



# THE ARKANSAS ULTRA RUNNER

April 2016

THE NEWSLETTER FOR MEMBERS OF THE  
ARKANSAS ULTRA RUNNING ASSOCIATION  
AURA WEBSITE: [runarkansas.com](http://runarkansas.com)

## Message From President George Peterka



I wish to thank Mark Denherder and all his volunteers for putting on the Styx n' Stones race. I missed that one due to a conflict with 3 Days of Syllamo.

We had an AURA club meeting at Pinnacle Mtn. on Saturday March 26th and elected officers for the next year. George Peterka, Deb Baker, and Lisa Gunnoe were re-elected as president, vice-president and secretary. Charley Peyton asked if someone would like to take over as treasurer because he would like to retire. He's been treasurer since he started the AURA in 1989. Stacey Shaver was elected as our new treasurer - for the next 27 years.

I also wish to thank Thomas Chapin for the BBQ waffles at Pinnacle Mountain. They are a legend.

The Ouachita Trail 50K/50M was a success. That was my first race that I ran 12 years ago and continues to be one of my favorites. The course was in real good shape thanks to the following people who helped to clear the Ouachita Trail: Eddie Light, Christophe Block, Chris Baldwin, Ronnie Daniel, Kimberly Stoneman, Terje Stoneman, Bethany Mills, Deb Baker, and George Peterka. More on the OT race in next month's news. I hope the see everyone for the crowning of the AURA UTS Kings and Queens after the Cat Smacker!



### *Mt Magazine Trail Run*

*18 miles +/-*

*May 21, 2016*

*Paris, AR*

**UTS Race #13**

### **Race Directors: Paul Turner & Deb Baker**

Come join us for the 5th Mount Magazine Fun Run. We'll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top.

For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

### **Parking is limited. PLEASE carpool where possible!**

This is a fun run and there are no entry fees but please register so we know how many to prepare for. Contact PT if you have any questions. Food will be provided after the run.

Please carpool if possible, as this will help with parking.

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

(click on link and find the registration at the bottom of the page)

### **Answers to posted questions...**

1. Adult Beverages - If you want to bring your own adult beverages, that is ok; however, please be discrete!
2. There are 2 aid-stations, the first is approx 5.5 miles in and will be water only, the second is approx 10.5 miles in, it will have water/gatorade/snacks.
3. There is no time limit, and if you decide to drop down to 12 versus 18 miles, you can do that at the 2nd aid-station.
4. If you bring food to share, that would be awesome. I will have a couple ice chests there, but limited room in them. If you have an ice chest you are more than welcome to leave it over with the others. There will be plenty of room in the pavilion.
5. VOLUNTEERS are always welcome, if you would like to volunteer, please send me a private message, and we can work out the arrangements. Thanks guys, looking forward to seeing you on top of Arkansas in a couple weeks!!!

## The Catsmacker 2016 Fun Run

Saturday, May 28, 2016  
6:45 Trail briefing, 7:00 am Start  
Lake Sylvia Park



**UTS Fun Run - End of Series Event (No Points)**

**NEW COURSE THIS YEAR**

### Features:

Distance: 21 miles (+/-)

Terrain: Plenty of hills

Surface: Forest roads with some single track and double track

**Also a 12-mile Kitty Run option**

### Queens and Kings of the Trail!

The 2015-2016 Ultra Trail Series awards ceremony will be held after the run. This is a NO-POINTS UTS run. It is the season-closer and basically a celebration of the end of another amazing year in Arkansas ultrarunning. A chance to close out the year with your closest friends.

### To get there:

You should be able to find Williams Junction, AR on most maps; it is approximately 30 miles west of Little Rock on Hwy 10, or 20 miles south of Morrilton on Hwy 9. To get to the race site from Williams Junction, go north on Hwy 10/9 for a mile and a half, then take Hwy 324 and follow for three and a half miles. Turn left into Lake Sylvia Park. If the road turns to gravel you went half mile too far.

No entry fee, no frills. There will be a donation can to help cover expenses.

I think the parking fee at Lake Sylvia is \$3.00

There will be a waiver to sign morning of run.

There will be an unmanned aid station at mile 9.5 (not part of Kitty) and at mile 14 (mile 6 for Kitty).

Please carry a water bottle and any snacks you want. Food at the aid stations will be minimal.

There is a swim area at the finish line for those who want to cool off after the run.

A cook will serve lunch before the awards ceremony.

For more information, contact the race director Chris Block 501-454-1525

### Course Description:

The roads/trails used, in order, for The Catsmacker course

- FSR 152 (from Start at Lake Sylvia Park) turning Right on FSR 132
- FSR 132 staying straight on FSR 94
- FSR 94 turning right on FSR 805
- FSR 805 turning right on HWY 324
- HWY 324 to finish at Lake Sylvia Park
- The Kitty Run course is the same as above with one deviation that is seen on the map. Approximately 3.5 miles into the course the Kitty run incorporates the Ouachita Trail for 1.5 miles and then turns back right onto FR 805.

See Race Website for More Information And Registration Form

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

# 2016 LOViT 100 Mile -

Feb 26, 2016 - by Rusty Harvey

RUNNING IS NOTHING MORE THAN A SERIES OF ARGUMENTS BETWEEN THE PART OF YOUR BRAIN THAT WANTS TO STOP AND THE PART THAT WANTS TO KEEP GOING



Appropriately, the race directors wrote that quote on my race bib. My wife laughed at my quote saying, “they couldn’t have accidentally nailed your personality better!” I have to admit my wife is correct, I like to argue and I like to run. Every runner had a unique quote handwritten on his or her bib. This was one of the many things that makes LOViT a truly special event. At any rate, the LOViT 100 races have become two of the premier ultramarathons in Arkansas. Hosting both a 100k and 100 mile event, the courses span nearly 50 miles of single track along the southern border of Lake Ouachita. Offering around 20,000 feet of climbing on extremely rocky terrain, it is beautiful, it is challenging, and it offers everything you could ask for in an ultramarathon without needing to acclimate to higher altitudes.

The February 26th, 2016 LOViT 100 Miler was my first attempt at the distance. I am proud to say I completed the race in 33 hours and 8 minutes. Further, I was honored to have completed the entire distance with my friend Brandon, 58 miles with my friend Ben, and 14 miles with my friend Jake who ran as a pacer. I can honestly say it was a team effort and I could not have finished without them. There were so many times those guys kept me going. In addition to Brandon, Ben, and Jake, my wife Amanda served as our crew. She pulled me through my lowest spot of the race and kept me focused.



LOViT – The Lake Ouachita Vista Trail

Starting at 5pm in a lakeside pavilion, the beauty and challenge of the trail is illustrated in the first four miles. The race director described the first section with an almost twisted sense of humor. There are a few small but very steep climbs in the first mile, followed by a long, steep, and rocky climb to the top of Hickory Nut Mountain. It is an out and back course so the final section is brutal; the race director even gives recognition to the fastest times from Hickory Nut to the finish. At mile four you reach the top of Hickory Nut. Here, 100 mile runners are treated to a panoramic view of the lake at sunset. It is difficult not to stop for a few minutes at this



point because the view is amazing. Brandon often says he had no idea there was this kind of beauty in Arkansas until he moved here. I think his reaction is even shared by native Arkansans in this spot. Unfortunately, there is little time to waste as it is best to make the next descent while there is still daylight. A side note, the 100k runners start the following morning and enjoy the same view at sunrise. Anyways, Hickory Nut Mountain is definitely a milestone of the race. It’s the first and last climbs of the race, and 100 mile runners cover 3 different trails to the top. So from the top of Hickory Nut Mountain, 100 mile runners travel west out and back, then east out and back, ending with the northern 4 miles they just covered.

Descending down the western trail to the lake, runners plunge into the dark. Most runners will make it to the bottom before switching their headlamps on but only if they are descending well. To give you an idea of the type of terrain throughout LOViT, I affectionately call most of



the mountainsides “Arkanscree.” Describing it as a rock garden might be more appropriate because the hillsides aren’t true scree fields; however, the loose jagged rocks will have any runner questioning his or her ability to run downhill. From the western base of Hickory Nut, runners travel about 13 miles through undulating lakeside trail. For runners unacquainted with Arkansas Lakes, our hills are deceptive. A good way to describe this section is with the famous William Shakespeare quote, “Though she be but little, she is fierce.” The hills are runnable because they are small, but running these hills would be one hell of a hill repeat workout. Most runners seemed to make the run/hike switch every 40 to 50 feet, which is effective, but still tiring. To add to the difficulty, this section is cold and dark. Nevertheless, it passes quickly, and runners climb back to the Peak of Hickory Nut Mountain.



For me, the second climb up presented itself at the most inopportune moment. Nighttime fatigue was setting in, telling everything in my body to go to sleep and stop eating. Ben, Brandon, and I reached the top, a little further than 50k into the race, not wanting to admit the nighttime was making us more tired than we should have been. We had hoped we could power through the night, letting daylight come and make us feel refreshed. Although daylight eventually came and refreshed us, being less than halfway through the night, and less than halfway through the race was wearing on us mentally. I don’t know if starting at night is more difficult, but we certainly wished it was daytime. Fortunately, there was some reprieve down the eastern trail after the second climb up Hickory Nut. There is a lot of downhill through the first few miles of the eastern trail, but it is still challenging as a good portion of it is Arkanscree; it is important to remember how steep and rocky this section is because it is the final climb of the race at mile 95. At the bottom, the course follows a forest service road for a couple miles until it meets back with the trail, where the 100 milers travel south on a spur. This spur, which is actually a different trail called Charlton, is a couple of miles out then back. The 100 milers cover this spur

twice, around mile 40 and mile 85. For me, Charlton became my nemesis. The spur travels up and over a smaller, but still large, steep, and rocky mountain. It was dark and cold, and my left calf started cramping on the climb up. I was still moving pretty good though, so I pressed on to the Charlton aid station. Volunteers had tarped off the pavilion and had outdoor heaters, creating a giant party tent. It was warm, there was music, food, snacks, drinks, alcohol, comfy chairs, and I did not want to leave. I feel I should mention that every aid station was its own highlight and the volunteers were amazing. Some of the aid stations were giant parties in the woods and some were quiet retreats near a campfire. The variety of aid stations was refreshing and seemed to illustrate everything I love about trail running. At any rate, I’m not sure if my leg was truly cramping or if I had a mild injury, but the few minutes at the Charlton party was enough to stiffen my whole left leg.



We headed out slowly and I instantly started shivering. The weather forecasted about 40 degrees for a low but we were getting reports it was in the mid-20s. It was colder than expected, we weren’t prepared, and it was taking a toll on our energy. Leaving the warmth of the tent was brutal and I was wondering if I was even going to make the steep switchbacks out of Charlton. Luckily my leg loosened, but there was still tenderness and inflammation. The issue with my leg never went away, but I did learn how to manage it. Finishing the spur, you come back to the forest service road and turn on the eastern LOViT route to head to Crystal Springs. I can’t speak for everyone, but I think the sections after Crystal Springs make or break the runner.

It was turning daylight but it wasn’t warm yet. We got to Crystal Springs and there were several runners struggling here. One runner could not quit shivering, which led him to drop the race here. Another runner had fallen asleep in a warming tent. He might not have been fully asleep because he left Crystal Springs before us,

but the aid station volunteers thought he had been asleep. On the next section we passed him napping on a trail bench. We startled him awake and he ran with us for a few miles but said he wouldn't be able to stay awake the rest of the race. We never saw him again and I heard that he eventually dropped. I'll admit, I told Ben I was going to drop at the 100k mark. I felt the exact same way as the other two runners and completely understood the desire to stop. Anyone who runs 40 or 50 plus miles is amazing and it is hard not to be satisfied with what you've already accomplished. My leg was really bothering me and I had been crying for a few hours. Something about the cold and sleepiness was making my emotions uncontrollable. Mentally, I was lost.

After some choice words, both kind and not so kind, Ben let me know that quitting wasn't a choice for me. I suppose that was fair; I was the one who talked Ben and Brandon into a 100 miler. I was also the one who chose the particularly grueling LOViT race. Anyways, it is just under 12 miles from Crystal Springs to Brady Mountain Road and you have to cross Bear Mountain. There is a small aid station at the base of Bear Mountain, but it is minimally stocked as there is no road access. The



volunteers actually canoed across the lake with supplies to setup the aid station – a million thanks to those two. There are a few significant creek crossings, technical rocky climbs, and what feels like a never ending stretch of rolling hills along the ridge of Bear Mountain. This section is magically and seductively cruel. On one hand, it is the prettiest section of the race; I wanted to sit up there for hours enjoying the view. It is a five mile long, panoramic view of Lake Ouachita. On the other hand, it is a long journey before you get to a fully stocked aid station again, and we were yet to find a soft, smooth section of trail. There isn't a soft, smooth section by the way. It is pretty much rocky and technical from start to finish. Regardless, the scenery seems to breathe new life. Some of the leaders were returning already, and some of the 100k runners were catching up and passing. After the longest individual section of the race, we could

hear the next aid station and we started to descend down some switchbacks. A side note before continuing the story here: as we were coming down Bear Mountain, the photographer for Arkansas Outside, Joe Jacobs, was snapping photos of runners. When I saw him, he was riding a giant golden retriever, wielding his camera like Thor's Hammer. This might have been a hallucination but I cannot know that for sure.



At the bottom, we reached Brady Mountain Road aid station at mile 58. It is the first time you can pick up a pacer and the first time I had seen my wife since the previous night. I had asked her to get some sleep so she would be fresh and ready to help us – it paid off. I started to fall apart when I saw her. I still had 42 miles left and two more mountains that I hadn't even climbed yet. I had voiced my desire to quit earlier and we were hours behind our anticipated pace. Everything in me told me to quit. I buried my head into her shoulder, refusing to look her in the eyes. I wanted her to give me permission to quit so badly but something amazing happened instead. She took her sunglasses off, grabbed my face with both hands and said, "You got this!" I think

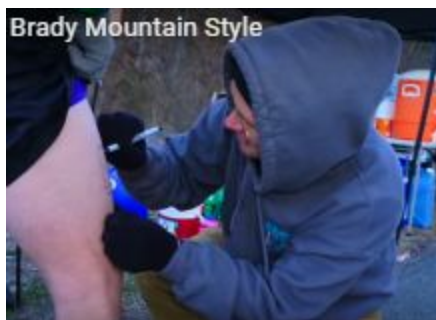
this is when I finally accepted my reason for running this race. Ben had asked me earlier about my reason for running this 100 miler. I knew when he asked but I wasn't ready to share yet. In many ways I was still embarrassed so all I told Ben was that I needed to prove to myself I could finish the race. In reality, my motivation stemmed from a former boss.

At 26, I'm now 30, I left a job to go back to school. My wife and I had discussed whether I should stay or go back to school and we decided on school. When I quit,



my boss became irate. I'm not sure why my boss was so angry but he started shouting that I was ruining everything, I was an idiot, and he started comparing me to other workers. Just to slight me, he compared me to another worker I disliked saying, "I don't care how much school you get, you'll never be as smart or as good of a man as he is." I didn't know I was in a competition to be honest. Furthermore, I didn't know I was leaving my job to be better than anyone else. Regardless, these insults were profound. Not because he hurt my feelings but because I realized I wanted to make myself better. After I quit I ran my first mile. I went 9/10s of a mile downhill then walked back home, too tired to keep running. Just under two years later in March of 2014 I ran my first race, the Little Rock Half Marathon. In that half-marathon, I realized I could better myself with running and I wanted to know how far I could go. Two years after that, I entered the LOViT 100 because I finally believed in myself. I believed I was better and I believed that running would continue to make me better. So that was my reason to run 100 miles – it was a celebration. Back to Brady Mountain.

Letting go of my emotions, I sat down and started smiling. This aid station helped me rally. Volunteers were drawing temporary tattoos and shaving Mohawks on those willing. There was music and food, even a BB gun and target that people were shooting at. It was hard not to get in a good mood. For Ben, the lure of Brady Mountain fun was too much to leave behind. Ben did go



on to finish the 100k but he parted from me and Brandon at this point. In many ways I feel Ben ran the race more for me and Brandon than he did for himself. That might not be entirely true but Ben kept us going for 58 miles! He never complained, he constantly encouraged us, he joked, he smiled, and he refused to let us quit. There is no doubt in my mind that he ran that distance for us, and we needed him through every step.



Brandon and I hopped back on the trail with our pacer Jake, heading toward the dam. Feeling positive and travelling mostly downhill, this section passed by quickly. We reached the dam, known as the Avery Recreation Area, and officially completed over 100k of the course. I think Avery Rec is another test of dedication for the 100 mile runners because the race awards credit for 100k by reaching this point – it is kind of tempting to sit down and trade a belt buckle for a shiny medal. There was still 35 miles left and Avery Rec is in a valley so the climb out is one of the most challenging of the race. Much like the rest of the course, the climb is scattered with Arkanscree and steep grades. After that, the daunting 12 mile Bear Mountain section awaits on the other side. At this point, every runner faces four significant climbs. Moreover, the 100 milers have to complete Charlton again, for a total of six climbs. So, leaving Avery Rec takes a strong commitment to finish.

Climbing out of Avery was tough. The Arkanscree at this point was really becoming a nuisance. At times it seems like the scree sucks the effort out from beneath your foot. Additionally, it was getting hot. We had just suffered through 25 degree temperatures in the dark, and it was now 75 degrees and sunny. I was waterlogged trying to make myself sweat because it was difficult to acclimate to a 50 degree temperature difference. I was sweating, but not enough to keep me from overheating. It slowed my climb but I managed to make it back to Brady. Again, the wonderful volunteers fixed me up with hotdogs and

anything else I needed. Jake grabbed some cold wet rags, draping them over our heads and Amanda got us ice cold Coca-Cola. Feeling good again, Brandon and I headed up the long Bear Mountain section together. We both admitted that we were a bit lonely without Jake or Ben but for some reason it felt like Brandon and I needed to be on the trail without them. Technically we were allowed a pacer from mile 58 to the finish but something magical happened when it was just me and Brandon. I started to forget about all the pain and emotions. Pretty soon, we were holding a good consistent pace. We were starting to see the sunset along that beautiful panoramic view and we were on our way to the finish. Obviously there was a lot of race left and it wasn't getting easier, but at this point the difficulty didn't matter to me anymore. We descended Bear Mountain and headed to Crystal Springs, switching our headlamps on for the second time of the race.

Brandon and I seemed to cruise through Crystal Springs, out and back on Charlton and through the forest service road to the base of Hickory Nut. Ascending Hickory Nut for the third and final time, Brandon and I started to struggle. We had reached the 30 hour mark, were on mile 95, it was midnight, we were cold again, and we were going up another steep Arkanscree mountainside. We slogged into the final aid station on the top of Hickory Nut and dropped into some chairs next to a warm fire.



The volunteers here were having a blast and it was difficult not to smile. They were dancing under the moon with disco lights and strobes, loving every minute of life.



We ate some food and started down final section that the race director described with a tone of evil delight. The route was so steep and rocky that it took all my strength not to fall over or trip on the rocks. Just when I was thinking I couldn't take much more of the downhill pounding, we popped out of the woods and were on the half mile paved section to the finish. The few remaining hills were so steep we were practically falling down. It didn't seem to matter though. In hindsight, it was as if the pavement went by in an instant. Brandon and I walked into the pavilion side by side, officially completing LOViT. This was the first time Brandon attempted a distance beyond 50 miles, and the first time I attempted a distance beyond 50k. It took everything we had, but we did it.

Brandon celebrated with a beer while I strategized how my wife could fit the car in the pavilion and save us from walking the 50 feet across the parking lot. She didn't pull it in there, but that's okay, I'll count the 50 feet as bonus distance.

An overwhelming thank you to the race directors Dustin and Rachel Speer, all of the volunteers, and Mountain Harbor Resort. Thank you to my sister Heather for your unshakable belief in me. To my wonderful sister-in-law Jodie for being an excellent training partner and mental support. To my parents for all your love. To my daughter Taylee for constant faith in her father. Thank you to Sean and Noelle Coughlan, and all of their employees of Fleet Feet Sports in Little Rock – you've constantly encouraged me from the beginning. To LaGena Rosa and her chiropractic team for keeping me straight. To my friends Tamara and Darrell, and Team Agony of DeFeet for following the race – I saw your love and support while I was running and it kept me going. To Jay Chafin with State Farm Insurance in Mountain Home, AR for supporting a gear purchase. To my boss and colleagues at air filter systems for believing in me. To Josh Teal, my oldest and lifelong friend for getting me to enter my first race, and everything else you've done for me. To Ben, Brandon, and Jake – your training and friendship got me to the finish. And finally, to my wife Amanda, I love you and all that we have together. This was a truly special event that would not have happened without every person involved.





# 2016 LOViT 100k-

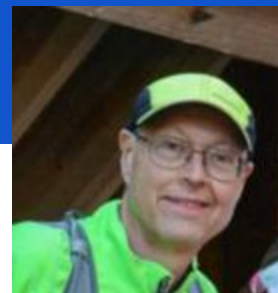
Feb 27, 2016 - by Cliff Ferren

LOViT is one of my favorite races each year. That doesn't mean I always do well at it. Going into this year's race, I was only 1 for 2 at LOViT, needing a finish to get into positive territory. Last year the weather was a cold soaking rain for much of the day, making the going slower and more difficult, with many wet crossings. This year was a beautiful day, much like 2014.

2016 was the third time that the 100K has been held and the second running of the 100 Miler. While the race has always been well organized and supported, it is starting to mature. In the future, I think it will probably be run on the same course, with the same aid stations, cut off times, etc., except for minor changes. This isn't the official word from the race organizers, just my take on things.

The course is tough, even in good weather, with lots of elevation gain/loss. It's mostly single track trail, and pretty technical in spots, but to compensate for the difficulty it also has some amazing scenery, with many views of Lake Ouachita. We started in the dark, but soon had breath-taking views of fog rising from the lake at sunrise.

I came into the race feeling good and had a solid run, without any real problems. While I had no pacers, I had lots of friends on the course. Chris Baldwin, Ronnie Daniel and their associates provided haircuts and "Arkansas tattoos" at the Brady Mountain Aid Station. I did not avail myself of their services, but they did provide some entertainment! Besides, Jordan needed a trim a lot more than I did...



This year I ran steadily to the east end, made the turn and got back to Crystal Springs before dark. After a quick stop at my drop bag, I was ready for sundown and the final push.

At Hickory Nut Mountain Aid Station I saw Stacey, Lisa, Jen and friends. They were having a party at the aid station and gave a warm welcome to the tired runners heading to the finish. It was just what I needed. After picking up a few supplies and collecting some hugs I was on my way once again.

I finished the race just under 16 hours, for a PR, even after missing the sign for the turn to the finish line. Naturally, I'd miss the largest sign! I'm looking forward to doing the race again next year, even considering an attempt at the 100 mile version. Maybe the 100 mile madness will pass before next year. Maybe.





# 2016 LOViT 100 Mile/100k -

Feb 26-27, 2016 - Mt. Ida, AR



# 2016 Hoof It For Heifer

April 9, 2016- by Stacey Shaver



This was the second annual trail race with my Dad. We ran Hoof It together last year as a way to reconnect with one another and decided to make it an annual event. I could continue from here by sharing with you some of the many heartfelt and joyous moments we shared on the drive out together and throughout the race as we danced through the trees. However, I feel like you might rather hear about what my dad has learned in his year of running.

During last years event my dad showed up to the race with nothing in his pockets or hands. He did not bring any form of nutrition, sodium replacement, or a hydration system. Luckily we drove separate that year because I always have extra running supplies. Open my trunk and often you will find a plethora of gels, chews, bottles, clothes, towels, and shoes. How my car still smells like new is beyond me!

As we ran last year it was apparent that he did not have a single clue as to what he needed to take or how often. He had not read anything to prepare himself. He thought running means you just put your shoes on and you go. I suppose that works ok when you are running just a few miles and run close to home like he was doing back then for his training runs. As we ran that day I tried to educate him each time I handed him a salt tablet or a gel. I know he saw and felt first hand the benefit of a little extra nutrition.

I helped him to the best of my abilities that day but I did forget one thing, my size versus his. He really could have used more calories and sodium. I was giving him the same amounts that I typically take in. This left us walking the last hour of the race. Mental notes were made and lessons were learned.

Dad and I had a ton of fun that day and walking was actually kind of nice. Be that as it may, Dad went home determined to return to the event the following year better educated and better prepared. This made my heart so happy! He was truly becoming invested in the sport that I loved and not just because he wants to have a connection but because the connection is natural and we are so much alike that he too felt that pull, that draw from mother nature to come and frolic, dance, and enjoy her beauty.

Over the months post Hoof It, Dad and I often talked about training schedules, proper nutrition, and gear. He came into Go! Running, where I worked to be properly fitted for shoes and to stock up on nutritional supplies he needed for his training. I could tell that he was really taking it all in and really wanting to learn.

My dad calls me almost every day now. It is the highlight of my morning! The night before the race I called him. Good thing because he was nervous. It is easy sometimes for seasoned runners to forget just how intimidating a new race or event can be for new trail runner. I convinced him that he had done his homework and everything would be just fine. We would make the day fun no matter how the day unfolded. He wanted to have fun but because he had been training so hard, he let me know that he really wanted to do better this year. So we made a plan to ride out together and talk about strategy.

On the way out that morning we discussed pacing and staying on top of his nutritional plan. I was so pleased to see that he had arrived with water bottle in hand and his pockets filled with enough nutrition and electrolyte replacement. He was READY!

After he took a puff off of his inhaler and a few selfies were snapped we were on our way. He did so good pacing himself and holding back a little at the beginning. He was taking in his nutrition without being prompted. He was on track for a nice PR. I would like to say that this was all enough and he got that big PR, however, we were about 8 miles into the race when he started having problems with his breathing. He has begining COPD and his much needed inhaler was in his truck back at the start/finish. He assured me he would be ok as long as he slowed to a walk. He was hoping to be able to at least run through the finish. He did not want to have to walk through, so we conserved until we were certain he could handle a little jog and picked up the pace as we came off of the trail, over the beautiful stone bridge, and up the paved hill to the grassy knoll where volunteers were waiting to present us with our finisher's medals. Dad did get a PR, maybe not as much as he wanted, but he got a lot more than a PR that day. He received confidence in himself as a trail runner, confirmation that proper training and gear do make a difference, a closer connection and bond between daddy and daughter, and a celebration of the culmination of his year of training and learning more about his new found love of running trails.

If you are like my Dad was a year ago, have a ton of questions and don't know where to get answers please don't be afraid to ask. Seek out a locally owned running store (you don't have to buy anything to come get your questions answered), ask a seasoned runner, join a local running club, or read books on the subject.



# 2016 Hoof It For Heifer

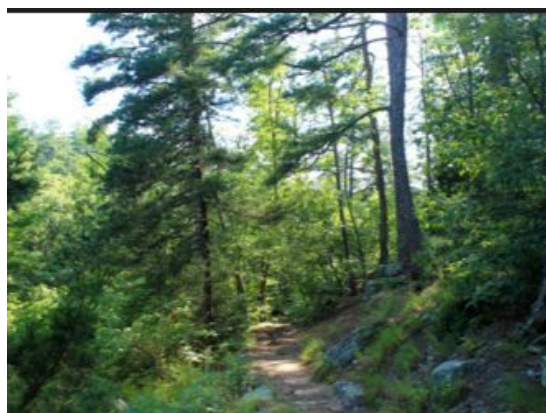
April 9, 2016 - by Stacey Shaver

If you have never had the opportunity to run this event I certainly hope that changes in the future. Hoof It For Heifer is not only a stellar event complete with well stocked aid stations, an abundance of cheerful and extremely helpful volunteers, an incredibly well marked course (yes, it was, heads up folks) complete with magnificent views along the Winthrop P. Rockefeller Boy Scouts Trail, but also benefits such a worthy cause.

Heifer International is a non-profit, humanitarian organization dedicated to ending hunger and poverty and caring for the Earth. Since 1944, Heifer has pursued its mission by providing livestock and training in environmentally sound agriculture to those with genuine need. Recipients also agree to Pass on the Gift of one or more of their animal's offspring and training to others in need, creating an ever-widening circle of hope.

I love their mission but that one line, that one part of their mission is very applicable to us all: "Recipients also agree to Pass on the Gift". We can be more like Heifer even in our running endeavours. We all started from ground zero and benefited from the knowledge of others. Don't let it end there. Adopt this giving nature, if you don't already, and pass on that gift of knowledge you acquired to others.

Encourage a loved one, a friend, or coworker to join you on a run. If someone reaches out to you for information think about going just a step further and offering to run with them. Maybe it is just a one time run or maybe you turn it into a weekly or a monthly opportunity for giving back. However you chose to pass on your talents and your gifts it will be a blessing to both the recipient and to yourself.



# 2016 LOViT 100 Results

2015-2016 Race #10

## 100 Mile Results

Place	Name▼	City▼	Age▼	Sex▼	Time
1	Hunter Dodds	Bilgoa Plateau, AUS	38	M	21:52:34
2	Dale Humphrey	Ely, MN	56	M	23:37:55
3	Paul Schoenlaub	St. Joseph, MO	56	M	23:44:24
4	Scott Newcomer	York, PA	45	M	24:31:17
5	Tyler Wilkerson	Russellville	27	M	25:26:52
6	Jason Willits	Bettendorf, IA	32	M	26:44:42
7	Susan Donnelly	Oak Ridge, TN	53	F	27:28:20
8	Adam Stoddard	Springfield, MO	42	M	28:14:58
9	Randy Windle	Hot Springs	37	M	29:07:58
10	Bill James	Hot Springs	46	M	29:28:24
11	Jason Armitage	Hot Springs	43	M	29:28:24
12	Gerardo Ramirez	Ft. Worth, TX	43	M	29:41:42
13	Kurt Hauser	Hot Springs	51	M	29:45:31
14	Paul Turner	Conway	52	M	30:34:58
15	Joshua Sun	Davenport, IA	30	M	32:12:58
16	Brandon Allen	Little Rock	33	M	33:08:58
17	Rusty Harvey	Gassville	30	M	33:08:58
18	Aubrey Callahan	Grand Prairie, TX	33	M	33:45:58

## 100k Results

Place	Name▼	City▼	Age▼	Sex▼	Time
1	Chris Ho	N. Little Rock	41	M	10:24:47
2	Mike Soltys	Omaha, NE	49	M	10:30:46
3	Justin Franklin	Collinsville, OK	29	M	10:50:10
4	Carmen Cheadle	Fayetteville	25	F	11:30:42
5	Brett Nguyen	Ft. Smith	47	M	12:23:56
6	Tomas Kazokas	Stevensville, MI	28	M	12:44:07
7	Jordan Humphrey	Elon, NC	25	M	13:15:51
8	Andrea Hutchins	St. Joseph, MI	39	F	13:17:18
9	Tj Grady	Arlington, TN	43	M	14:01:25
10	Scott Huston	Minneapolis, MN	51	M	14:04:48
11	Joshua Scherrey	Ft. Smith	42	M	14:17:47
12	George Peterka	Hot Springs	56	M	14:24:47
13	Holly Huston	Minneapolis, MN	35	F	14:29:47
14	Mehdi Rexha	St. Joseph, MI	48	M	14:58:47
15	Tamara Shuler	Constantine, MI	55	F	14:58:47
16	Justin Cloar	Little Rock	44	M	15:09:47
17	Bailee Wilkerson	Russellville	25	F	15:14:47
18	Carrie Tracy	Richardson, TX	41	F	15:25:47
19	Michael Westbrook	Richardson, TX	46	M	15:25:47
20	Steve Griffin	Addison, TX	58	M	15:40:47
21	Cliff Ferren	N. Little Rock	60	M	15:54:47
22	Robert Misener	Hot Springs	45	M	16:11:47
23	Ellen Rowe	Ann Arbor, MI	57	F	16:11:47
24	Kelsey Regan	Shreveport, LA	25	F	16:14:47
25	Marty Regan	Shreveport, LA	53	M	16:14:47
26	Scott Brannam	Alexandria, VA	50	M	17:14:47
27	Bill Elmore	Little Rock	56	M	17:14:47
28	Angel Liberg	Denton, TX	49	F	17:14:47
29	Johnny Eagles	Little Rock	64	M	18:19:47
30	Dat Le	Dallas, TX	34	M	18:19:47
31	Kimmy Riley	Mabelvale	55	F	19:50:25
32	Jim Sweatt	N. Little Rock	60	M	20:17:09
33	James Gaston	Maumelle	49	M	20:37:42



# 2016 Styx N Stones Results

2015-2016 Race #11

## 30K Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Brock Hime	Fayetteville	M	24	2:26
2	Chad Wooderson	Blue Springs, MO	M	40	2:34
3	Slater Smith	Conway	M	21	2:40
4	Harrison French	Rogers	M	56	2:41
	Matthew Pickard	Conway	M	35	2:41
6	John Haddock	Springdale	M	49	2:50
	Jeffrey Zern	Little Rock	M	28	2:50
	Chris Ho	N. Little Rock	M	41	2:50
	Daniel Arnold	Benton	M	30	2:50
	Scott Sander	Little Rock	M	47	2:50
11	Aaron Dickens	Van Buren	M	34	2:58
12	Adam Kees	Springdale	M	42	2:59
13	Brett Nguyen	Fort Smith	M	47	3:00
14	Tiffany Gaulke	Fayetteville	F	31	3:00:52
15	Todd Welch	Bella Vista	M	48	3:08
16	Jim Tadel	Monticello	M	59	3:13
17	Robert Misener	Hot Springs	M	45	3:16
18	Randy Seoung		M		3:21
19	Andrew Flowers	Hurst, TX	M	33	3:26:49
20	Shanna Sears	Choctaw, OK	F	35	3:28
21	Alan Hunnicutt	Berryville	M	62	3:35
	Jody Hodges	La Grange, TX	M	39	3:35
23	Steve Griffin	Dallas, TX	M	58	3:37

24	Diane Diebold	Branson, MO	F	52	3:38:19
	Heather Diebold	Fayetteville	F	29	3:38:19
26	Crystal Cossey	Sidney	F	41	3:39
27	Lionel Burnett	Fort Smith	M	55	3:40
28	Brian Cochran	Fayetteville	M	45	3:41
29	Michael Hiron	Wynne	M	41	3:45
30	Ben Walters	Rock City	M	36	3:50
31	Elizabeth Brandt	Farmington	F	53	3:52
32	Kristina Liebherr	Glenpool, OK	F	42	3:53
	Shelly Chronister	Sapulpa, OK	F	54	3:53
34	Julie Zeiler	Bentonville	F	43	3:55
35	Louis Chalfant	Hot Springs	M	41	4:03
36	Brandon Cain	Jonesboro	M	32	4:10
37	Meredith Thomas	Fayetteville	F	34	4:13
38	Kevin Robbins	Mountainburg	M	38	4:22
39	Johnny Eagles	Little Rock	M	63	4:23
40	Crissy Wooderson	Blue Springs, MO	F	37	4:28
41	Lisa Gunnoe	Judsonia	F	49	4:54
42	Anthony Potts	Van Buren	M	27	4:56
	Chris Chalfant	Rusellville	M	36	4:56
44	Heather Bush	Conway	F	39	5:00
	Mira Evans	Conway	F	43	5:00
	Eddy Light	Judsonia	M	53	5:00
47	Bill Brass	N. Little Rock	M	76	5:21

## 15k Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Matt Kaczor	Maumelle	M	36	1:33
2	Trenton Connell	Fayetteville	M	29	1:39
3	Brant Bishop	Rogers	M	32	1:43
4	Adolph Aguirre	Lowell	M	36	1:44
	Kenneth Townsend	Springdale	M	28	1:44
6	Travis Kierre	Olathe, KS	M	35	1:49
7	Kelly O'Meara	Fayetteville	F	63	1:56
8	Alex Wan	Little Rock	M	40	2:00
9	Jessalyn Halstead	Springdale	F	16	2:06
	Bryan Higginbotham	Grapevine, TX	M	51	2:06
	Philip Higginbotham	Grapevine, TX	M	16	2:06
	Shari Misener	Hot Springs	F	45	2:06
	Jen Freilano	Little Rock	F	31	2:06
14	Taylor Crutchfield	Fayetteville	F	27	2:09
	Romeo Adjah		M		2:09
16	Chelsea Dickens	Van Buren	F	30	2:11
17	Rick Shinn	Owasso, OK	M	57	2:20

18	Andrew Williams	Fort Smith	M	34	2:21
19	Tyrel Denison	Fayetteville	M	33	2:23
	Jong Park	Fayetteville	M	41	2:23
	Gabriela Stewart	Springdale	F	37	2:23
22	Tammy Fate	Oklahoma City, OK	F	35	2:32
23	Tracey Heath	Goodman, MO	F	48	2:39
	Deborah Baldridge	Mabelvale	F	51	2:39
25	Jeanette Smith		F		2:44
26	Isaac Barnoskie	Vian, OK	M	33	2:45
	Skip Smith	Little Rock	M	58	2:45
28	Audrey Speak	St. Louis, MO	F	31	2:46
29	Dan Belanger	Little Rock	M	72	2:53
30	Jillian Walker	Watauga, TX	F	30	3:00
31	Wesley Leach	Oppelo	M	60	3:14
	Thaveep Leach	Oppelo	F	61	3:14
33	Michelle Elkin	O'Fallon, MO	F	29	3:30
	Joan Barnoskie		F		3:30





### **Congratulations To All and Big Thanks to All Volunteers**

Thank you for voting me as your new Club Treasurer. Charley Peyton served well in that position for 27 years. Those are some big shoes to fill but I will do my best to be a good steward of the AURA funds. I am looking forward to serving with George, Deb, and Lisa.



Thank you to the Speers and to the Denherders for directing some amazing events. Great fun was had! Come join us for the upcoming AURA events. If you can't run then consider volunteering at an aid station. It is always fun either way!

I hope you all enjoyed this edition of the AURA Newsletter. As always, if you have suggestions, complaints, concerns, a race report or photos please do not hesitate to send me an email.

Many thanks to all who shared your stories and photos with us for this edition, without you there would be no newsletter. Also, a huge Thank You to all who volunteer to make our trail racing possible!!!

I hope to see you all at the upcoming events. Keep in mind that the NEW 2016-2017 AURA Trail Series begins in July with the Full Moon 50k!!! Share the love and encourage others to join AURA and register for the next Ultra Trail Series!!!

~Stacey Shaver-Matson~  
mverunnergirl@gmail.com

## **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.