

THE ARKANSAS ULTRA RUNNER

February 2016

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: runarkansas.com

Message From President George Peterka



I wish to thank Lisa, PoDog and all the volunteers who helped put on the 22nd running of the White Rock Classic 50K. It was a beautiful day and a great race.

The weather can be crummy in February but we lucked out and had a great day. Altogether in the 3 events there were 129 people, with 34 AURA members running. Stan Ferguson went on to take his 9th win. The female winner was Candi Adams from Kansas.

The Sylamore Trail 50K is not an AURA race but is a very popular event in Arkansas. This was it's 24th year and it drew 387 runners in the 50K and 25K combined. 42 AURA members ran and several helped. It was a beautiful day but some

people may consider it too warm. It was sunny reaching maybe 70 deg.

Thomas Chapin will be putting on the Heart of the Ouachita Trail training run on Saturday March 26th. I don't have all the details yet but the Facebook post said BBQ waffles and that's all I need to know! We will post details when we get them. After the run we will have an AURA meeting to elect club officers for next year.

Our next event is the LOViT 100K/100M but this newsletter will probably not reach you in time. So I hope to see everyone at the Heart of the Ouachita Trail training run.

Styx n' Stones



30 Kilometer Trail Run
(15K Option Also Available)

Devil's Den State Park

March 19, 2016

8:00 AM

UTS Race #11 (30k Only)

Race Information

Please REGISTER IN ADVANCE (registration closes on Friday March 18 at 2pm) <http://www.runarkansas.com/StyxnStones.htm>

Time/Location: 8:00AM. Day Use Pavilion.

Distance: Approximately 30K (18.6 miles). The short option is 15K (9.3 Miles).

Aid: There will be minimal aid. This may include water, sports drink and light food. However, you are encouraged to carry your own provisions. Water bottle highly recommended.

Fee: No fees. No frills. No wimps. No whining. Donations to help cover costs are appreciated. There will be a donation can at the sign-in table.

Timing: Please keep your own time and sign in at the finish. Results will be posted on www.runArkansas.com

Difficulty: This is a long race on difficult, technical trail.

Runner Info: Gaiters recommended: expect any combination of sticks, stones, boulders, mud, scree, grit, trail debris, rocks, sand, slippery rocks, roots, loose rocks...

Much of the trail is very technical. Don't plan to run a personal best here. Enjoy the great outdoors and *exercise your demons.*

Major climb the first two plus miles. Gnarly climb at ~13 miles.

Six hour time limit. Runners passing the 9-mile checkpoint after 10:50 AM will be required to stop at 15k. Assume the 30k will take nearly as long as a road marathon.

Getting There: From the north, I-540 to the West Fork exit, right on Highway 170.

From the south, I-540 to the Winslow exit, Left on Highway 74.



Saturday, March 19th

6 p.m.

Ron Robinson Theater, Little Rock

If you have read the book "Born to Run," then you know who Caballo Blanco was -- and still is, in the minds of many. We invite you to join us as we celebrate the life of Micah True.

This film was just named winner of a Spotlight Documentary Film Award, designating it as one of the best 250 documentaries made anywhere in the world in 2015, regardless of subject. Tickets are available online at www.imathlete.com/events/runfree for \$12 and they will be \$15 at the door the night of the show.

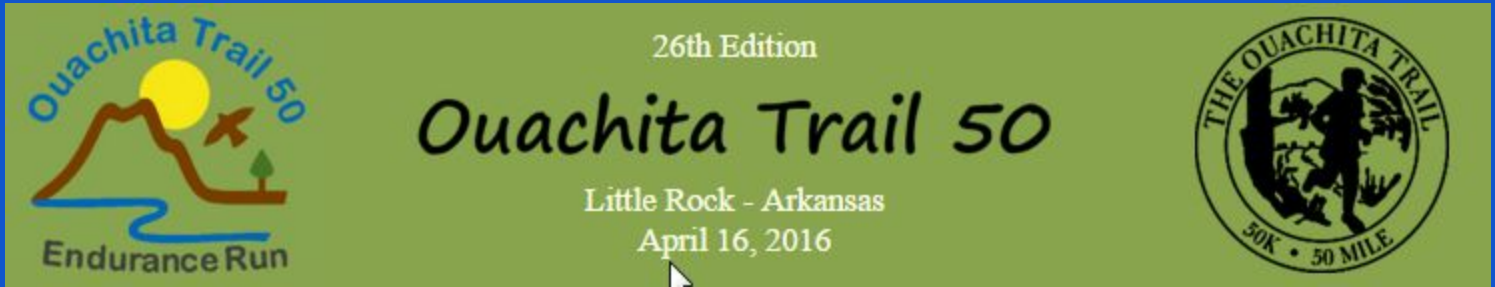
****Some of the proceeds from this event will go back to benefit the Tarahumara in Copper Canyon***

Here too is their Facebook event for you to please "join" and invite your friends and followers:

<https://www.facebook.com/events/485791771605505/>

Upcoming Events

You Don't Want To Miss Out On The Fun!



UTS Race #12 (50k & 50mile)

Location: Maumelle Park, Little Rock, Arkansas, Pavilion # 8 (see map and directions)

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 15th, or between 5:00 and 5:45 AM race morning.

Course Description: Beginning with a two mile section of road connecting Maumelle Park to Pinnacle Mountain State Park and the Ouachita Trail trailhead, the course features a picturesque climb over and around Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle on the Ouachita National Recreation Trail. Most of the Ouachita Trail is a scenic, rocky, single-track foot path. The trail is permanently marked with blue blazes. Turns are marked with two blue blazes. Additional markers (blue and white striped ribbon) will also mark the course. The Pinnacle Mountain trails and loop are utilized on the "out" portion only. 50K participants will be diverted off of the OT around the 16 mile point and will follow a different approach to the Northshore Aid Station. The course involves several highway crossings, and there will likely be no traffic control. Please be responsible and be careful! **NOTE:** If conditions are wet, the course may be rerouted to avoid the top of Pinnacle Mountain. This is due to safety concerns and is mandated by the state park.

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.

Cut-off Times: There is a 13-hour time limit for both races. Runners registered in the 50 Mile have the option to change to the 50Km during the race. To continue in the 50 Mile race, a runner must exit the Northshore aid station by 10:15 AM (out-bound) and 3:30 PM (returning), and the Hwy 10 Turnaround aid station by 12:50 PM. These cut-off times will be strictly enforced.

Race Parking: Volunteers will be directing arriving runners on race morning in order to park as many vehicles as possible at pavilion number 8. Your early arrival and cooperation will help us achieve this. If overflow parking is required, please use the parking lot for the pavilions just inside Maumelle Park

It is critical that you DO NOT park along Pinnacle Valley Road

Race Director: Chrissy Ferguson, e-mail (Preferred) OT50@RunArkansas.com ; phone 501-803-9411

For Registration and Additional Information See Website:<http://www.runarkansas.com/OT50.htm>

2016 White Rock Classic 50k -

Feb 6, 2016 - Ozark, AR - By Chris Beason

Several months ago my friends, Julie and Becky, and I decided that on February 6, 2016, the 22nd White Rock Classic would be our first 50K. We were going to become ultra together.

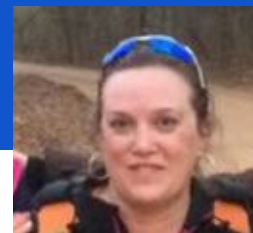
We started at 7:30a.m. I had just recently ran the 25K at Bandera, Texas, in just under 5 hours so I planned on it taking me about 10 hours. I knew there was no way I could keep up with their pace so I told them to go on ahead.

I was not going to start out fast. I had to reserve as much energy as I could if I was going to make it to the halfway point. For the majority of the run I was all alone with plenty of time to think. There were lots of crazy thoughts going through my head. My husband, Jeff had been to Team RWB trail camp and gave me some tips on things he learned about nutrition. So I knew if my thinking got a little odd, it was nothing that eating a Cliff bar or popping a couple of salt tabs couldn't fix.

After about 5 miles, I told myself I was just going to enjoy the run, the beautiful scenery and go as far as I could. However, if I managed to get to the halfway point, I was all in. I trotted along averaging about 3.5 to 4 miles an hour until I got to around 11 miles or so.

Trail runners are some of the friendliest people you will ever meet. Here I was, the only one with trekking poles, going along what probably seemed to them to be as slow as molasses, and they all shouted out encouragement as they passed. One lady even told me I was the smartest person out there because I had trekking poles. At that point I didn't feel very smart, but another lady said, "Use those poles. Dig in and go! You can do this!" Not one person had said, "What the heck were you thinking? Go home!" Even one of the guys that I'm sure was going to be one of the first to finish said, "Nice work. You keep it up. You got this!"

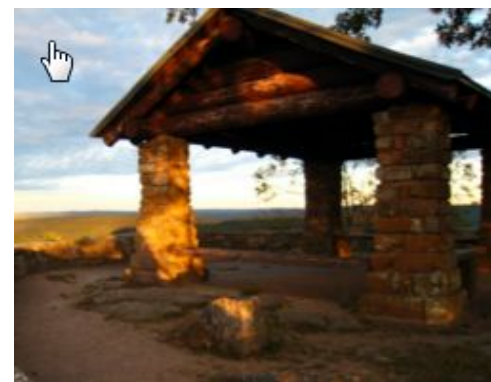
There was quite a lot of time for self-reflection and coming to terms with who I am. I am a slow runner. At one point I even thought about starting a support group for slow runners and could tell you at least 50 advantages a slow runner has over a fast runner. I thought about all the people who will never try to run a marathon because they know they will never run one in less than 5 hours. They will never experience the indescribable feeling you get knowing you just ran 26.2 miles. I used to apologize for being slow. Then I figured out there is no apology necessary. It's my race at my pace.



It seemed like every curve at the top of a hill revealed yet another hill to go up. Around



12 miles Jeff came on the walkie and said he was just leaving the aid station around mile 10. I got to thinking if I kept up a decent pace it was possible we would meet at the top at the halfway point at the same time. I knew if he passed me, I couldn't ask him to wait for me, but there was a chance it would all work out. From that point we kept in touch over the walkie and he finally caught up to me just as we reached the aid station at the halfway point. We took a couple of pictures and then said goodbye as he flew down the hill, back the way we came. Before he left he reminded me I had just four hours to finish.



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When I got to 22.5 miles, my watch died. I turned on Runkeeper and figured I had about 3 hours to go and 9 miles. I was averaging about 3.5 miles an hour. I kept trying to do the math in my head. The last I heard from Jeff he said I had an hour and a half left. At that point I figured I still had 7 miles, but I knew somehow I could outrun the course patrol to get that last 30 minutes if I needed to. I knew I had to run a lot. I started picking out a tree, a rock or a random pole as far ahead as I could see. I told myself make it to that point, get a drink and re-evaluate. At about what I thought was 7 miles left, I had lost radio contact with Jeff. The last time I talked to him, I knew he had made the aid station, but he faded out and I didn't know if he was trying to tell me the aid station would still be there or if they would be gone by the time I got to it. I did hear him say you have an hour and a half left before they close the course.

I've learned a lot from Lisa Gunnoe about mental training. As a matter of fact, if I would have had phone service, I would have called her so I could hear her tell me to suck it up. No

negative thinking on the trail. I had this. I was going to finish. So all I could do was pretend that she and I had that conversation, because I knew exactly what she would say. I dug my poles in the ground and started running.

I was on a downhill and in the distance I saw a guy sitting in a chair on the side of the road. As he saw me approaching, he stood up and walked to the edge of the road. I felt a lump start to form in my throat. It seemed like it took forever for me to get close enough to him to hear the words I knew he was going to say. I forced myself to hold back the tears as I choked out the words, "Are you going to make me quit?" His reply was, "do you want me too?" What? Did I hear him right? I knew he had to wonder if he should let me make that call when I repeated myself the second time. He told me I had about 2 or 3 miles. I thought he meant 2 or 3 miles to the finish line. I left thinking I don't know how that's possible, but if that's all there is left I can do this. About 2 miles later I found the last aid station.

Kevin King was waiting at the aid station for me to arrive and give me a rundown of my options. Option 1: Call it quits. You ran a good race. You made it 27 miles; Option 2: You have about 4.8 miles left. You can keep running and see how far you can get before I have to

pick you up in about 30 minutes; and Option 3: Go rouge. Finish this thing. I heard the words, but I couldn't believe they came out of my mouth, "I'm going rouge." Kevin poured me a cup full of Pedialyte (husband's orders) and filled my bottle with orange juice. I left with the instructions to run all the downhills, power walk the uphills and do not say anything to the ham radio operators up ahead about finishing. Just tell them that he'll be behind me to pick me up in a few.

Somehow I found the strength to run and power walk my way right past the ham radio operators. I smiled at them and kept right on going without a word being said. Then I heard the sound of gravel crunching under the slow moving tires of a truck. The ham radio operators were now following me. No big deal. I've got my story straight. I stopped and waited for them to pull up beside me. "Do you have enough water? You doing okay?" the one asked. I told them I had plenty and asked if they had any idea how much further I had to go. They said we were a little way away from Petey's rock, so they figured I had about 2 and a half miles left. They followed me along for a little while and before they went on ahead, the other radio operator said, "You finish this." The whole time they were following me I was rehearsing the line in my head "Kevin is

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coming to pick me up. I'm just seeing how far I can get." Well, I guess I had rehearsed it too much because by the time Kevin pulled up, I believed it. I looked at the course ahead and saw it was yet another steep uphill and then looked at the empty seat in Kevin's truck. He told me he was pulling me off the course. I was the worst runner gone rogue ever. I crawled up in the truck relieved that I was forced to give up. He tried to make me feel better by telling me I wasn't a quitter because he was having to pull me off the course. Little did he know I had been in the process of coming to terms with not finishing for several miles. I had even thought of everything to console myself down to even the smallest details. I wouldn't be able to get a 50K sticker now, but I could get one that said >26.2. I took a deep breath and settled in for the ride to the finish line. I start preparing myself to tell everyone I was okay and it was okay that I didn't finish. There would always be next time, but of course I had already decided screw this I am never doing this again!

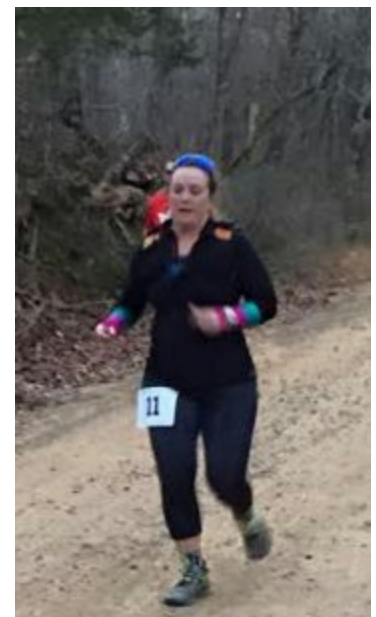
About half a mile down the road Kevin stopped the truck and looked at me. He said, "You've got 2 options." What? More options?! He handed me his phone so I could read the text message he got from PoDog. "She has a walkie. Her husband is on the way with a flashlight. Let her finish." I just looked at him in disbelief. Seriously? So of course I had to ask, "Can I

get out here?" No. He had to take me back to where he picked me up. As we spun around and flew back to the place where he picked me up, he told me that I had what it took to finish. He had come in dead last in many a race. There is no shame in coming in last. One thing I told myself over and over is I might not be fast, but I am a finisher. Now was the time to prove it.



So I sucked it up and got out of the truck and took off yet again. There was no doubt in my mind that I was going to finish. These people were going to make sure they pushed, pulled and prodded me over the finish line if they had to! Fortunately, I had gotten a fifteenth wind and somehow found that grit inside me that everyone knew was there. Jeff hollered at me on the walkie and said he was on his way. A little way up I saw him in our car making the curve in front of me. From there he started following behind me in the car. I asked him how much further. "Just a couple more miles," he said "this is the last uphill climb." We rounded the bend at the top of the hill and there sat our friends whooping and hollering, "only 2.2 miles to go!" Finally, I knew exactly how far I had to go.

I kept running and Jeff jumped out of the car and had our friend, Becky, drive our car behind us so he could run with me. Relief. Not only was I going to make it, I was going to make it running. I could not get off that mountain fast enough. Jeff kept telling me to look for the orange finish line spray painted on the ground. Once I rounded the last curve all I saw was Lisa standing there waiting so I ran straight into her arms and bawled my eyes out. **I did it. I became ultra.**

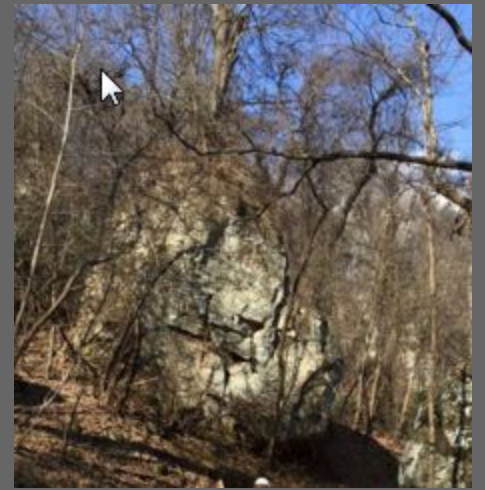


Chris Beason
Ultra Runner



2016 White Rock Classic 50k -

Feb 6, 2016 - Ozark, AR



Course profile. Start point is 849 above sea level top is 2,343 above sea level



Iron Horse 50 Mile

Feb 6 - by Pete Ireland

When did I last see a glow stick? It is dark, raining, and chilly. Could I have missed a turn? My little flashlight is only minimally adequate, but at least I can still see occasional footprints in the wet sand. My headlamp is in my backpack but I would have to stop to get to it. There have been no mile markers. At this point I have gone at least 30 miles farther than my longest run/walk in the last 5 months, and with two exceptions in the last year or more. I'm ready for this to be over.

Back in 2010 I ran Lean Horse 50 miler. I decided that would be my last 50 mile or longer race. The 90+ degree heat that day, and minimal shade, had taken a toll. Having just won my age group, it seemed a fitting end. I had turned 70 the month before, and after being diagnosed with atrial fibrillation over a year earlier my cardiologist had said "I would tell you not to run but it wouldn't do any good, so just be careful."

Suddenly it is 5 years later and I was planning to go to Florida to visit friends. Looking to have something else to do on the trip, I remembered that Maurice Robinson had twice done the Iron Horse race in early February in northern Florida. In November I mentioned that I was considering that race. He got enthused with the idea of both of us running there. I had reservations about getting into decent shape by February, but I ultimately signed up for the 50 miler. I think the old Yogi Berra quote about baseball applies to ultrarunning: "Ninety percent of this game is half mental!" Only 50 miles, no problem! Maurice went for the 100K again.

After 10 days in Florida, I drove to the race site in Florahome on Friday afternoon. Maurice and his wife Norma had arrived shortly before I did. Maurice and I ate supper together before he and Norma went to their motel. I slept in my van within sight of the start-finish. It had been hot in Florida all week until the day before the race. Friday night the temperature dropped into the low 40s. It was chilly at the start but soon it was a pleasant running temperature - or in my case walking temperature. My goal was to walk the entire race and finish under 14 hours.

The course consists of three separate out-and-back sections totaling 25 miles. The 50 milers do it twice, the 100 milers four times and the 100K runners do 2 ½ times. Approximately 8 of the 25 miles are on a paved rail-trail. The remainder of the course is a mix of soft sand and firmer dirt, relatively flat with only one short noticeable hill. With the out-and-back sections you have the opportunity to see most of the other runners several times.

About 15 miles into the race I met Maurice for the second time. He was running well, way ahead of me and on his way back from a turnaround. We stopped and talked for a minute. I told him it finally occurred to me why I had decided years back not to run any more 50 milers. By the time I finished the first lap and did the initial 3 ½ mile out-and-back from the start, the tips of my toes were hurting. I stopped at the van to pick up a small backpack with a used, cheap plastic poncho and two flashlights, and refilled my water bottle with an energy-electrolyte drink mix. I thought about taking the time to work on my feet, but decided with just over 21 miles to go they were manageable even if they got worse. Been there, done that! Luckily they never did get worse.

The forecast had shown a 20 percent chance of rain during the day. Around 3:30 in the afternoon it began to sprinkle. The temperature was probably in the 50s. Before long I was wet, even though it was not raining hard. I finally pulled out my poncho, one I had used it at the Sunset 6/12/24 in November and just wadded up to possibly use again. For some reason I could not get it to work properly. Perhaps my brain was not functioning all that well by then. I finally just wrapped it around my shoulders. It was starting to get dark when I reached the next to the last aid station. One of the volunteers asked if I would like a trash bag. I jumped at that and ditched the poncho. It was getting colder and the trash bag would do a better job of keeping me warm even though it had no hood. Off into the rain and impending darkness.

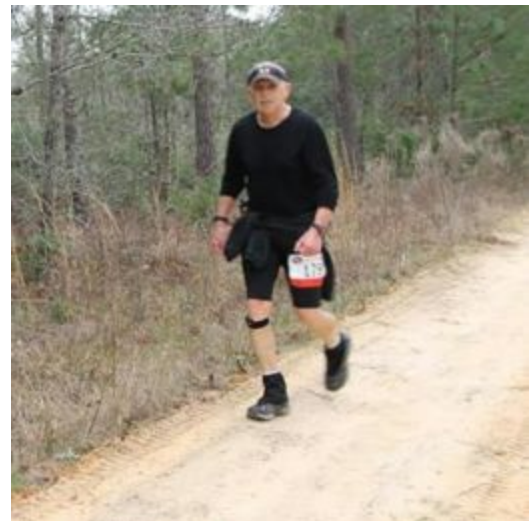
At the last aid station I called out my number, declined any aid and kept going. It was time to get things over with - only four miles to go.

About a mile past the aid station was a creek crossing. By going slightly up the hill, the creek was narrow enough to jump across and avoid getting the feet wet - or by now keep from getting them wetter. In crossing it three times earlier I had never noticed the pool of water down the hill to one side. In the dark I was not aware of it until I veered slightly off the trail, slipped down a hill and found myself knee deep in cold water. (Expletives deleted!)

So much for dodging the puddles to try to keep the feet fairly dry! Just before reaching the dirt road that connects with the rail-trail, I again ran into Maurice who was coming out on his final half lap. We chatted for a moment then went on. I was really glad to just be doing the 50 miler. The weather sucked. While I am not a fan of pavement, I could hardly wait to get back off the sand for the final 2+ miles. But once there those miles still seemed to go on forever. I don't recall ever being any happier to see a finish line.

Maurice finished not too long after I did. At 74 he was the oldest finisher in the 100K this year, and second oldest all time finisher. He was only two minutes slower than last year. His times are the fastest by a 70 year old runner. I tied for the oldest 50 mile finisher, 3+ hours ahead of the other 75 year old. Only one person age 76 or older has ever finished this 50 miler. Maybe most folks that old have more sense than to try it!

Having finished, survived with no significant injuries, was not last and not beaten by anyone my age or older, made that a successful race. Beating my time goal was a bonus. That will be my last 50 miler - probably. Best to never say "Never."



2016 White Rock Classic 50K Results

2015-2016 Race #9

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Stan Ferguson	Maumelle	M	52	4:35:57
2	Chris Ho	N. Little Rock	M	40	4:37:25
3	Tommy Brennan	Poteau, OK	M	44	4:41:44
4	Stormy Phillips	Tulsa, OK	M	34	4:42:40
5	Shannon McFarland	Rogers	M	39	4:48:19
6	Samuel Young	Poteau, OK	M	24	4:50
7	Marc Gill	N. Little Rock	M	38	4:58:55
8	Zach Adams	Girard, KS	M	38	5:01:41
9	Candi Adams	Girard, KS	F	34	5:02:27
10	Harrison French	Rogers	M	56	5:04:45
11	David Joseph	Fayetteville	M	24	5:23:12
12	Johnny Webb	Girard, KS	M	24	5:23:34
13	Nathan Venable	Searcy	M	52	5:24:33
14	Natalie McBee	Fayetteville	F	42	5:28:02
15	Bruce Wood	Sherwood	M	53	5:28:15
16	Brett Nguyen	Fort Smith	M	47	5:29
17	Tiffany Gaulke	Fayetteville	F	31	5:34
18	Bailee Wilkerson	Russellville	F	25	5:34:09
19	Tyler Wilkerson	Russellville	M	27	5:36:30
20	Robert Misener	Hot Springs	M	45	5:40
21	Katerine Seywerd	Conway	F	38	5:42
22	Deb Baker	Little Rock	F	53	5:42:10
	Alan Hunnicutt	Berryville	M	61	5:42:10
24	Reid Landes	Maumelle	M	45	5:42:52
25	Stacey Shaver-Matson	N. Little Rock	F	43	5:43:12
26	George Peterka	Hot Springs	M	56	5:47
27	Adam Stoddard	Springfield, MO	M	42	5:56:35
28	Todd Welch	Bella Vista	M	48	6:00:23
29	Lisa Mobley	Fayetteville	F	41	6:01
30	Tanner Freeman	Fayetteville	M	26	6:02
	Anthony Turner	Van Buren	M	36	6:02
32	Bradley Hayes	Rudy	M	49	6:05
33	John Haddock	Springdale	M	49	6:05:42
34	Rich Brown	Searcy	M	54	6:06
35	Heather Diebold	Fayetteville	F	29	6:15
36	Kevin Robbins	Mountainburg	M	38	6:17:51
37	Kurt Hauser	Hot Springs	M	51	6:19
38	Shannon Hampton	Bentonville	M	42	6:21
	Russell Harvey	Gassville	M	30	6:21
	Abe Nutt	Bella Vista	M	46	6:21
41	Brandon Allen	Little Rock	M	33	6:21:06
42	Jenn Overmeyer	Tulsa	F	41	6:21:18

43	Cliff Ferren	N. Little Rock	M	60	6:23
44	Beth Walters	Fort Smith	F	49	6:24:43
45	Josh Madison	Hot Springs	M	27	6:27:16
46	Kristin Snyder	Poteau, OK	F	32	6:28
47	Randy Windle	Hot Springs	M	36	6:33
48	Jen Freilino	Little Rock	F	31	6:37
49	Ken Graves	Searcy	M	54	6:40
50	James Norris	Maumelle	M	66	6:42:32
51	Corbett Sanders	Hot Springs	M	44	6:45:28
52	Cassie Brown	Fayetteville	F	32	6:49
53	Kimmy Riley	Mabelvale	F	54	6:49:26
	Chrissy Ferguson	Maumelle	F	55	6:49:26
55	Austin Mader	Little Rock	F	25	6:51
56	Ronnie Daniel	Little Rock	M	45	6:56
	Tina Mitchell	N. Little Rock	F	42	6:56
58	Dana Duboise	Hackett	F	42	6:58
59	Stacy Warren	Little Rock	F	41	6:59:50
60	Brook Wiersig	Poteau, OK	F	33	6:59:59
61	Jody Lingbeck	Rogers	F	44	7:01
	Chris Baldwin	Roland	M	43	7:01
63	Patrick Barker	Little Rock	M	51	7:02
64	Tina Ho	N. Little Rock	F	51	7:06
65	Bill Elmore	Little Rock	M	56	7:09
66	Isaac Barnoskie	Vian, OK	M	33	7:17
67	Shari Misener	Hot Springs	F	45	7:20:50
	Debbie Rigsby	Lonsdale	F	59	7:20:50
69	Aaron Duncan	Springfield, MO	M	26	7:31
70	Mark Zarembo	Killen, AL	M	54	7:35:30
71	Michelle De La Vega	Conway	F	36	7:36
72	Alston Jennings	Little Rock	M	68	7:37:30
73	Karen Hayes	N. Little Rock	F	62	7:40
74	Jeff Beason	Malvern	M	43	7:41
	Mark Roth	N. Little Rock	M	53	7:41
76	Johnny Eagles	Little Rock	M	63	7:48
77	Jana Young	Benton	F	34	7:52:01
78	Jonathan Young	Benton	M	34	7:52:02
79	Becky Hedges	Malvern	F	36	7:55
80	Julie Hathcock	Malvern	F	36	8:05:52
81	Ben Walters	Rock City	M	35	8:20
82	Steve Hughes	Little Rock	M	67	8:24:10
83	Mary McDonald	Conway	F	63	8:36
84	Chris Beason	Malvern	F	43	10:22
85	Paul Turner	Conway	M	52	

25K Run

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jenny Chitwood	Wister, OK	F	37	2:18:11
2	Tommy Griffin	Mountainburg	M	32	2:29
3	Adam Kees	Springdale	M	42	2:34:36
4	John Morton	Fayetteville	M	26	3:00 +-
5	Ashley Bailey	Fayetteville	F	31	3:01
	Kristi Burk	Bentonville	F	27	3:01
7	Diane Diebold	Branson, MO	F	52	3:02
	Brian Rickard	Fayetteville	M	33	3:02
9	Brad Cothran	West Fork	M	32	3:11
10	Brian Bailey	Fayetteville	M	38	3:12
	Dat Duong	Barling	M	38	3:12
12	Allyson Alexander	Tulsa, OK	F	35	3:30:45
13	Lindsey Berg	Greenwood	F	32	3:32
14	Michelle Diebold	Fayetteville	F	25	3:36
15	Noah Sheets	Springfield, MO	M	25	3:45
16	Rhonda Ferguson	Little Rock	F	60	3:47
17	Kim Johnson	Harrison	F	47	3:50
18	Amy Garrett	Fayetteville	F	47	4:13:49
19	Mavie Hogue	Fayetteville	F	50	4:13:50
20	Deanna Duplanti	Springdale	F	56	4:15
21	Dan Belanger	Little Rock	M	72	4:20
22	Jon Cron	Springfield, MO	M	30	

Other Distances & Cycling

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Karl Hanson	Little Rock	M		2:32:48	50K bike
	Kirk Grynwald	Little Rock	M	45	2:32:48	50K bike
3	Tabatha Park	Royal	F	47	2:41	24 miles
4	Rachel Furman	Little Rock	F	32	3:18	50K bike
	Charlie Roberts	Little Rock	M	38	3:18	50K bike
6	Kelley Pitts	N. Little Rock	M	52	3:27	9.07 miles
7	Caleb Pierce	N. Little Rock	M	28	3:30	50K bike
8	John Hughes	Fayetteville	M	48	3:32	18 miles
9	Jacob Costello	Malvern	M	19	3:39	50K bike
	Aerah Hardin	Malvern	F	36	3:39	50K bike
11	Heather Bush	Conway	F	39	4:12	18 miles
	Mira Evans	Conway	F	42	4:12	18 miles
13	Michele Jackson	Lavaca	F	54	4:30	25 mile bike
	Randy Jackson	Lavaca	M	61	4:30	25 mile bike
15	Derek Rund	Springfield, MO	M	38	5:30	50K bike
16	Summer Rund	Springfield, MO	F	39	6:00	50K bike
17	Adolfo Aguirre	Lowell	M	36	6:05	run up bike down
18	Blu Cloud	Vian, OK	M	35		24.5 miles
	Leah Costello	Malvern	F	53		6.8 miles bike
	Briana Roupe	Malvern	F	35		
	Jim Block	Fayetteville	M	23		run up bike down
	Chris Block	Roland	M	35		run up bike down

Senior Division Men -

Rank	Name	FM	NEB	AT	BD	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	50k OT	50m OT	MAG	Total
1	Johnny Eagles	41	44	102	31			23.75	51	41	51	41						425.75
2	Alan Hunnicutt	52	55		53					52		52						264
3	Maurice Robinson			86		25.71												111.71
4	Wesley Leach		33		42													75
5	Bill Brass		27															27
6	Ron Gimblet		21															21

Super Senior Division Men-

Rank	Name	FM	NEB	AT	BD	6hr SUN	12hr SUN	24hr SUN	LOV	ABF	SWM	WR	100k LOV	S&S	50k OT	50m OT	MAG	Total
1	Maurice Robinson			101		29.67												130.67
2	Bill Brass		51															51
	Dan Belanger																	
	Greg Bouns																	

Message From The Editor - Stacey Shaver

Congratulations To All and Big Thanks to All Volunteers

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. Also, a huge Thank You to all who volunteer to make our trail racing possible!!! Many step up to the plate and I hope you know just how appreciated YOU are!!!

I hope to see you at some of the upcoming events.

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.