

THE ARKANSAS ULTRA RUNNER

September 2015

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE:runarkansas.com

Message From President George Peterka

First I wish to thank Tom Aspel for putting on the Mt Nebo Trail Run. It was gorgeous day. Warm of course but not intolerably hot. We had about 130 participants. Mt. Nebo is a great place to run. It has a little of everything. Great views can be seen from the start and from 2 overlooks at the south and north ends of the mountain. The race begins with a flat asphalt portion looping around the top of the mountain. A steep rocky downhill trail takes you to a nice easily run-able bench trail that circles the mountain in thick old growth forest. Then comes a long downhill on steep asphalt switchbacks. The race finishes up with a 2 mile steep climb on the same asphalt switchbacks back to the top of the mountain. There are showers and a swimming pool at the finish line. And of course hamburgers - can't forget those.

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. This will be the last newsletter that you will receive if you do not renew. But it's not just about the newsletter. If you enjoy ultrarunning and feel that what this club does is worthwhile - show your support by being a member.

Otherwise this last month has pretty much focused on preparations for the Traveller. We had the 2 Traveller training runs on Labor Day weekend and I wish to thank Stan and Chrissy for putting those on. Most of the club members are involved in the Traveller in some way - running, working, crewing or pacing.

For those who entered the Traveller and have some doubt I have included BS's favorite poem. We have published it before but it's worth repeating.

IT COULDN'T BE DONE

By Edgar A. Guest

Somebody said that it couldn't be done.
But he with a chuckle replied,
that maybe it couldn't but he would be one
who wouldn't say so 'til he'd tried.
So he buckled right in with a trace of a grin
on his face. If he worried, he hid it.
He started to sing as he tackled the thing
that couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
at least, no one ever has done it".
But he took off his coat, and he took off his hat
and the first thing he knew he'd begun it.
With a lift of his chin and a bit of a grin,
without any doubting or quiddit,
he started to sing as he tackled the thing
that couldn't be done, and he did it.

There are thousands to tell you it cannot be done.
There are thousands to prophesy failure.
There are thousands to point out to you one by one
the dangers that wait to assail you.
But just buckle in with a bit of a grin,
take off your coat and go to it.
Just start to sing as you tackle the thing
that "couldn't be done", and you'll do it.

Good Luck to all. May you all finish.

That's all for now. Hope to see everyone at the Traveller.

UPCOMING EVENTS

You Don't Want To Miss Out on the Fun

Come Run The The 5th Annual

Bona Dea 50K

Saturday, November 14, 2015

Russellville, AR

8:00am start

2014 - 2015 AURA Ultra Trail Series Event



Introduction:

Ultrarunning made an appearance in the Arkansas River Valley back in the early 1980's with the Arkie 50 (miler), conducted on the Bona Dea Trails in Russellville. Over 25 years later, ultrarunners returned for the first Bona Dea 50K, in 2010. With the flat course and cool weather, many PRs were set over the multi-lap course on hard surface trail. Put it on your calendar for 2014 and come see what you're made of!!

Directions:

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

Details:

The race will utilize a 3.4 mile loop on paved trail: nine complete loops, then a short out and back at the end. An aid station will be available at the completion of each loop. If you have a drop bag for special supplies, it can be left at the aid station. Times will be captured on each lap.

Questions::

Contact Tom (taspel@atu.eduor) Stan (stan@runarkansas.com)

Registration:

If you plan to participate in this event please help us out by registering. Registration is FREE. Advance registration helps race management put on a better and safer run for everyone. Registration closes on Friday, Nov. 13th at 2:00pm. (<http://www.runarkansas.com/BonaDea50K.htm>)

Upcoming Events Continued
Fifth Annual Sunset 6/12/24 Hour Endurance Run
Friday and Saturday November 27 –28, 2015



Location

Sunset Lake, Benton

Times

The **24 hour** run will begin at 7:30 p.m. on Friday, November 27.

The **6 and 12 hour** runs will begin at 7:30 a.m. on Saturday, November 28.

Check-in will be 30 minutes prior to the start time of the event you are running



Course

The course will follow a one mile paved loop around Sunset Lake (The certified distance is 1.015 miles.) There will be lighting on part of the trail loop after dark but it is recommended that the 24 hour runners bring a flashlight or headlamp unless they are comfortable running in the dark.

Entry Fee

None – Donations will be gladly accepted to help offset costs. Although there is no entry fee, advance registration is strongly encouraged so that we will have some idea of the number of people to prepare for. That will make it easier for the volunteers, especially Saturday morning since the 24 hour race will be going on during check-in. Granted, if you pre-register and do not come, you will be out the entry fee, but since the fee is \$0 you are only out the two minutes it takes to pre-register! We encourage online registration which will actually be faster and better than using the form, but we have the form available for those still living in the 20th Century! 😊 This form may be submitted by e-mail. There will be a waiver for all participants to sign on race day.

Directions

Coming from Little Rock and points farther north and east away, take westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge, turn right and go down to the frontage road. Turn left on the frontage road and go just over 3/10 mile west. You will pass Holland Chapel Church and the Saline County Fairgrounds. Turn left on Fairfield Street which is just past the fairgrounds. You will pass the National Guard Armory on your right and then you will see Sunset Lake on your right.

From eastbound I-30, take the Sevier Street exit (Exit 116). Bear left on the frontage road. Turn right onto Fairfield Street which will be the first right after you enter the frontage road. Stay on Fairfield Street to Sunset Lake.

Link for registrations and more information: http://salinecountystriders.com/?page_id=81

Important Information on Sylamore 50k

AURA Members - The 2016 Sylamore 25 and 50 k is scheduled for February 20th. Registration opens November 1st, 2015 at 1:00 p.m. CST. In years past the race fills up in a matter of minutes. So...if you are planning on entering the 2016 Sylamore, be on your computer and ready at 1:00 p.m .November 1st.

<http://www.sylamore50k.com/default.aspx>

See you up there,
Charley and Lou Peyton



Pikes Peak Race Report

Zebulon's Calling

by George McDonald



In 1976 Max Hooper went to Manitou Springs, stayed at the Silver Saddle Motel and ran the Pikes Peak Marathon. He developed a following and soon the Arkansas Pikes Peak Society was born. Its sole purpose was to encourage and train Arkansans for the ascent and marathon races. In the early years, before the internet, we would receive a letter with a picture of a mountain and a lightning bolt on it. The lead line would be *Zebulon's calling*, (a reference to LT. Zebulon Pike, who is said to have discovered the mountain). The letter would infuse excitement as we read when our kickoff meeting was scheduled. We would make phone calls to running friends to get them to join us. We would talk about the race and potential travel plans.

In the early 90's we had the option of chartered buses; at times 3 buses were needed as we had over 200 Arkansans making the trek. We received a training book with training routes and a calendar of which routes, and when we would be running; routes with names like *Arthur's Revenge*, *Gulpha Gorge* and *Mini Queen* come to mind. Now we get e-mails or Facebook notices, but the routes remain and we still work to collect new members to train for the races. 2015 was the 60th anniversary and I wanted the anniversary jacket. In years past you could sign up well into July, but now the registration is online and fill up in 2 days or less.

The Silver Saddle is still the headquarters for the society. On Friday afternoon we all met for our race shirts and a group picture. This year's edition had our names printed on the back of the shirt! We crossed the road to get our group picture made. The same hill has served us well over the years, but we still have problems herding the runners together for a picture!!

Saturday, I'm up before dawn to see my friends start their day. This was ascent race day. The runners race to the top of Pikes Peak and are shuttled back down to town. In 2005, 8 inches of sleet and snow fell on the ascent runners and they had to get the snow plows out. Some people were on the mountain for hours before they could get back down. Some of my friends said folks were stacked like cord wood in the gift shop. There was nowhere to stand and wait for the shuttles, the temperature was near freezing and runners had no warm clothes to put on, just solar blankets. I hope we don't repeat that Sunday! This morning the temperature was 69 degrees. They said the temperature was in the 50's above 11,000 feet. We prefer the low 40's, so it would be a warm day for the runners. It was exciting. There was also the realization that tomorrow I would be toeing the line. Before the start we gathered for a group photo under the starting line banner and called the Hogs. *It seems to entertain the crowd.* After that we wished "good luck" to our ascent runner friends and the veterans gave advice to the first timers as they lined up. This year they instituted a wave start and it worked well. As the runners disappeared up the street, the rest of us went back to our rooms to rest and await the return of our friends, ready to hear the conditions of the trail and how their race went. Race day is always exciting!

Sunday – and I was up before dawn, again, and ready for a great race! I arrived at the starting line and visited with my fellow Arkansans as we waited for our opportunity to get our group picture at the starting line banner with *the Peak* in the background. Afterwards we called the Hogs. I got my picture made with Arlene Pieper, who was the first woman marathoner to run the Pikes Peak Marathon in 1959 - before all the uproar at Boston in 1967 about women running marathons. I also had a picture made with Steve Gachupin, who is a 6-time winner of the Pikes Peak Marathon. The marathon also had a wave start for the first time this year and it worked very well and eliminated the bottleneaking on the trail. The first mile was on pavement and is the only place most of us run since the elevation gets really steep near the cog railway station. As I worked my way up Mount Manitou I caught up to Mallory Harvey from Denver. We began to work together to get to the top. This was her first marathon as she did the ascent last year. We worked our way through the aid stations well below the cutoff times and spent little time getting in and out. The clouds were building and I didn't want to be in the storms that were predicted for the afternoon. The plus side was the temperature was cooler than what the ascent runners had Saturday.

As we worked our way past A-Frame, we were above 11,000 feet and tree-line. Since there are no trees, there is also very little oxygen!! We also began dodging the downhill runners who were already on their way back to the finish. We continued a steady pace, but with about a mile to go to the top my left shoe came untied. While trying to shake some rocks out of my shoe, my leg cramped and put me in some real pain, unable to get my shoe back on. After hopping around and some rearranging of my leg and foot, the cramp eased up and I was able to get my shoe back on and tied. I sure didn't want to repeat that hopping around on the edge of a trail with a steep drop-off!

After reaching the *16 golden stairs* which is really 32 switchbacks, I was only a third of a mile from the top. It also began to sprinkle. The one thing about rain on mountains is it can get worse in a hurry. I needed to get off this mountain top! I made the top in 5 hours and 40 minutes, over an hour before cutoff. I heard on a rescue radio that there was lightning in the W's which was near the tree-line, so a quick turn and down I went. I soon caught back up to Mallory below the *16 golden stairs*. I said we needed to get below tree-line, as we don't want to become lightning rods! We made A-Frame in an hour and were below the tree line. We kept a steady pace down through Barr Camp and reached No Name Creek with 4 miles to go and plenty of time left. The next 3 miles were steep and painful as my quads were tightening up. The transition from trail to the street was tough, but I knew we had less than a mile to go. My ascent friends from Arkansas were near the finish to cheer us on as we made the turn to the finish line in 9 hours and 10 minutes. Finished! We did well and after receiving our medals it was time to collect our finisher jackets. I'm glad it's over. After cleaning up and some recovery time, it was time for prime rib!! See ya on the roads!!



Many photos provided by AO - Have you subscribed to their newsletter yet?



The Race For The Ages – My Rock Star Weekend
September 3rd,4th, 5th, 6th and 7th---Manchester Tennessee
Charley and Lou Peyton

Charley's Account- I have started and stopped this article several times because trying to put this event into words is difficult. I think that in order to do it justice you must start with the Race Director, Gary Cantrell. I do not propose to know him although I have been around him at a couple of his races such as the Barkley and the Strollin' Jim 40. He entered the first Arkansas Traveller and wrote the race write up for Ultra Running magazine that year. He is a very witty, insightful writer for Ultra Running and due to his mischievous personality has a very devoted following among ultra-runners. His background in ultra-running are the events of the 70's and 80's. This includes ultra-distance road races, 24, 48 hour tracks runs and multi day track event where the object is to cover as many miles as you can in a given time. There is at least one book written about his races and I expect someday there will be a book written about him.

When Lou received an email from him months ago that said he wanted to have a multi day track event and get all the old time runners together again. A reunion of sorts. I thought to myself," here we go again, another Cantrell special. I can't wait."

As time passed, I began to hear more details. The format was unique. The race would end at 6:00 p.m. on Monday, Labor Day. Runners would start according to their age. For instance, Lou is 71; her start time was 7:00 p.m. Friday. She could run for 71 hours. The oldest runner there was 84 and got to run 84 hours. Gary's reasoning was that this would level the playing field for the seniors competing against the younger set.

So on Thursday September 3rd, were off for the city park in Manchester, Tennessee, which is about 60 miles South of Nashville. Arriving mid afternoon, we set up camp near the racecourse which was a one mile loop. The runners would be timed using chip timing mats that were placed at several points on the loop. The event would center around what appeared to be an old gymnasium where the restrooms, and dining area were located. A portion of it was sectioned off for the older runners to cool off, sleep, rest or just take a break if need be. Every six hours meals would be served.

The AURA would be well represented. In addition to Lou, we had Pete Ireland, Don Preston, Mike Samuelson and Jesse Dale Riley. Arkansas native, David Horton was also entered. David had not run since 2009 due to a knee replacement. Cantrell was most eager to see Jesse Dale at the race because of his past ultra exploits.

Lou's Account--Where does one begin to write about the best weekend of their life? When I first heard about this race it had some appeal to me once I realized it was not on a school track. A one mile loop sounded doable as I had experienced one before at Leland, Mississippi. It's funny that numerous runners from that race at Deer Creek Park, Leland, Ms. (about 1986) were at this race, including the race director, Gary Cantrell.

I asked for advice from two of my fellow runner friends, Suzi Cope, and Pat Torvestad. I knew that they would give me good advice. All of my training fell into place in the months prior to the race. I, first wanted to arrive with no injuries, no hurts, even if undertrained. I felt like I was ready for a 5K race not a 71 hour event but I was happy to be there and ready to see what was ahead as the race developed.

My goal was to run 99 miles. Yes, 99 Miles. (My 99 miles reasoning-In 1996 I was running the Leadville 100. Coming down Hope Pass there was lightning all around. But my concern was not on the lightning but the drag I was feeling in my left leg. The same leg that I had had femoral artery replacement in 1990. I made a promise to God that if I got off this mountain without injuring myself, I would never run another 100 miler.)

The temperature was HOT, too hot for me. Daytime temp. Was in the 90's and full sun most of the day (all three days). The adventure started with the catered meal at 6pm on Friday. Delicious food, not overwhelming but certainly adequate and tasty. Immediately following the first meal it was time for me to start with 4 other runners at 7pm Friday. I ran out of the start but immediately walked the first loop to let the food settle and for me to see the loop. I used a Gymboss timer to run 1 min, walk 3 min. and repeat over and over. This worked fine but I realized I would be running the small inclines and walking the flat or downhill portion so after the first night I decided to just run on the downhill portions and walk the ups. That worked even better and Saturday morning dawned with 35 miles in the bank. Also, Sat. morning when the sun came up I realized something else. I cannot go in this heat and sunshine even wearing white long sleeve shirt, scarf under my visor. I was getting too hot. My next change of plans was that I would have to run all night every night and rest during the day. I could not sleep more than 15 min. but I could lie there and totally rest and that was the way I ran. Saturday night thru Sunday sunrise I got another 40 miles. An interesting encounter happened sometime Saturday. David Horton had started his run and we paced together for a while. He asked me my goal and I told him my goal was to run 99 miles and then the reasoning behind it. David told me that entering a 100 miler and running a multi day event were not the same. "You need to do 100 miles", he insisted. So my goal changed. 100 miles and no more. I put body glide on my feet several times. I did not get a blister or a hot spot the entire time. I also completely changed clothes about 6 times. I changed shoes one time and decided to go back to the first pair because they were new (a week old) and more cushioned. A good choice for me. Sunday evening I went back on the loop about 5:00 p.m. needing 25 miles to complete my goal of a 100 miles. About midnight I completed it. I still had 18 hours to compete but I knew it was time to retire.

Runners on the course- This is the highlight of the entire event. I was approx... The 17th runner to start the race (start by age). I saw on the leader board that I was between 14th and 17th, which didn't mean much to me, but I did take note. I certainly don't know the new runners of today so I didn't know the leaders but I was interested in who they were, male and female. Unless they were vying for winning most runners were very friendly and chatted away the miles. Runners that I have not seen since 1986, Ray Krolewicz, but some more recent, Don Winkley, Matt Mahoney, Bill Heldenrand, Jim Barnes, Doyle Carpenter (the Tennessee Plowboy) who was and is a rock star to me was there with his family in total support of his effort. I was in runner's heaven. I warned Charley before going that I planned to have a good time. I planned to laugh and enjoy the event. I didn't want to have to act subdued, refined, and ladylike. I wanted to have a good time. Who knows when it is your last! I had the time of my life. It was the best weekend of my life. . I was in Rock Star Heaven and I didn't want it to end. I ran and talked with Ann Trason and she asked me questions, "are you kidding"! My last night there, someone came up on my right, stuck out his hand, said, "I'm Tom Possert". Well I knew that I had died and gone to heaven. We ran about 4 miles together, chatting about his life mostly

and I wanted to know everything he said. I only wish I could remember all that I heard there for the three nights I ran.

I ran with *David Horton who has always been on the top of my list of runners. David has helped me and so many people through the years to know more about ultra-running. Seeing **Dennis Herr back for this event with his beautiful, wonderful, friend Ava was the most inspiring part of the race. Dennis actually improved in ability as the race progressed. I got to overhear his conversation with Ava in the gym as he was begging to go further than he first planned. It was so precious to hear this conversation. I let them know that I was listening and I threw in my 2 cents worth which was for him to listen to Ava. Dennis wanted to go out and run in the heat and she was telling him he should wait for the sun to go down.

I am not mentioning so many, many runners that I visited with and had such quality time with i.e. Ed Furtaw, Fred Pilon, Stu Gleman, Dewayne Satterfield, Lorna Michael, Harry Strohm, Robert Andrulis, Leonard Martin, Gary Cantrell, Dan Baglione, Ed Demoney, Rich Limacher. I am leaving people out who were so important to me during this event and that I had not seen in 20 years. The experience far surpassed anything I had hoped for. Race for the Ages was the best event of my life. I am so blessed.

Male winner – Joe Fejes, 49, 200 miles

Female “ - Liz Bauer, 56, 164 miles

AURA Members

Pete Ireland, 75, 107 miles

Don Preston, 60, 100 miles

Jesse Dale Riley, 52, 100 miles

Lou Peyton, 71, 100 miles

Mike Samuelson, 45, 67 miles

*David Horton, 65, 50K

**Dennis Herr, 68, 100 miles (Suffered a Severe head injury in a bicycle accident several years ago.)



Mt. Nebo

Race Results

Place	Name▼	Age▼	Sex▼	City▼	Time
1	Kaitlin Bounds	23	F	Russellville	1:44:36
2	Jon Bitler	44	M	Fayetteville	1:45:21
3	Tommy Griffin	32	M	Mountainburg	1:49:11
4	Stan Ferguson	51	M	Maumelle	1:51:04
5	Paul Turner	52	M	Conway	1:52:28
6	Allison Jumper	40	F	Fayetteville	1:53:20
7	Jeffrey Zern	27	M	Little Rock	1:54:10
8	Daniel Arnold	30	M	Benton	1:56:17
9	Matt Pickered	30	M		1:57:54
10	Lance Biggers	33	M	Little Rock	1:59:36
11	Tiffany Gaulke	31	F	Fayetteville	1:59:43
12	David Joseph	24	M	Fayetteville	2:01:42
13	Jeffrey Grove	31	M	Little Rock	2:04:53
14	Timothy Via	43	M	Dardanelle	2:05:28
15	Jeremy Pate	38	M	Fayetteville	2:06:27
16	David Partridge	54	M	Nebo	2:10:00
17	Alan Hunnicutt	61	M	Berryville	2:10:57
18	Bryan Kilgo	38	M	Little Rock	2:13:07
19	Cliff Ferren	59	M	N. Little Rock	2:14:34
20	Eric Baker	48	M	Bryant	2:15:09
21	Gregory Miligan	38	M		2:15:41
22	Jim Tadel	59	M	Monticello	2:16:29
23	PoDog Vogler	49	M	Russellville	2:17:14
24	Greg Eason	40	M	Conway	2:18:36
25	Robert Misener	44	M	Hot Springs	2:18:39
26	Brett Nguyen	46	M	Ft. Smith	2:19:18
27	Ben Mansur	43	M	Little Rock	2:23:18
28	Rich Brown	53	M	Searcy	2:23:31
29	Nicole Hobbs	30	F	Little Rock	2:23:43
30	Dave Hochstedler	58	M	Hot Springs	2:24:56
31	Jeff Thostenson	38	M	Little Rock	2:25:36
32	Corbett Sanders	44	M	Hot Springs	2:26:09
33	Steve Griffin	57	M	Addison, TX	2:27:09
34	Kelly O'Meara	63	M	Fayetteville	2:27:44
35	John Conn	48	M	Little Rock	2:28:31
36	Randy Allen	49	M	Russellville	2:29:12
	Jan Alderson	48	F	Appleton	2:29:12
38	Kevin Robbins	38	M	Mountainburg	2:29:29
39	Austin Mader	25	F	Little Rock	2:30:10
40	George Peterka	55	M	Hot Springs	2:30:35
41	Anthony Turner	36	M	Van Buren	2:32:54
42	Peter Tanguay	58	M	Conway	2:33:12
43	Chrissy Ferguson	54	F	Maumelle	2:37:43
44	Cliff Li	43	M	Maumelle	2:39:56
	Shelley Sparks	43	F	Farmerville, LA	2:39:56
46	Don Matt	63	M	Berryville	2:40:50
47	Melissa Martin	51	F	Little Rock	2:41:54
48	Bill Elmore	56	M	Little Rock	2:42:02
49	Kurt Hauser	50	M	Hot Springs	2:42:20
50	Tina Mitchell	42	F	N. Little Rock	2:42:22
51	Michael Roys	54	M	Russellville	2:43:56
52	Steve Hurn	61	M		2:45:17
53	Katie Liermann	45	F	Little Rock	2:46:06

54	Jannetta Carney	46	F	Russellville	2:46:24
55	Sam Bloodworth	47	M	Russellville	2:46:25
56	Denise Thrower	50	F	Little Rock	2:46:31
	Melanie Baden	46	F	Little Rock	2:46:31
58	Deidre Luker	31	F	Russellville	2:48:05
59	Angela Stewart	34	F	Fayetteville	2:48:27
60	Ashley O'Neill	43	F	Little Rock	2:48:42
	Karen Hayes	61	F	N. Little Rock	2:48:42
62	Elizabeth Beagle	35	F	Russellville	2:48:56
63	Vanessa Revis	30	F		2:49:10
64	Joseph Evans	35	M	Russellville	2:50:57
65	Jason Luker	32	M	Russellville	2:52:22
66	Rose Green	46	F	Paris	2:53:00
67	Earl Simpson	67	M	Conway	2:56:13
	Mira Evans	42	F	Conway	2:56:13
69	Stephanie Maricle	27	F	Little Rock	2:56:46
	Missy Ezel	42	F	Bauxite	2:56:46
	Laura Babbitt	39	F	Bryant	2:56:46
72	Chris Bariola	38	M	Maumelle	3:00:09
73	Joe Milligan	65	M	Maumelle	3:06:43
74	Charlie Redditt	49	M	Conway	3:07:28
	Charity Shaw	37	F	Hot Springs	3:07:28
76	Kim Johnson	46	F	Harrison	3:07:34
77	Sandy Ahne	53	F	Conway	3:09:30
	Brent Ahne	44	M	Conway	3:09:30
79	Jesse White	31	M	Conway	3:09:35
80	Dawn Bradley	43	F		3:09:51
	Johnny Eagles	63	M	Little Rock	3:09:51
82	Michael Harmon	49	M	Little Rock	3:11:16
83	Adrienne Shelton	50	F	Russellville	3:11:21
	Bill Sky	48	M	Dardanelle	3:11:21
85	Chad Meli	42	M	Heber Springs	3:12:00
86	Sherry Rogers	54	F	Memphis, TN	3:12:29
87	Lisa Gunnoe	49	F	Judsonia	3:18:02
88	Cory Adams	35	M	Southaven, MS	3:18:34
89	Brandon Hampton	33	M	Dover	3:19:08
90	Carrie Dupriest	58	F	Little Rock	3:20:39
	Rhonda Ferguson	60	F	Little Rock	3:20:39
92	Wesley Leach	60	M	Oppelo	3:25:47
93	Thaveep Leach	60	F	Oppelo	3:26:27
94	Yoni Johnson	39	F	Benton	3:27:18
95	Lorena Moody	53	F	Benton	3:27:20
96	Josh Drake	46	M	Hot Springs	3:30:27
97	Emily Gabbard	43	F	Conway	3:33:00
98	Deb Baldridge	50	F	Mabelvale	3:33:25
99	Elaine Gimblet	68	F	N. Little Rock	3:34:08
100	Misty Borkowski	44	F	Little Rock	3:36:54
101	Bill Brass	76	M	N. Little Rock	3:38:32
	Roger Williams	73	M	Memphis, TN	3:38:32
103	Justin Shinn	33	M	Pottsville	3:42:44
104	Rebecca McGraw	46	F	Conway	3:43:38
105	Dottie Rea	63	F	Vilonia	3:51:55
106	Ron Gimblet	67	M	N. Little Rock	4:08:35

~Mt Nebo Results Continued~

Other Participants

Place	Name▼	Age▼	Sex▼	City▼	Time	Distance
1	Rick Estep	64	M		1:49:09	10 Miles
2	Tim Tadel	59	M	Russellville	1:57:16	10 Miles
3	Mike Dupriest	59	M	Little Rock	2:02:38	10 Miles
4	Heidi Strock	71	F	Jacksonville	2:11:04	6 Miles
5	Ann Moore	74	F	Little Rock	2:11:05	6 Miles
6	Skip Smith	57	M	Little Rock	2:13:04	10 Miles
7	David Edwards	38	M	Morrilton	2:16:09	10 Miles
8	Lauren Carney	39	F	Little Rock	2:24:09	7.75 Miles
9	Kristin Miller	35	F	Russellville	2:34:05	10 Miles
10	Al Miller	36	M	Russellville	2:34:06	10 Miles
11	Gina Boshears	42	F	Hot Springs	2:40:00	10 Miles
12	William Dobbins	48	M	Little Rock	2:59:04	Bench Trail

Congratulations To All and Big Thanks to All Volunteers

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I hope you all enjoyed this edition of the AURA Newsletter. If you are interested in submitting a race report, whether it be an AURA event, or an out of state race please email me and I will happily add if space is available. Many thanks to all who shared your stories and photos with us for this edition.

mverunnergirl@gmail.com  
~Stacey Shaver-Matson~

## RETREADS

### (Retired Runners Eating Out)

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

The food lineup begins sharply at 11:30am.

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

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

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