

## THE ARKANSAS ULTRA RUNNER

July - August 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 Susy Chandler and all the volunteers who helped put on the Full mOOn 50K/25K Run. We had great weather and a record breaking 405 participants. It was a great race as always.

I wish to remind everyone that AURA memberships expire on July 1st so please check <http://www.runarkansas.com/AURAmembers.htm> to see if your membership has expired. If your name is BLACK then you are good till 6/30/2017. If your name is RED then your membership has expired. Please encourage your trail running friends to get registered too!

If you want your results from the Full mOOn 50K to count for UTS points you better sign up for UTS right now! The rules say that you must sign up before the race but I'll give you a little leeway.

Big congratulations go out to PoDog Vogler for finishing the Hardrock 100 in 41:08:09. I was watching him on the live runner tracking. He was wearing a GPS chip and you could see his race number move along the course in real time. It looks so easy when someone else is doing it!

Have a happy summer and enjoy global warming!



# Mount Nebo Trail Run

**Dardanelle, Arkansas**

**Saturday, August 27, 2016**

**7:00am**

### Miscellaneous Information:

- Distance: 14 miles (approximate)
- Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.
- There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.
- This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.
- Race contact: Tom Aspel 479-857-4527
- Race #2 in the 2016-2017 AURA Ultra Trail Series

### Post Run:

- The pavilion by the pool is reserved for the race until 2 pm.
- The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks.
- Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

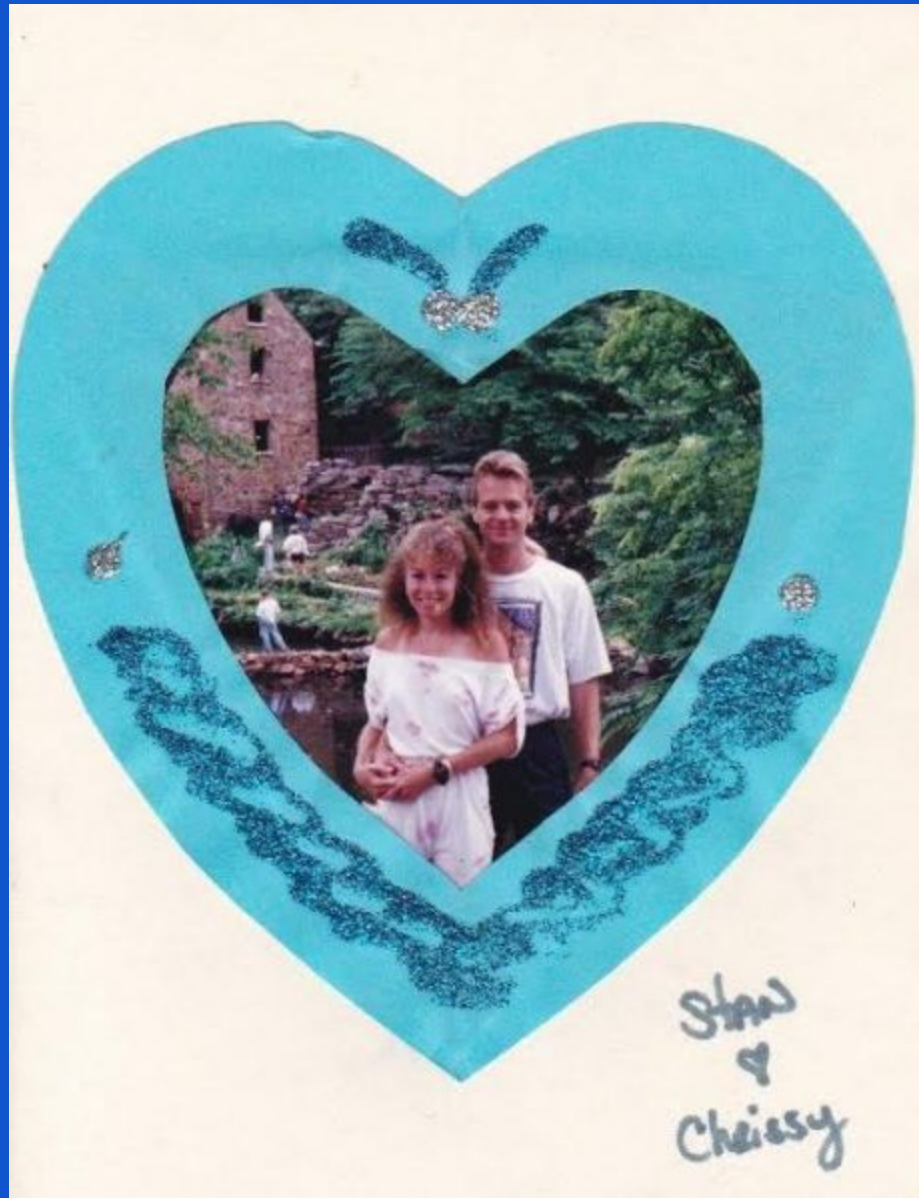
### Camping and Lodging Information:

- Camping options: Campsites with water and electricity; Bench trail camping with no facilities.
- Cabins are also available. Capacities from 4 to 8 people.
- For information contact Mt. Nebo: [mountnebo@arkansas.com](mailto:mountnebo@arkansas.com) or 1-800-264-2458 or (479) 229-3655

### Register In Advance:

- <http://www.runarkansas.com/MtNeboRun.htm>

20th  
Wedding Anniversary  
Celebration



**Come Help us Celebrate our 20th Anniversary**  
Once upon a time there lived a Fair Maiden who loved to run.  
More than anything in the world she wanted to meet someone who  
loved running as much as she did and would treat her like a princess.  
One year at the Arkansas Traveller 100, due to circumstances beyond  
anyone's control the Knight that was to pace her was injured.  
He introduced the Maiden to a Knight new to ultrarunning, who paced her  
instead.

The Knight and Maiden spent the time running under the moonlight and  
getting to know each other. They had the best time together.  
Even though their kingdoms were far apart they saw each other as much as  
possible and fell in love.

The Fair Maiden was really a princess. She asked her Father the King, if he  
would dub the Knight a prince so they could marry. The King gladly  
approved and the Prince and Princess lived happily ever after – Thanks  
Dave

On this day we will renew our vows to my best friend  
The one who shares my Dreams, Life and Love

Stan Ferguson  
&  
Chrissy Ferguson

We hope that you will join in this celebration  
On Saturday, October eighth  
Two thousand and sixteen  
At six o'clock in the evening  
Girl Scout Building off Hwy 324  
Perryville, Arkansas

R.S.V.P  
Chrissy Ferguson - (501)472-9162 or [Stanchrissy100@att.net](mailto:Stanchrissy100@att.net)

Please bring an appetizer (NO desserts) Beer, Wine, Soft Drinks and  
Dancing will be provided – NO Gifts - Just your blessings



26th Annual

# Arkansas Traveller 100

Ouachita National Forest - Arkansas

October 1-2, 2016

*Good Time  
Running!*

## Arkansas Traveller 100 Notes

-Stan Ferguson-

We're about six weeks away from the 26<sup>th</sup> annual AT100! There's something going on with the administration of the race almost year-round, but this is when things really start to pick up. A few pieces of information:

Yes—the race is full! We initially reached the maximum on June 24<sup>th</sup>. About ten folks have gotten in since that time due to cancellations. There is currently a waitlist of over 30 more runners waiting in the wings.

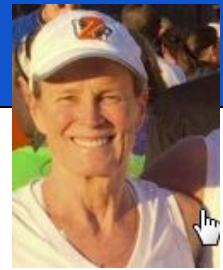
We are still looking for volunteers for various roles. If you are interested in helping, contact Chrissy ([AT100@RunArkansas.com](mailto:AT100@RunArkansas.com)) and/or Susy ([su\\_phi@yahoo.com](mailto:su_phi@yahoo.com)).

There are no official Heart of the Traveller runs this year. One reason for their demise is to reduce the race's (and the club's) exposure to permit infractions—which could jeopardize future events in the area. But we have also recognized that lots of people get together for their own training runs in the area anyway, making the HoT runs less of a necessary fixture.



# 2016 Full Moon 25k

-By Rita Speas



Everything about the Full Moon 25K was turning out to be perfect, and then with the last aid station in sight, just in front of me, I looked up at it, caught my toe on a rock and did basically a face plant. I was vertical one second and flat the next, no slow motion going down, trying to catch myself, just flat on the ground. I couldn't finish, and I was so mad at myself, so disappointed.

The rain that had moved through at 4:00 really cooled off things, and there was a breeze. It was actually pleasant! Jimmy, Dianne, and Kimmy registered for the 50K, so they started at 7:00. Ernie was there with his family team, and Noelle was there with a few of her Outback ladies, all for the 25K. We started, and it felt good, so I ran mostly by myself since members of my usual running group were all dispersed elsewhere for different reasons, and I was a little ahead of Ernie and Noelle. The road was in really good shape, better than last year. I ran until about 3.5 miles with the steep hill. Then, started fast walking hills and running the rest. I got to turnaround a little under 2 hours, so I knew I was doing OK (for me!) and should finish faster than last year, although that wasn't a goal! My toe with the blister was doing well, Nikes vs Hokas were a good choice, my GPS was working, Body Glide was good, no issues at all, and most importantly, I felt great. I saw and chatted with others through the course of the run—all was well!

When I fell, I knew I hit my chin and my forehead even though I had somehow broken my fall a little—proof by the pebbles in my hands and my jammed little finger. I could see lots of blood as I wiped my face. So...I walked on into the aid station and they began cleaning up my wounds. Kudos to the people there—they were so helpful with the sad shape I was in! At that point, I was expecting to resume. They were getting bandaids on me and I had ice on my face. Then, I started getting nauseous, I'm sure because of the amount of blood I had lost in addition to being sweaty, etc. Ernie and Noelle both stopped. Noelle sent Gary text and called and left vm for him to come get me. I didn't really want to do that, but my lip was swollen and I was too nauseous to speak much—she thought I was in bad shape, as in disoriented, but I just couldn't talk well! I wanted to finish, but rode

in the SAG wagon back in, just a little over 4 miles, mostly downhill.

Of course I got attention back at camp because I looked so bad. And then I went into the restroom and saw my face. Good grief. I wiped off some of the dirt on my legs, and then dabbed off the scrapes a little and it stung! Susy had me check in with the EMS guys, and they asked questions, but since I was relatively OK, they didn't do more. I was feeling a little better, talked with Ernie, he offered to drive me home, but I felt OK, wasn't sleepy, sent Gary a text, and drove home.

When I got home, Gary had just seen the texts and heard Noelle's message. He helped me check it out. I wasn't going to pull off the bandaids, but really wanted to see how bad it was. When I took off the one over my eyebrow, wow, I had a gouge, and we knew I needed stitches. We were afraid to wait until daylight. So, I told Gary I was OK to drive, no need to get Byron up. So, I left our house at 2:15 for Baptist ER, got right in. They agreed about stitches, and I got 4. They cleaned up a couple of the worse abrasions on my right arm. I was back home at 4:15—wow, again! I was so sleepy and hungry, but the bed won—I fell into it with my clothes on, didn't wake up Gary.

I got my face cleaned up a little more Sunday, took Advil and a shower trying to keep the stitches dry. I had a couple of bad bruises emerging on my face, and my right eye would swell so much during the night that I couldn't wear contacts for a few days. The following Friday, I got the stitches removed, and the other abrasions and cuts continued to improve. So, within 2 weeks I was basically healed, much faster than if I had actually broken something.

I know I was lucky not to have worse injuries than I had, and am so grateful to friends and other runners who were concerned and assisted. I'm still so irritated with myself for falling, but glad I'm close to "normal" again. Will I do it again? Sure, I love the race!

# 2016 Full Moon

-Photos Courtesy of FB Highjacking





# 2016 Full Moon 50k

-By Sara Pilgrim

It's crazy looking back on this year at all the places my running journey has taken me. This time last year, I was still just playing with the idea of signing up for my first marathon. Today, I sit on my couch sore, chafed, tired, and happily reflecting on my first trail 50k last night.

A couple months ago, right after the Joplin Marathon, I wrote about my first trail running experience at the Catsmacker Fun Run. Shortly after that, I got online and signed up on a whim for the Full mOOon 50k coming up in July. What can I say? I had the post-race blues with nothing on the calendar until Route 66 in November. Full mOOon was right here in Arkansas just an hour away, and registration was a steal at only \$40!

I had no idea at the time what wonderful experiences and new friends this decision would bring to me over the next several weeks of training. Trail running scared me. I was afraid of tripping and falling, afraid of being alone in remote locations with spotty cell service and limited access to water, afraid simply because it was new to me and I didn't know if I would be any good at it. Fortunately for a trail newbie like me, it turns out that Arkansas has an amazingly supportive running community. After meeting some fellow runners at Catsmacker, I was quickly added to several Facebook groups where runners would post about upcoming trail runs. And just about every weekend that I needed to get a long run in to train for Full mOOon, I was able to find others to train with. Getting those trail miles in gave me the confidence I needed to toe the Full mOOon start line without being completely terrified.

I left early the day of the race to make sure that I had plenty of time to find a parking place and pick up my packet. I shouldn't have worried. Packet pickup was very smooth and efficient. I was pleasantly surprised to find that the building secured for our use was air conditioned, and had real bathrooms! And the race organizers went above and beyond in making sure we had everything we might need. There were mini Ziploc baggies full of salt tablets spread across a table inside, plenty of bug spray cans on a table outside, and even flushable wet wipes in the bathrooms. Seriously, they thought of everything!



I was thrilled to see so many familiar faces from my training runs leading up to this event. I parked right behind Wes and Tee, the sweet couple I had run with on this very trail several weeks ago. (That was the run where we rescued



a stray puppy who ended up finding a home for all the way in Washington D.C., but that's a story for another day!) I quickly found my friend Cymber who had introduced me to the LOViT trail near Hot Springs, and Shelley who I'd run the same trail with a week later. And there were Lisa, Andi, Melanie, and the rest of the amazing runners training for the Arkansas Traveller 100, who I'd joined for a training run near Lake Winona just a couple weeks ago. And there were Jodi, Wendy, and Sherry, the Conway runners who I'd met my first day trail running at the Catsmacker; they were running the 25k, but made a special trip to the 50k start line to wish me good luck. It was amazing that I'd only lived in Arkansas a couple months, yet already I felt like I was part of a big, happy, trail-running family reunion. I guess that's just what an amazing running community Arkansas has, and I feel so blessed to have become a part of it!





# 2016 Full Moon 50k

-By Sara Pilgrim



Soon, it was time to start. I smiled when I saw a text from Joshua wishing me good luck. (I wished he could have been here, but he was hard at work laying the new laminate floors I'd been begging for ever since we moved to Arkansas. Yep... I know I have a pretty awesome husband!) We departed from the start area at 7:00pm. Since it was the middle of summer, that gave us a couple hours before the sun went down. As promised, it was hot and very humid, and there was thunder rumbling in the distance. But so far it hadn't rained on us, so we went on as planned. I ended up running with Melanie, who has actually honored me with a request to pace her for a section of the AT100! I was happy to have this opportunity to do a little training together. Having someone to stick with helped take my mind off the difficulty of the run. Even in those early miles, it wasn't easy. The air was moist and heavy, and no matter how deeply you breathed it never felt like you were getting quite enough oxygen. I'd been having stomach issues all day due to pre-race nerves, and I'd only been running a few minutes before my side started cramping up. I gritted my teeth and ran through it. I might have to drop before the night was over, but I knew I could at least make it through this mile. Just finish the mile you're in... that was a mantra I repeated to myself many times before the night was over.

We ran about a mile before the pavement gave way to the gravel forest road. This stretch was the very same route I had run with Wes and Tee, and it was comforting seeing familiar landmarks. I passed the time chatting with Melanie about the last time I'd run here, carrying a tiny puppy in my arms. Before I knew it, we had made it to the first aid station. I had heard that trail aid stations are extravagant compared to the water-and-gatorade aid stations typical of road races, and I was not disappointed. Spread out on these tables was a veritable feast including several different kinds of soda, pickle slices, pretzels, skittles, and just about every kind of salty or sweet snack you can imagine. I am usually not a pickle person, but with the amount I was sweating, I knew I could use the extra electrolytes. I gratefully grabbed a couple pickle slices, and thought they were the best thing I'd ever tasted!

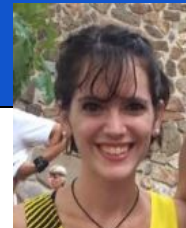
But my favorite part of the aid stations were the huge coolers of ICE! I was so thankful for the volunteers who grabbed the bottles from my hydration pack as I ran up to the aid station, quickly replenishing them with generous amounts of ice and water. Sipping on ice cold water and Tailwind made the hot miles so much more tolerable. I even asked a volunteer if there was enough ice to stuff into my sports bra. She laughed and said yes, and that I wasn't even the first runner who had asked her that today!

Then we were off again. I refused to think about the entire distance we had left to cover. I stayed focused on the more manageable goal of making it to the next aid station. The hills were brutal, and many of the steeper ones forced us to slow to a walk. But despite the difficult course, I was thoroughly enjoying the beautiful scenery and the peacefulness of being in the middle of the forest. Gradually the sun started to sink, and caused the light to fade to a dim golden green as it sent its last beams through the treetops. When we reached the aid station at the 25k turnaround, it was really starting to get dark, and people were turning on their headlamps. This aid station was my favorite, featuring music and a disco ball that projected a colorful light show onto the surrounding trees. I spotted one of the volunteers wearing a Marathon Maniacs singlet, and she and I had fun complimenting each other's attire!

After we departed, Melanie realized that the buckle of her hydration pack had somehow broken. We ran for a little while after the aid station without the buckle, but the pack was swinging around too much and she had to drop. At this point, I was on my own. I could usually see a headlamp or two in the distance ahead of me or behind me, but there were parts of the run during which I couldn't hear or see anyone at all. Being unaccustomed to running in the dark, I managed to trip over a rock shortly after nightfall. I ended up with some minor scratches and bruises, but thankfully my worst injury was

# 2016 Full Moon 50k

-By Sara Pilgrim



only to my pride. Hoping no one had seen me, I jumped up and continued on, scanning the ground ahead of me ever more carefully for potential hazards.

At this point, my usually positive attitude towards running was starting to waver. I was alone and didn't have anyone to talk to. Since the sun had gone down, I didn't even have the pretty scenery to distract me. I had a few moments when I wondered why on earth I was doing this. The water-only aid station at mile 11.5 did little to break the monotony. At some point, my pity party was interrupted by another runner who caught up with me saying that her flashlight wasn't working. This was one of my biggest fears about doing a nighttime race, so I had actually packed an extra flashlight in my hydration pack. I was glad to lend it to her. Even if I wasn't having the best race myself, at least I could help make it better for someone else. She thanked me profusely and headed on her way, having a bit more energy and speed in her than I did at this point. And I found myself alone in the dark again.

Finally, I could see lights in the distance. I had made it to the turnaround aid station at mile 15.5! It was amazing how seeing those lights boosted my spirits after miles of running in the dark. This was the most extravagant aid station yet. They had just about every snack and beverage you can imagine. And there was a row of camping chairs I didn't dare to sit down in, knowing that I would never want to get back up. I scarfed down a slice of cold watermelon and several more pickles. I chatted with the volunteers and with other runners, putting off the inevitability of heading back out into the dark. But I knew that the longer I stayed here, the longer it would be before I finished. So after a few minutes of rest and refueling, I reluctantly strapped my hydration pack back on and hit the road again.

Again, I was alone. I considered how different this was from my road marathons, in which there were always other runners around, and usually plenty of spectators cheering from the sidelines. In my road races, I almost never took long walking breaks; out here in the forest, they were a necessity for getting up steep hills and taking drinks from my water bottle without falling on my face. During a road race, my primary focus was

to maintain a certain pace; here on the trail, all I was worried about was staying hydrated and conserving enough energy to finish, no matter how long it might take me. Despite my slow progress, I was pleasantly surprised to discover that I was actually on pace to finish well under cutoff. That was when I knew I could do this. I didn't have to go fast, I just had to keep moving forward. And I made up my mind that I was going to enjoy myself in the process!

And even in the darkness, it turned out there was still plenty of nature to enjoy. It had been cloudy all evening. But finally the clouds broke, and I got a glimpse through the treetops of the sparkling white moon for which this race was named. I stopped and tried to get a picture with my phone, but my fogged-up lens did no justice to the beauty of that sky. A little further down the road, I spotted a salamander walking across the trail. I've found many salamanders under rocks and logs, but this was the first time I'd seen one out and about. I'd heard stories from other runners about copperheads encountered on this trail and wondered if I would see one. I wasn't disappointed, and found one crossing the road a couple miles past the salamander. I stopped to snap a picture of the little fellow; then he went his way, and I went mine. I also spotted a possum who looked very confused by my bright light shining in his face.



It seemed to take forever to make it back to the 8 mile aid station, but finally I could hear the music and see the colorful disco ball lights in the distance. The lights had been fun to look at when I came through the first time at dusk, but they were simply spectacular after another long leg of my journey in the dark. I didn't stay too long, because I could almost taste the finish line with so many miles behind me, and I was ready to be done! By the time I made it to the 3.5 mile aid station, I could tell that I was chafing pretty badly on my thigh and under my hydration pack, so I gratefully applied some of the Vaseline they'd set out for us on the table. I also popped

# 2016 Full Moon 50k

-By Sara Pilgrim



a couple of Aleve... I wasn't in any more pain than usual for this long of a run, but it was there and I figured it couldn't hurt. I thanked the volunteers, and set out for the last leg of the journey.

After a distance that seemed much further than the couple miles it was, I felt the gravel beneath my feet give way to a harder surface. I was back on the pavement! I knew I was almost finished now! I won't say that my exhausted legs were capable of working up a sprint, but they did manage a slightly faster clip than I'd been running for the past several miles. I even caught up with a couple other runners, and we exchanged words of encouragement as I passed by.

At long last, there it was... the right hand turn leading down the hill to the finish! I was thoroughly exhausted, and don't think I've ever been so grateful to cross a finish line. Melanie was there to congratulate me. Wes and Tee were waiting for me too, even though Tee had finished the 25k several hours earlier. Once again, I was so thankful to be part of such an encouraging, supportive community of runners. I had only known these people a few weeks, yet I felt like I was among family.

Then came the hour long drive back home. I was grateful for the Starbucks Double Shot can I'd had the foresight to throw in my cooler earlier that day (wait – actually earlier YESTERDAY!) It was over. The race I had intermittently looked forward to, dreaded, and wondered multiple times over the past couple of months if I would be able to finish at all. It was a very different experience from my road races. It even went a lot differently than I expected my first trail race would go, since I didn't think I would run so much of it alone. But it was a good kind of different. This race made me realize anew that this body God has given me is capable of so much more than I give it credit for. It can take me on amazing adventures if simply have the courage to start, laying aside my fears and trusting God to carry me through the journey.

When I got home at about 3:30am, my muscles were so stiff that I could barely hobble into the house. And I had chafed so badly from my hydration pack that I couldn't bring myself to face the shower; a quick sponge bath before bed would have to do. Okay... maybe I was just a little crazy for voluntarily doing all of this to myself. But when I finally collapsed into bed next to my sweet husband and started drifting off to sleep, I was already wondering... when can I do this again?



My legs at the end of 50 kilometers. The best kind of dirty, beat up, and exhausted!



# 2016 Full Moon Results

2016-2017 Race #1

## 50k Results

Place	Name▼	City▼	Age▼	Sex▼	Time
1	Tomas Moreno	Longview, TX	33	M	4:01:47
2	Thomas Chapin	Paron	38	M	4:07:35
3	Daniel Arnold	Benton	31	M	4:26:43
4	Kevin Golden	Maumelle	49	M	4:27:57
5	David Dia	Germantown, TN	49	M	4:36:11
6	Caleb Ault	N. Little Rock	29	M	4:37:56
7	Chris Ho	N. Little Rock	41	M	4:45:39
8	John Nobles	Tulsa, OK	31	M	4:46:19
9	Jillian Walker	Hurst, TX	30	F	4:46:52
10	Nancyanne Hickman	Memphis, TN	32	F	4:51:46
	Clay Hickman	Memphis, TN	35	M	4:51:46
12	Stan Ferguson	Maumelle	52	M	5:00:15
13	Kyle Grady	Memphis, TN	42	M	5:01:07
14	Victor Brown	Tulsa, OK	26	M	5:05:50
15	Pete Perkins	N. Little Rock	57	M	5:05:53
16	Aaron Dickens	Van Buren	35	M	5:10:40
17	Bruce Wood	Sherwood	53	M	5:16:32
18	Jeremy Huxol	Joplin, MO	33	M	5:18:15
19	Todd Welch	Bella Vista	49	M	5:19:41
20	Jason Armitage	Hot Springs	43	M	5:21:57
21	Nick Lewis	Little Rock	30	M	5:22:38
	Matt Pruitt	Little Rock	32	M	5:22:38
23	Marc Gill	N. Little Rock	39	M	5:24:06
24	Jason Abernathy	Dorado, PR	42	M	5:25:53
25	Timothy Via	Dardanelle	44	M	5:26:50
26	Tony Baily	Heber Springs	42	M	5:31:20
27	Daniel Jennings	Jenks, OK	27	M	5:32:30
28	Stacey Shaver-Matson	N. Little Rock	44	F	5:37:34
	Deb Baker	Little Rock	54	F	5:37:34
30	Brett Nguyen	Fort Smith	47	M	5:41:00
31	Nathan Venable	Searcy	52	M	5:41:27
32	Ian Rogers	Springfield, MO	22	M	5:44:03
33	Troy Potter	Texarkana, TX	53	M	5:44:13
34	Courtney Munson	Memphis, TN	31	F	5:44:20
35	Scott Irwin	Memphis, TN	52	M	5:44:22
36	James Dougan	Bella Vista	38	M	5:47:25
37	Zach Collette	Ozark, MO	22	M	5:48:19
38	Steve Thomas	Waxahachie, TX	49	M	5:49:04
39	James Fountain	Jessieville	43	M	5:52:10
40	Alan Hunnicutt	Berryville	62	M	5:52:12
41	Mark Lacey	Little Rock	51	M	5:52:14
42	Lisa Mobley	Fayetteville	42	F	5:53:23
43	Tyrel Denison	Fayetteville	33	M	5:53:30
44	Tabatha Park	Royal	48	F	5:55:53
45	Cade Shera	Little Rock	41	M	5:57:25
46	Austin Mader	Little Rock	26	F	5:59:32
47	Andrea Knight	Sallisaw, OK	35	F	6:00:00
48	Hiroki Yoshimoto	Jonesboro	31	M	6:02:15
49	David Allen	Jonesboro	42	M	6:02:21
50	Jody Atchison	Raymondville, TX	37	M	6:03:19

51	Lia Mayfield	Fort Smith	42	F	6:06:35
52	Cliff Fennen	N. Little Rock	60	M	6:08:08
53	Malcolm Smith	Texarkana, TX	53	M	6:09:56
54	Tonya Weaver	Fayetteville	49	F	6:10:06
55	Tammy Walther	Little Rock	45	F	6:15:20
56	Geoff Landry	Lake Charles, LA	45	M	6:18:15
57	Jim Tadel	Monticello	60	M	6:18:57
58	Robert Williamson	Jonesboro	50	M	6:19:43
59	Brad Schmitt	Maumelle	45	M	6:20:53
60	Miranda Bavier	Memphis, TN	43	F	6:20:57
61	Josh Hinojosa	Springdale	34	M	6:21:10
62	Ashley O'Neill	Little Rock	44	F	6:21:20
63	Kolton Thomas	N. Little Rock	24	M	6:21:50
64	Christopher Haynes	Manila	34	M	6:25:34
65	Dave Mundorff	Little Rock	58	M	6:27:13
66	George Peterka	Hot Springs	56	M	6:27:46
67	Christi Potter	Texarkana, TX	45	F	6:28:40
68	Darryl McCauley	N. Little Rock	46	M	6:29:30
69	Tyler Watkins	Jonesboro	27	M	6:32:20
70	James Gaston	Maumelle	50	M	6:32:55
71	Mike Samuelson	Lakeland, TN	50	M	6:36:35
72	Jessica Moore	Tulsa, OK	50	F	6:40:37
	Kelvin Reid	Tulsa, OK	54	M	6:40:37
74	Kaci Nash	Collierville, TN	41	F	6:41:24
75	Corbett Sanders	Hot Springs	45	M	6:42:00
76	Michael Hirons	Wynne	41	M	6:42:27
77	Aaron Wessel	N. Little Rock	30	M	6:42:37
78	Christy Wells	Benton	46	F	6:43:48
79	Cassie Brown	Fayetteville	33	F	6:44:43
80	Shauna Veazey	Benton	46	F	6:45:27
81	Sarah Kennedy	Colt	29	F	6:46:01
82	Dillan Kinkaid	Benton	28	M	6:47:02
83	Stacy Warren	Little Rock	42	F	6:47:57
84	Ronnie Daniel	Little Rock	46	M	6:47:58
85	Christopher Baldwin	Roland	43	M	6:47:59
86	Ben Walters	Little Rock	36	M	6:49:19
87	James Kirkley	Doyline, LA	47	M	6:50:12
88	Chrissy Ferguson	Maumelle	55	F	6:50:22
89	Angie Stewart	Fayetteville	35	F	6:51:30
90	Justin Cook	Fayetteville	35	M	6:54:43
91	Eunsup Kim	Dallas, TX	63	M	6:56:30
92	Duston Jones	Brookland	27	M	6:57:33
93	James Dow	Morrilton	40	M	6:59:34
94	Kristin Parker	Maumelle	30	F	7:02:21
95	Beth Walters	Fort Smith	49	F	7:03:13
96	Shawn Barlow	Benton	42	M	7:04:49
97	Tisha Deen	Little Rock	34	F	7:05:16
98	Kristy Escue	Somerville, TN	38	F	7:05:58
99	Patrick Barker	Little Rock	52	M	7:07:03
100	Clare Frankel	Fayetteville	21	F	7:07:58

## 50k Results Continued

100	Clare Frankel	Fayetteville	21	F	7:07:58
101	Sarah Crowley	Tulsa, OK	29	F	7:09:00
102	Jenn Overmeyer	Tulsa/Tulsa, OK	41	F	7:09:01
103	Sara Pilgrim	Baton Rouge, LA	26	F	7:10:31
104	Michelle Posey	Little Rock	46	F	7:11:17
105	Josh Madison	Hot Springs	27	M	7:13:12
106	Matthew Pearson	Little Rock	33	M	7:17:41
107	Missy Ebel	Baukite	43	F	7:17:55
108	Laura Babbitt	Benton	39	F	7:17:56
	Lorena Moody	Benton	54	F	7:17:56
110	Shawn Hickman	Greenwood	49	M	7:19:19
111	Karen Hayes	N. Little Rock	62	F	7:26:02
112	Louis Chalfant	Hot Springs	41	M	7:28:39
113	Heather Diebold	Fayetteville	29	F	7:32:11
114	Diane Diebold	Branson, MO	52	F	7:32:12
115	Christine Fischer	Owasso, OK	45	F	7:32:17
116	Blake Butler	Hot Springs	47	M	7:36:28
117	Randy Windle	Hot Springs	37	M	7:36:41
118	Loni Silver	Wynne	43	F	7:37:15
119	Shelley Sparks	Farmerville, LA	44	F	7:40:06
120	Cliff Li	Maumelle	44	M	7:40:07
121	Joshua Bornhorst	Little Rock	41	M	7:41:49
122	Mark Roth	N. Little Rock	54	M	7:42:31
123	Brian McFarlane	Jonesboro	28	M	7:42:58
124	Michael Montgomery	Franklin, TN	69	M	7:43:52
125	Mary Murphy	Atlanta, GA	49	F	7:48:08

126	Andrew Williams	Fort Smith	34	M	7:48:35
127	Lionel Burnett	Fort Smith	55	M	7:49:38
128	Jeff Shreve	Fayetteville	39	M	7:51:47
129	Jim Sweatt	N. Little Rock	60	M	7:57:14
130	Stacey Smitherman	Little Rock	39	F	8:03:10
131	Yoneko Johnson	Benton	39	F	8:03:15
132	Justin Cloar	Little Rock	44	M	8:03:17
133	Andi Stracner	N. Little Rock	43	F	8:03:18
134	William Sommers	Plano, TX	62	M	8:03:42
135	Darlena Roberts	White Hall	36	F	8:05:56
136	Cyber Gieringer	Pine Bluff	45	F	8:05:59
137	Aaron Smith	Arlington, TN	33	M	8:12:08
	Kirsten Hall	Concordia, TN	34	F	8:12:08
139	Greg Henley	Sherwood	43	M	8:17:49
140	Dana Duboise	Hackett	43	F	8:18:02
141	Dianne Seager	N. Little Rock	59	F	8:23:47
142	Simina Ryckenbusch	Sherwood	28	F	8:25:47
143	Cynthia Chastain	Paris	44	F	8:32:01
	Rose Green	Paris	47	F	8:32:01
145	Tonja Fillippino	Conway	42	F	8:35:59
	Mira Evans	Conway	43	F	8:35:59
147	Johnny Eagles	Little Rock, AR	64	M	8:51:38
148	Mary McDonald	Conway	63	F	9:07:38
149	Lisa Gunnoe	Judsonia	50	F	9:16:54



# 25k Results

Place	Name	City	Age	Sex	Time
1	Gary Taylor	Little Rock	53	M	2:03:10
2	Tommy Griffin	Mountainburg	33	M	2:06:32
3	Erik Heller	Little Rock	35	M	2:09:39
4	David Joseph	Fayetteville	25	M	2:12:59
5	Edward Walker	Little Rock	46	M	2:14:10
6	Zoe Rom	Fayetteville	22	F	2:14:13
7	Dave Milner	Nashville, TN	45	M	2:14:36
8	John Muntha	Maumelle	19	M	2:15:13
9	Carl Williamson	Morganville, NJ	35	M	2:18:06
10	Eric Robinson	Siloam Springs	41	M	2:22:27
11	Matthew Pickard	Conway	36	M	2:22:30
12	Mary-Ellen Kelly	Memphis, TN	48	F	2:23:04
	Jason Henning	N. Little Rock	26	M	2:23:04
14	Scott Stotlemeyer	Jefferson City, MO	48	M	2:23:13
15	Jakub Denkiwicz	Collierville, TN	18	M	2:25:01
16	Benjamin Leonard	Collierville, TN	18	M	2:25:02
17	Liz Nelson	Paragould	41	F	2:28:58
18	Hunter Bridges	Little Rock	36	M	2:29:34
19	Don Morgan	Little Rock	47	M	2:29:43
20	James Patillo	Alma	33	M	2:30:23
21	Grant Gartner	Hot Springs	19	M	2:31:31
22	Chase Skelton	Fayetteville	24	M	2:32:09
23	Jon Honeywell	Little Rock	46	M	2:32:31
24	Trent Chambers	Texarkana, TX	39	M	2:32:37
25	Michael Kuniyama	Jacksonville	36	M	2:34:11
26	Emily Harbour	Little Rock	31	F	2:34:21
27	Scott Sander	Little Rock	47	M	2:34:38
28	Casey Tadel	N. Little Rock	31	M	2:35:18
29	Chase Mangiapane	Little Rock	31	M	2:35:24
30	Amanda Penny	Hot Springs	32	F	2:35:26
31	Lauren Pavlik	Fayetteville	24	F	2:35:43
	Matthew Phillips	Texarkana	37	M	2:35:43
33	Paige Blasberg	Saint Louis, MO	21	F	2:36:01
34	Brandy Risner	Hot Springs	33	F	2:36:34
	Erin O'Toole	N. Little Rock	27	F	2:36:34
36	Shane Youngblood	Texarkana	38	M	2:36:43
37	John Pemberton	Little Rock	46	M	2:37:32
38	Brenden Bishop	Batesville	50	M	2:38:11
39	James Helms	Royal	44	M	2:40:28
40	Rebecca Turner	Hot Springs	36	F	2:42:48
41	Geoff Meyer	Cabot	42	M	2:44:13
42	David Yerton	Jacksonville	23	M	2:47:13
43	Lucinda Bishop	Salem	34	F	2:48:08
44	Sam Sanders	Little Rock	56	M	2:49:07
45	Benjamin Buse	Bentonville	35	M	2:49:52
46	Will James	Yellville	37	M	2:50:45
47	Megan James	Fayetteville	30	F	2:51:41
	Molly Woodruff	Little Rock	38	F	2:51:41
49	Justin Woodruff	Little Rock	38	M	2:51:42
50	Kevin Kinder	Fayetteville	34	M	2:51:51
51	Kimberly Wright	Little Rock	35	F	2:52:39
52	Steven Booth	Little Rock	48	M	2:53:11
53	Steve Baxter	N. Little Rock	56	M	2:54:31
54	Ryan Miller	Fayetteville	32	M	2:54:45
55	Ken Myers	Little Rock	42	M	2:56:45
56	Kendell Snyder	Jacksonville	54	M	2:56:46
57	Jon Martin	Alexander	31	M	2:59:09
58	Gregory Davis	Benton	39	M	2:59:10
59	Cyndel Blaney	Bella Vista	29	F	2:59:23
60	Jeri Chapin	Sheridan	37	F	2:59:33
61	Leslie Bardessono	Searcy	53	F	2:59:44
62	Tonja Sablatuna	Little Rock	40	F	3:00:11
63	John Sablatuna	Little Rock	38	M	3:00:12
64	Tim Rienenschneider	Benton	37	M	3:00:23
65	Ryan Quinn	Frisco, TX	38	M	3:00:56
66	Craig Mitchell	Fort Smith	46	M	3:02:20
67	Brian Yeager	Batesville	42	M	3:02:34
68	Jake Norton	Fayetteville	33	M	3:03:02
69	Jinny Lowe	Fayetteville	28	F	3:03:03
70	Faye McConnell	Fayetteville	23	F	3:03:16
71	Adam Gist	Mountain Home	35	M	3:03:36
72	Todd Lewellen	Paron	54	M	3:04:02
73	Derek Exum	Paragould	42	M	3:05:11
74	Kathryn Owen	Fayetteville	25	F	3:05:31
75	Trenton Mhoon	Fayetteville	30	M	3:05:32
	Jonathan Sebring	Fayetteville	26	M	3:05:32
77	Dylan Morton	Fayetteville	26	M	3:05:33
78	Bradley Hayes	Rudy	49	M	3:05:39
79	Aaron Wilson	Cabot	40	M	3:05:43
80	Michael Sappington	Little Rock	33	M	3:06:10
81	Tina Ho	N. Little Rock	51	F	3:06:33

84	Erin Rhodes	Muldrow, OK	38	F	3:06:33
	Meghan Howard	Van Buren	34	F	3:06:41
85	Wes Rupell	Cleveland, OK	56	M	3:06:57
86	Taylor Dugan	Little Rock	31	M	3:08:43
87	Ben Ross	Fayetteville	25	M	3:09:06
88	Jodi Ake	Conway	49	F	3:10:02
89	Diane Pience	Jonesboro	62	F	3:10:38
90	Sherry Hall	Conway	52	F	3:10:40
91	Mike Harrison	Hot Springs	45	M	3:10:42
92	Wendy Johnson	Conway	35	F	3:11:11
93	Kevin Robbins	Mountainburg	39	M	3:11:23
94	Staci Washburn	Fort Smith	41	F	3:11:51
95	Jenny Oliver	Conway	33	M	3:11:55
96	Dawn Horn	Volonia	39	F	3:11:57
97	Erin Miller	Hot Springs	40	F	3:12:07
98	Toby Yeager	Pottsville	42	M	3:13:39
99	Cindy Langley	Benton	44	F	3:14:09
100	Marla Miller	N. Little Rock	45	F	3:14:27
101	Mary Wells	Little Rock	43	F	3:14:49
102	Emma Brannon	Atlanta, GA	20	F	3:15:27
103	Becka Gartner	Hot Springs	45	F	3:15:48
104	Ben Davis	Shawnee, KS	25	M	3:18:55
105	Roger Fakes	Memphis, TN	40	M	3:21:24
	Rachael Taylor	Oklahoma City, OK	23	F	3:21:31
	Seth Harris	Oklahoma City, OK	25	M	3:21:31
107	Sennet Oliver	Bentonville	37	F	3:22:10
108	Nithin Kanakala	Little Rock	36	M	3:25:12
109	Andrew Reid	Newport	36	M	3:25:47
110	Morgan Henry	Conway	29	F	3:26:16
111	Stephen Rush	Jonesboro	35	M	3:26:28
112	Hannah Clark	Jonesboro	42	F	3:26:40
113	Traci Johnston	Maumelle	40	F	3:26:54
114	Stephanie Belden	Austin	42	F	3:27:08
115	Charity Ashworth	Conway	30	F	3:27:10
116	Katie Gehrki	Fayetteville	28	F	3:27:32
117	Stacey Beal	Oklahoma City, OK	52	F	3:27:38
118	Suman Siddamreddy	Little Rock	37	M	3:28:00
119	Rebecca Laymon	Russellville	47	F	3:28:08
120	Jason Woods	Little Rock	34	M	3:28:59
121	Ally Hunter	Springdale	29	F	3:29:07
	Kamie Saylor	Springdale	29	F	3:29:07
123	Hugh Wright	Little Rock	28	M	3:29:08
124	Mike Murtha	Maumelle	48	M	3:29:13
	Andrea Bratton	Lonoke	45	F	3:29:13
126	Canby Frazier	Memphis, TN	43	F	3:30:05
127	Brad Runsick	Mountain Home	31	M	3:30:53
128	Tim McFadden	Cabot	53	M	3:30:57
129	Constance Outlaw	Cabot	43	F	3:32:35
	Annette Blanton	Cabot	56	F	3:32:35
131	Brenda Ransom	Lonoke	52	F	3:32:36
132	Elliot Flint	Texarkana, TX	19	M	3:33:28
	Jessica Weiner	Texarkana, TX	26	F	3:33:28
	John Flint	Texarkana, TX	51	M	3:33:28
135	Mario Duran	Springdale	33	M	3:34:04
136	Eva Capparello	Tulsa, OK	42	F	3:34:06
137	Clinton Green	Tulsa, OK	41	M	3:35:45
138	Bea Mickelson	Hot Springs	54	F	3:36:46
139	Derek Goodall	Yellville	31	M	3:36:54
140	Chris Bosch	Springdale	35	M	3:38:04
141	Brooke Oliver	Conway	25	F	3:38:06
142	Larissa Clark	Pleasant Plains	41	F	3:38:18
143	Rebecca Benton	Cibolo, TX	33	F	3:38:20
144	Angela Sivia	Searcy	36	F	3:38:40
145	Mannie Walker	Searcy	45	F	3:38:42
146	Rob Garrison	Maumelle	46	M	3:38:44
147	David Moore	Maumelle	47	M	3:40:30
148	Nickel Thornberry	Las Vegas, NV	36	F	3:40:33
149	Cassie Robinson	Hot Springs	30	F	3:40:38
150	Robert Jones	Flint, TX	32	M	3:41:31
151	Allyson Alexander	Tulsa, OK	35	F	3:41:55
152	Cynthia Yancey	Cabot	46	F	3:42:00
153	Levi Robinson	Bentonville	35	M	3:42:29
154	Jill Roberts	Beebe	36	F	3:42:33
155	Valerie Wessel	Beebe	34	F	3:42:34
156	Barry Owens	Maumelle	47	M	3:42:49
157	Brenda Duhamel	Cabot	50	F	3:42:50
158	John Judy	Cabot	48	M	3:42:52
159	Billy Hrvatin	Royal	42	M	3:43:37
	Darin Sanders	Hot Springs	64	F	3:43:37
161	Chad Meli	Heber Springs	42	M	3:47:34
162	Jana Owens	Maumelle	43	F	3:47:37



# 25k Results Continued

163	Jan Fugate	Ellicott City, MD	66	F	3:51:42
164	Dennis Fugate	Ellicott City, MD	64	M	3:51:59
165	George McDonald	N. Little Rock	63	M	3:52:02
166	Holcomb Mosley	Denver, CO	39	F	3:52:22
167	Elizabeth Kimble	Little Rock	38	F	3:54:20
168	Hallie Mull	Rison	28	F	3:54:23
169	Christopher Martin	Lowell	30	M	3:54:29
	Randy Tolbert	Little Rock	46	M	3:54:29
171	Johnny Mitchum	Maumelle	69	M	3:54:34
172	Cathy Despain	Bentonville	47	F	3:55:19
173	Donna Seagle	Wynne	48	F	3:56:06
174	Justin Lamb	Little Rock	22	M	3:56:19
	Alexa Tolbert	Little Rock	19	F	3:56:19
176	Alston Jennings	Little Rock	68	M	3:56:21
177	Allyson Hodge	Sherwood	33	F	3:57:10
	Caitlin Montgomery	Austin	27	F	3:57:10
179	Paul Noble	Benton	59	M	3:57:28
180	Lynna Gilstrap	Inola, OK	66	F	3:58:20
181	Phil Brown	Little Rock	49	M	3:58:26
182	Dana Gray	Cabot	44	F	3:58:45
183	Leisa Wansley	Little Rock	52	F	3:59:38
184	Cody Jones	Benton	35	M	4:02:11
	Zeke Jones	Benton	38	M	4:02:11
186	Beau Stotman	Jacksonville	42	M	4:02:16
187	Sherry Rogers	Wynne	41	F	4:02:26
188	Michael Hargrave	Bryant	24	M	4:04:19
	Kyle Hayden	Benton	27	M	4:04:19
190	Michele McGrew	Sallisaw, OK	38	F	4:05:05
191	Steve Hurley	Ward	48	M	4:06:47
192	Brian Clary	Little Rock	37	M	4:06:58
193	Misty James	Yellville	36	F	4:07:12
194	Tyler Bishop	Batesville	25	M	4:07:16
195	Deb Baldrige	Habelvale	51	F	4:07:18
196	Emily Gabbard	Conway	44	F	4:07:20
197	Tom Singleton	Maumelle	63	M	4:07:24
198	Courtney Sexton	Maumelle	39	F	4:07:26
199	Pete Ireland	Benton	76	M	4:10:14
200	Ernie Peters	Little Rock	68	M	4:10:17
201	Leah Pearce	Sherwood	49	F	4:10:56
202	Eva Bailey	Benton	48	F	4:11:34
203	Tracey Heath	Goodman, MO	48	F	4:12:39
204	Julie Smith	Oklahoma City, OK	23	F	4:13:59
205	Scott Sullivan	Oklahoma City, OK	27	M	4:14:00
206	Melissa Minard	Austin	38	F	4:14:10
207	Mathew Ingersoll	Jacksonville	24	M	4:15:07
208	Carmella Anderson	Tulsa, OK	57	F	4:17:50
209	Cynthia Metcalf	Broken Arrow, OK	59	F	4:17:51

210	Tina Lindenau	Tulsa, OK	39	F	4:17:52
211	Rebecca McGraw	Conway	47	F	4:20:41
212	Brent Ahne	Conway	45	M	4:21:01
213	Sandy Ahne	Conway	54	F	4:21:02
214	Leslie Stump	Sallisaw, OK	46	F	4:22:46
215	Amanda Sullivan	Sallisaw, OK	38	F	4:22:47
216	Robyn Tolbert	Little Rock	45	F	4:22:48
217	Candy Atkinson	Benton	43	F	4:22:56
218	Carolyn Ellis	Hot Springs	43	F	4:23:17
	Tim Ellis	Hot Springs	42	M	4:23:17
220	Thaveep Leach	Monrilton	61	F	4:23:36
221	Lori Lenley	Conway	46	F	4:23:57
222	Mindy Simonson	Little Rock	34	F	4:26:11
223	Julie Kaylor	Maumelle	29	F	4:26:12
224	Jamie White	Little Rock	50	F	4:31:54
225	Skip Smith	Little Rock	58	M	4:31:55
226	Jan Moon	Memphis, TN	48	M	4:32:29
227	Nicole Belflower	Cordova, TN	43	F	4:32:38
228	Bill Brass	N. Little Rock	77	M	4:33:18
229	Quentin Hanna	Russellville	52	M	4:36:40
	Shellie Hanna	Russellville	49	F	4:36:40
231	Kevin Bradley	Fayetteville	47	M	4:40:19
232	Penelope McNulty	Nashville	69	F	4:41:23
233	Derrick Kropf	Nashville	34	F	4:41:24
234	Krista Buck	Benton	49	F	4:44:01
235	Noelle Coughlan	Little Rock	49	F	4:44:03
	Julie Kerr	Benton	44	F	4:44:03
237	Krystal Watkins	Cabot	31	F	4:44:09
238	Eddy Light	Judsonia	53	M	4:44:41
239	Misty Rowland	Tulsa, OK	43	F	4:51:09
240	Dan Belanger	Little Rock	72	M	4:56:12
241	Susan Beckwith	Hot Springs Village	48	F	5:01:08
242	Jordan Catlin	Oklahoma City, OK	28	F	5:01:23
243	Chris Beason	Malvern	44	F	5:01:45
244	James Sparks	Farmerville, LA	44	M	5:01:49
245	Betty Williams	Shannon Hills	79	F	5:06:34
246	Dennis Veazey	Benton	45	M	5:24:58
247	Teressa Houston	Conway	46	F	5:28:33
248	Molly Jones	Conway	39	F	5:42:34
249	Lisa Ulmer	Conway	55	F	5:42:35
250	William Dobbins	Little Rock	49	M	5:44:37
251	Amanda Williams	N. Little Rock	40	F	5:45:47
252	Matthew Williams	N. Little Rock	40	M	5:45:48
253	Helen Jones	Little Rock	51	F	5:45:50
254	Nancy Stotts	Maumelle	55	F	5:45:51
255	Christy Brooks	London	54	F	6:25:17
256	Kimmy Riley	Habelvale	55	F	6:40:18

## Message From The Editor - Stacey Shaver

I hope you all enjoyed this edition of the AURA Newsletter. Thank you to Sara and Rita for your race report contributions. It is articles like this that make the AURA Newsletter great!

I hope you all are surviving the heat of summer and staying healthy during your training season. Wishing you all the best of luck in your upcoming races and I hope you see you out on the trails!

~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.