped in my tracks, the breath knocked out of me, heart in my throat, and tears running down my face. At that moment I was overwhelmed by the enormity of this race and the sacrifices made in order for me to train and run a 100k. This baby was special.

### Delivery

My first pacer, Lorena, joined me around mile 37 at Brady Mountain Road and the path to Bear Creek loomed ahead. I warned my adventurous doula that she had her work cut out for her. We took off at 4:30 with the intention of being at Crystal Springs Pavilion by the official 8pm cutoff time. The trek across the ridge part deux sucked me into the winter doldrums again. My mood shifted, the sun was setting, my pace slowed, and I was stressing about making the cut-off time. Lorena distracted me by taking pics of Lake Ouachita, joking about the "Danger Rifle Range" signs, singing songs, and making plans for future endeavors. My new friend and fellow 100k runner Dat, whom I leapfrogged with throughout the race, passed us and said that we would be able to continue if we didn't make the official cut-off time. I was somewhat relieved, but worried about my friends and family waiting at Crystal Springs. We used a rope to cross Bear Creek and rolled into Crystal Springs at 8:30. It was a hub of activity and volunteers were performing triage on the runners. Like simultaneous combustion everything happened at once.

## Labour of LOViT: Giving Birth to my First 100k (Continued)

Andi Stracner, my next pacer, is handing me warm food, my son bursts into tears of exhaustion wailing “Mom I want you”, my girls are vying for my attention, and Mike was pulling my dry shoes and socks out of my drop bag, but then the announcement is made that runners had two minutes to leave the aid station. Say what? I have to forget about changing my shoes and socks and tell my family goodbye. Andi with her ninja skills, grabbed another quesadilla for me and we rushed out into the starry starry night.

*Wake, butterfly  
It's late -  
We've miles to go together  
~Matsuo Basho~*

Like the trained professional doula that she is, Andi talked me through the final stages of delivery. We chit chatted about the indomitable spirits of our grandmothers who had similar stories. Mine had just been in a car wreck with serious injuries and was currently at Memphis Regional Trauma. At that time she couldn't move her left side due to a broken neck and collarbone and collapsed lung. Message heard loud and clear- never take for granted the ability to walk, run, and dance.

At a pee break Andi encouraged me to turn off my headlamp and take a moment to admire the night sky. Van Gogh's famous painting unfolded as we turned off our lights and our eyes adjusted to the dark. I reached my arm into the sky and pointed at my favorite constellation. Are you still there Orion? It's me again. I can't wait until I deliver this race at the finish line.

Hallucinations? Close encounters of the third kind? Pink Floyd laser light show? Nope, it was a party on top of Hickory Nut Mountain Overlook complete with a disco ball and rock 'n' roll blasting. The perfect send off to begin our final descent. The party mood quickly dissipated as I fought an infuriating battle in the dark against the mud and rock slide on a steep decline. We were moving at a snail's pace because I didn't trust my exhausted and weak legs as they were slipping, sliding, and sinking down the mountain. Andi periodically called out to me to watch my footing and used her knuckle lights to illuminate dangerous spots. LOViT was a stubborn baby, but it was time to evacuate the premises.

So close yet so far away. Why do the final miles seemed to stretch for an eternity? As we came out to where the FSR met paved road, there was my tireless crew. Lisa and Lorena blasted music loud enough to wake the dead, but it was just what I needed. I picked up my pace to a shuffle knowing that I was a mile from the finish. Time to “Ah, push it, push it real good. Ooh baby, baby, baby baby.” The final push sent me into the Mountain Harbor East Cove Pavilion where the tireless Dr. Dustin, I mean RD Dustin was waiting to catch the baby and put a medal on it, meanwhile Nicholas with ArkRuns caught it on video. My Run LOViT 100k finish was born at 12:45am on February 22nd after 18 hours and 45 minutes of labor.

### Recovery

*Two bowls of veggie quinoa soup.  
Hot shower to wash away the grime.  
Skin Sake for chafing.  
Pajamas.  
Compression recovery socks (Lisa wrestling those things onto my legs- the struggle is real).  
Fire in the fireplace.  
Blanket.  
Cold beer.  
Almonds.  
Girl talk.*

Does it get any better than this? Life was darn near perfect.

# Labour of LOViT: Giving Birth to my First 100k (Continued)

## Postpartum Blues

The next day my feet felt like they were pounded with a meat tenderizer and my ankles were beat to hell, and I only had four hours of restless sleep. My mental and emotional state was still buzzing from finishing the race, but the feeling didn't last. Three days later I slowly started to come off of the race high. I wanted to devour everything in sight and felt moody and emotional. I was having a hard time getting motivated to run. All I wanted to do was veg out in my bed. I finally ventured out for an easy short run, but the only real cure for post race blues is to sign up for another race.

Hmmm... A little birdie told me that the Run LOViT 100 miler cut-off time would be extended to 34 hours next year...

~Photos graciously provided by Arkansas Outside~



# LOViT 100Mi/100K RESULTS

## 100M Results

	Name	City	Sex	Time
1	Max Frumes	Brooklyn, NY	M	23:19:42
	Justin Walker	Tulsa, OK	M	25:11:00
3	Paul Schoenlaub	St. Joseph, MO	M	26:22:02
4	Noah Churchill	Manila	M	27:55:47
5	Jason Armitage	Hot Springs	M	31:02:55
6	Jeremy Day	Magnolia	M	32:59:30
7	Elizabeth Kimble	Fort Smith	F	34:21:00
	Laura Range	St. Louis, MO	F	DNF
	Jim Sweatt	N. Little Rock	M	DNF
	Rene Villalobos	Fort Worth, TX	M	DNF
	Tyler Wilkerson	Russellville	M	DNF
	Randy Windle	Hot Springs	M	DNF
	Ian Zurn	Crystal Lake, IL	M	DNF

## 100K Results (2014-2015 UTS Race #10)

	Name	City	Sex	Time
1	Podog Vogler	Russellville	M	10:48:45
2	Stan Ferguson	Maunelle	M	11:24:10
3	Wes Ritner	Columbia, SC	M	12:59:26
4	Gia Madole	Hannah, OK	F	12:59:27
5	Stacey Shaver-Matson	N. Little Rock	F	13:41:10
6	Chris Brady	Bedford, TX	F	13:46:45
7	George Peterka	Hot Springs	M	14:23:42
8	Kurt Hausen	Hot Springs	M	14:33:41
9	Amy Kennigan	Downers Grove, IL	F	14:38:21
10	Michael Westbrooks	Richardson, TX	M	14:48:57
11	Deb Baker	Little Rock	F	15:32:25
12	Kinny Riley	Nabelvale	F	16:41:23
13	Rachel Herrera	Houston, TX	F	17:29:24
14	Johnny Eagles	Little Rock	M	18:04:19
15	Cliff Fennen	N. Little Rock	M	18:11:24
17	Dat Le	Dallas, TX	M	18:31:52
18	Yoneko Johnson	Benton	F	18:45:58
	Joshua Bornhorst	Little Rock	M	DNF
	Beth Collins	Richardson, TX	F	DNF
	Bill Elmore	Little Rock	M	DNF
	Danari Fowlkes	Memphis, TN	M	DNF
	Ben Schenck	Springfield, MO	M	DNF
	Carnie Tracy	Richardson, TX	F	DNF

# Ouachita Trail Switchbacks (OTS) 25K/50K, January 17, 2015

By Cliff Ferren

The OTS is a developing race. I believe this is its second year, and it has that atmosphere. Information and organization were a bit limited, but the aid stations were good. I like the course very much and I hope to run it again. Since it's a "fun run", toss a few bucks in the coffee can to help with expenses.

It is a long drive out to the wilderness of eastern Oklahoma from Little Rock, about 3 hours per Google Maps. With an 8 am start, that meant getting up early for the drive out. I rode with Chris Baldwin and Stacy Warren. Chris drove, for which I was very grateful, and I rode shotgun. Stacy slept in the back seat, missing out on the highly intellectual discussions between Chris and me.

Everyone was wide awake in Mena when we made a pit stop for some pre-race fuel. From Mena, it was only a short drive to the wilderness where the race was held. Most people may think Oklahoma is flat. However, the 1st leg of the race goes up Winding Stair Mountain, where you find maybe 30 switchbacks, hence the name: OT Switchbacks. This is near the western end of the Ouachita Trail which runs all the way back to Pinnacle Mountain in Arkansas.

There were a lot of AURA members there including Po Dog, Stan Ferguson, Kimmy Riley and others, but Chris, Stacy, Stacey Shaver, Tina Ho and I started the race together and ran in a very loose knit group up the mountain, which was the turnaround for the western part of the course. We had kept a relaxed pace to that point, but since Stacey was planning to also run the 2nd half to complete the 50K, she shot out of the aid station in a hurry to get back down the mountain. I hadn't committed to the full 50K at that point, but I also picked up the pace. Meanwhile, the other members of our group decided that 25K was enough for the day and enjoyed an easy paced return.

I followed Stacey back down the mountain, both of us making good progress, but the pace was a little more than I could maintain, so we parted ways. When I finally got back to the start, I was assured that if I continued with the 50K course, I could catch a ride back at the eastern turnaround if I had had enough at that point. Onward I went up the next mountain.

As I struggled up the mountain, I was thinking that this would be an awfully long, hard 8 miles to get to that turnaround! Apparently the switchbacks were mostly used up on Winding Stair Mountain, not leaving many for the eastern part of the course. Fortunately, once I got to the top of the mountain, that was the worst of it. I ran on a ridge, then went down the other side, waded a creek to the turnaround aid station and headed back. I made it back just as it was getting dark and collected my 50K sticker, which served as a finisher medal. Stacey Shaver and Tina had already left for home, but Chris and Stacy were patiently waiting for me. We didn't hang around long either; hearing the call of McDonalds back in Mena.

All in all, it was a beautiful winter day in the woods, on a course that reminded me a little of Athens-Big Fork. It's longer, but doesn't have the same level of difficulty as ABF.

~Photos by Tina Ho~



**A Thank You/Farewell Letter  
(Farewell for Two Years, That Is)  
Erich Washausen**

I'm writing this letter as both a goodbye and as a show of my gratitude. It is goodbye as I'm spending the next two years in the South American country of Paraguay. About a year ago I applied for service in the Peace Corps, and this is the country where I was chosen to go. I am set to leave on March 1<sup>st</sup> and the date of my return to the United States is set for May of 2017. I am extremely humbled and happy for this opportunity.

More than saying goodbye, I wanted to use this letter to thank everyone in AURA I have come across these past few years. I mean it when I say out of anywhere I've been I have never come across a more helpful, friendly, and inspirational group of runners (or just group of people in general). I can't tell you enough how thankful I am for the advice, as well as the comradery, I have received. This advice and inspiration has been invaluable in preparing for my future ultra running goals.

I have had a positive experience at literally every AURA race and event I have been a part of, but I have to say the tipping point of positivity had to be this latest Arkansas Traveller 100. Volunteering at Pumpkin Patch aid station and pacing in this race was such an overwhelmingly good experience for me that it sealed my decision to come back after two years and be a part of it and other AURA events.

As for my next two years in Paraguay, I hope to update you with my running adventures. I have been scoping out some running to do in the Patagonia region, as well as elsewhere in South America. Feel free to message me on Facebook or by email at [ewashausen11@gmail.com](mailto:ewashausen11@gmail.com). I can't promise internet connection will always be great for me, so feel free to reach me by old-fashioned snail mail as well. My Paraguayan address is:

Erich Washausen, PCV  
Cuerpo de Paz  
162 Chaco Boreal c/Mcal. Lopez  
Asuncion 1580, Paraguay  
South America

Best of luck with training and preparation for whatever you are working on and whatever your goals may be, and have a great time running. I will see everyone when I'm back in the United States, and talk to you before then!

Take Care,  
Erich Washausen



# STYX N' STONES RESULTS

(Race Report will Follow Next Month)

Big thanks to the Denherder Family from all of us for putting on such a terrific race in such bad conditions!

**30K (2014-2015 UT S Race #11)**  
Shortened to 16 miles due to high water in creek

Name	City	Sex	Age	Time
1 Matt Clay	Fayetteville	M	36	2:13
2 David Joseph	Fayetteville	M	23	2:13:16
3 Rowdy Gains	Fayetteville	M	22	2:20
4 Stan Ferguson	Maumelle	M	51	2:20:15
5 Podog Vogler	Russellville	M	48	2:21:27
6 Grayson Greer	Little Rock	M	30	2:22
7 Tommy Griffin	Mountainburg	M	31	2:26
8 Aaron Dickens	Van Buren	M	33	2:28:50
9 Tyler Wilkerson	Russellville	M	26	2:29
10 Daniel Arnold	Benton	M	29	2:30
11 Tim Drexler	Edwardsville, IL	M	24	2:32
12 Joshua Scharrer	Fort Smith	M	41	2:35
13 Brian Waller	Little Rock	M	30	2:36
14 William Landreth	Fayetteville	M	29	2:43
15 Blu Cloud	Vian, OK	M	34	2:46
16 Isaac Harnoskie	Vian, OK	M	32	2:50
17 Kurt Hauser	Hot Springs	M	50	2:52
18 Deb Baker	Little Rock	F	52	2:52
19 Brett Nguyen	Fort Smith	M	46	2:54
20 Jim Tadel	Monticello	M	58	2:55
21 Stacey Shaver	N. Little Rock	F	42	2:55:30
22 Alan Hamlicutt	Berryville	M	61	2:56
23 Katherine Seyward	Little Rock	F	2:56	
24 Joshua Bornhorst	Little Rock	M	40	2:57
25 Robert Misener	Hot Springs	M	44	3:04
26 Kevin Robbins	Mountainburg	M	38	3:04
27 Joshua Aderson	Little Rock	M	25	3:10
28 Doyle Wilson	Coweta, OK	M	53	3:17
29 Chad Yocum	Hot Springs	M	40	3:17
30 Phil Brown	Little Rock	M	48	3:22
31 Abe Nutt	Bella Vista	M	45	3:25
32 Shelly Chronister	Sapulpa	F	53	3:29
33 Austin Mader	Little Rock	F	25	3:29
34 George Peterka	Hot Springs	M	55	3:30
35 Bill Elmore	Little Rock	M	55	3:34
36 Dave Hochstedler	Hot Springs	M	58	3:35
37 Shaun Penny	Springdale	M	36	3:35
38 Brandon Boyer	Springdale	M	26	3:38
39 Ashley Onwill	Little Rock	F	43	3:39
40 George McDonald	N. Little Rock	M	62	3:39
41 Sarah Losh	Siloam Springs	F	41	3:40
42 Shaun Swearingen	Springdale	M	33	3:40
43 Kim Johnson	Harrison	F	46	3:45
44 Chrissy Ferguson	Maumelle	F	54	4:01:32
45 Misty Brown	Little Rock	F	38	4:02
46 Johnny Eagles	Little Rock	M	63	4:09

**15K**

Name	City	Sex	Age	Time
1 Carson Miller	Dover	M	19	1:13
2 Houston Franks	Starkville, MS	M	40	1:18:30
3 Steven Nimmo	Fayetteville	M	1:33	
4 Samantha Pruitt	Little Rock	F	27	1:39
5 Matt Kaczor	Maumelle	M	35	1:51
6 Balleo Wilkerson	Russellville	F	24	1:55
7 Brian Cochran	Fayetteville	M	44	2:00
8 Derrick Hendrix	Little Rock	M	43	2:00
9 Nick Wesolowski	Hot Springs	M	19	2:02
10 Max Cantrell	Springfield, MO	M	34	2:06
11 Jeff Thostenson	Little Rock	M	37	2:06:30
12 John Hansen	Bentonville	M	39	2:09
13 Rob Adair	Rogers	M	45	2:10
14 David Moroney	Little Rock	M	44	2:11
15 Justin Bland	Fayetteville	M	33	2:14
16 David Hernandez	Springdale	M	20	2:14
17 Jeff Hoffman	Oklahoma City, OK	M	30	2:14
18 Mark Black	Springdale	M	36	2:14
19 Tisha Doen	Little Rock	F	52	2:15
20 Kurstie Mesolowski	Hot Springs	F	18	2:16
21 William Bergen	Fort Smith	M	47	2:25
22 Tamey Fate	Oklahoma City	F	34	2:26
23 Emily Zimmermann	St. Louis, MO	F	31	2:27
24 Jessalyn Halsted	Springdale	F	28	2:31
25 Megan Cantrell	Springfield, MO	F	35	2:32
26 Audrey Speak	Saint Louis, MO	F	30	2:36
27 Rick Bushmaier	Springdale	M	36	2:47
28 Rodney Abshier	Springdale	M	45	2:47
29 Kevin King	Fayetteville	M	47	2:47
30 Brant Bishop	Springdale	M	31	2:47
31 Michelle Elkin	St. Louis, MO	F	28	2:48:50
32 Dan Belanger	Little Rock	M	71	2:55
33 Anthony Potts	Van Buren	M	36	2:56
34 Tracey Meath	Goodman, MO	F	47	2:58
35 Melissa Martin	Conway	F	50	3:03
36 Lori Dather	Conway	F	49	3:03
37 Rebecca McGraw	Conway	F	46	3:08
38 Lorena Moody	Benton	F	53	3:08
39 Charles Redditt	Conway	M	46	3:08
40 Andi Stracner	N. Little Rock	F	41	3:08
41 Maegan Cochran	Maumelle	F	23	3:08
42 Yoneko Johnson	Benton	F	38	3:09
43 Lisa Stuart	Benton	F	43	3:09
44 Emily Gabbard	Conway	F	42	3:10
45 Deb Baldrige	Mabelvale	F	50	3:10

**Other Distances**

Name	City	Sex	Age	Time	Distance
1 Julie Zeller	Bentonville	F	42	2:10	15k minus the loop
2 Shannon Hampton	Bentonville	M	42	2:27	30k minus 1 mile
3 Kim Brass	Little Rock	M	52	2:56	Unknown distance
4 Doug Brass	Little Rock	F	52	2:56	Unknown distance

Contact George for corrections

## **Missing Lottery Winner**

Well, he isn't missing but his name was missing from last months newsletter. My apologies to our fellow member & Swamp Stomper RD, **James Holland** for failing to include his name in the list of lottery winners. He won a spot and will be joining George Peterka, Stan Ferguson, & Paul Scheonlaub at Hardrock. CONGRATULATIONS!!! I have great admiration of you all!!!

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### **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.