

# THE ARKANSAS ULTRA RUNNER

June 2016

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

## Message From President George Peterka



I wish to thank Christophe Block and all the volunteers who helped put on the Catsmacker Run. We had warm (but dry) weather and 120 runners. We had a new course this year that visited 2 pinnacles with scenic overlooks. It was followed by a great lunch and then the UTS awards ceremony where Deb Baker crowned the Kings & Queens of the Trail.

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 expires now or one year from now.

Next year's UTS schedule is starting to take shape on <http://www.runarkansas.com/UTSaces.htm>. We will fill in more race dates as soon as they're confirmed.

Let me wish everyone a happy summer. Stay cool, don't get dehydrated and put on sun block. See you all at the Full mOOn 50K.

## Upcoming Events

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



# Full mOOOn 50K & 25K

Saturday Night, July 23, 2016  
Camp Ouachita Girl Scout Camp  
50k Starts at 7pm  
25k Starts at 8pm

### Race Info:

The all night party and breakfast fest continues on Saturday, July 23

**Time** - 50k starts @ 7pm with trail briefing and announcements @6:45pm  
25k starts @ 8pm with trail briefing and announcements @ 7:45pm

**Packet Pick Up** - 6 p.m. If you arrive earlier than 6 p.m., be cool and wait for us to get set up before asking for your packet. AKA, come back at 6 p.m. It seriously doesn't take 45 minutes to pin on a number and chip timing tag.

**Aid Stations** - Manned Aid @ miles 7.5 & 15.5

Unmanned Water Only @ approx. miles 3 & 11.

You'll need to bring a water bottle; there are no cups at the water-only aid stations, just 5 gallon water canisters. **Please do not pour this on your body - it goes IN the body only!**

**Registration/Cutoffs/Course Map/Etc.** - visit our website: [www.fullmoon50k.com](http://www.fullmoon50k.com). To sign up, visit Full mOOOn 50k/25k (at Runsignup.com), or complete and mail a registration form with your check.

**(no registration/transfers after July 10) DON'T MISS OUT!!! TIC TOC**

**Volunteer - We need volunteers!** If you need ultra miles, are injured and can't run but don't want to miss the party, have a family member or friend running, or whatever, we can use you to help out on race day. You get a free shirt and full access to the fun! Visit our volunteers page and send in your volunteer registration today! [www.fullmoon50k.com/volunteers](http://www.fullmoon50k.com/volunteers)



# 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>

# Mt. Magazine Trail Run-

May 21, 2016 - by Charles Redditt

It is the most beautiful run in Arkansas. Well, the LOViT runs do offer some spectacular views, but I'd still vote for Paul Turner's Mt. Magazine fun run. And at 18 miles, it's much less of a commitment than any of the LOViT runs!

This year was my 2nd go at it, as I ran it the first time in 2015. Last year featured lightning and heavy rain on the way to Russellville on I-40 which miraculously abated by the start of the race. This year was fortunately less exciting enroute, but the start was very similar weather wise, cool, misty, and overcast. A bit humid, but otherwise just fine for a trail run.

We gathered at the pavilion in the Greenfield Picnic area across from the Mt. Magazine Visitor's Center, where at 6:45 am Paul Turner whistled, shouted, and otherwise got our attention for the briefing. Shortly thereafter he led us across highway 309 to the Will Apple trailhead, and we set off running thru the verdant woods.

Like many of the other "no fee, no frills, no whining, keep your own time" AURA runs, there are shorter alternative routes for those who don't want the full 18 miles (plus or minus...both years my Garmins showed about 16.9 miles at the finish). The full course consists of two main pieces: the first is an almost 12 mile loop around the plateau and the second section is a 5+ mile out and back towards Cove Lake that starts and ends at the main aid station (which is at mile 9&¼ of the main loop). The 12 mile loop is relatively flat and only moderately technical in some places, the only real climb being about 500' from mile 5&¼ to the top of Signal Hill at mile 8&½ (highest point in Arkansas, at 2,753'). The 12 mile loop is a popular option for those who want to enjoy the impressive views offered by this run without the technical challenge of the Cove Lake out and back, which adds some gnarly vertical, descending about 1100' feet on steep switchbacks in deep forest before turning right back around and doing it all again uphill. There is also a 7 mile option allowing one to shortcut the main loop and go back to the start after circumnavigating only the eastern half of the plateau, but only a few take

this option.



The main loop officially consists of several differently named trails within the Mt. Magazine State Park. The first 1&¾ miles are the Will Apple's road trail which, as it goes along an old road bed, is probably the easiest and flattest of the whole run. Not very scenic, however, as it is mostly in woods. At the end of Will Apple's Road is a gravel lot, the "Horse Camp" right after which one crosses highway 309 the first out of five times. 309 does have some traffic so it was nice to see the park rangers out in force at every such crossing. The park staff are very supportive and that always helps!

Across 309 from the Horse Camp is the start of the Bear Hollow trail, an almost three mile long section that forms most of the Eastern edge of the run. At this point the breathtaking views begin. As I look out over mist filled verdant mountain valleys, my desire for a good shot always trumps any concern I have for a fast time. I wasn't alone in this. A certain James Turner of Crested Butte and I seemed to be playing a convenient game of tag for a great deal of the race; we always seemed to show up in time to help take pictures of each other! In addition the head of Bear Hollow creek offers some of the last remaining virgin unlogged hardwood forest in Arkansas. It's a bit more technical than Will Apple's road, but not too bad.

The end of the Bear Hollow trail takes one past a couple of overlooks, Inspiration Point and Sunset Rock, and then the course follows two shorter trails around the Benefield Picnic area, crossing 309 three more times in quick succession. The Benefield East loop is almost a perfect 1 mile square that sends you south across 309 right above the Petit Jean Valley overlook (which, BTW, is the terminus of Tom Aspell's Mt. Magazine 15K road run that happens two weeks later), then west parallel with 309. This is a beautiful quarter mile stretch with the same gorgeous view of the Petit Jean Valley as the

overlook. Then it crosses north back across 309 into the Benefield Picnic area where you encounter the unmanned water drop (which has a state park long drop, yes, there are facilities!) at mile 5 & 1/3. Running north almost back to where one got on the East loop, the run then turns west onto the north section of the Benefield West Loop, taking one back south across 309 yet again to the start of the Mossback Ridge Trail. Again, park rangers are at every crossing which is a great help with the traffic! It's not a lot of traffic, but what traffic there is are tourists who are not expecting runners to be popping out of the woods every few hundred meters!

Once back south of 309, the course turns right (west) onto the Mossback Ridge trail, which unsurprisingly takes you along the top of Mossback Ridge, a gentle East-West running rise that takes you to the west side of the course. Midway is a right turn onto the Greenfield trail, which runs north to the Visitors Center and the start at the Greenfield Picnic area, for those who want the 7 mile option. Confused? Well, it's a lot of trails to remember, fortunately you don't have to remember them as the course is well flagged and marked. Trail intersections seem quite frequent here, so the flagging is key. Even if one did get turned around it would be hard to get very lost as one just has to make your way to the summit, and wherever you go there is seems to be a sign pointing to the summit. As you get to the end of Mossback Ridge, you descend into a saddle and then connect with the Summit trails, which are very well groomed, not technical at all, and begin a gentle climb up to the highest point in Arkansas. The trail is a bit crowded at this point with other tourists, but none seemed to mind our presence and quite a few cheered me on, telling me I didn't have far to go :-)

You reach the summit at about 8 & 1/2 miles into the race. If you've never been, the highest point in Arkansas surprisingly doesn't offer a view, the slope is too gentle, but top features a 400 square foot flagstone map of Arkansas with benches, photogenic sign, and a guest log. A well landscaped spot to open my PBR and take a few pictures of myself and a few other fellow runners to

celebrate the "high point" of the race.

Less than a mile north of the summit is the main aid station, near the Cameron Bluff recreation area. It's a gentle descent, again on easy trail. The aid station is normally staffed by PT's parents. This year they weren't able to do so, but Charity Shaw and Lorena Moody pitched in and they were a welcome sight after two hours in the woods. Besides my PBR, I hadn't consumed overmuch enroute. Too busy taking pictures I suppose. But when I saw the gorgeous spread of treats my hunger hit hard and so I stuffed my gullet with enough enthusiasm that at least one fellow runner told me to to "get a room!" Never let it be said I don't enjoy trail food.

There are three things about this run that I really love and look forward to (besides the grub and camaraderie, which I look forward to at every race!) The view, the summit, and last but not least, the Cove Lake out and back. If you are running the full 18, the next 5 miles are memorable indeed. After circling the plateau for over 9 miles on relatively flat and easy trails, you get a challenge! I love a good downhill, even when steep, rocky, rooty, switch-backed, muddy, and slick with freshly cut vegetation. After two hours of a relatively leisurely pace and plenty of photo stops, I was ready to take off! Truthfully, I was no faster going down than I was on the flat, but when you are hurtling downhill, hopping as quickly as possible foot to foot and always desperately trying to find the next place to land and not spill your beer, it's quite a rush. And yes, I made it down without spilling my beer!

No way to get lost on the out and back. No other trails intersect before you get to the turnaround, which is the unmistakable pavement of the Greenbench road. This part of the trail can get quite overgrown though. Last year I managed to gash my head on a freshly cut branch that was unfortunately just the right height to scalp me. This year the trail clearing was a bit more thorough, I was a bit more aware, and I escaped unscathed! It did help some on the unending uphill to



know my head wasn't bleeding.

Once back at the aid station, there is about 2 & 1/2 miles along the North Rim Trail taking one back to the Visitors Center and the finish. The North Rim Trail is easy compared to Cove Lake, but is actually fairly technical, lots of rocks, a fair bit of up and down, and plenty of stream crossings. If one does the 12 mile option, of course, you would skip the Cove Lake out and back and head straight back to the Visitors Center on the North Rim Trail after reaching the aid station on your way down from the summit. The North Rim Trail also offers a nice view, although it's not the majestic overlooks of Bear Hollow or the East Benefield Loop.

Near the end, you pop out of the woods near a firehouse next to the Visitors Center, and this year we got to run a hundred yards more, all the way to the Greenfield Picnic Pavilion. I guess PT persuaded the rangers we could cross the highway without getting run

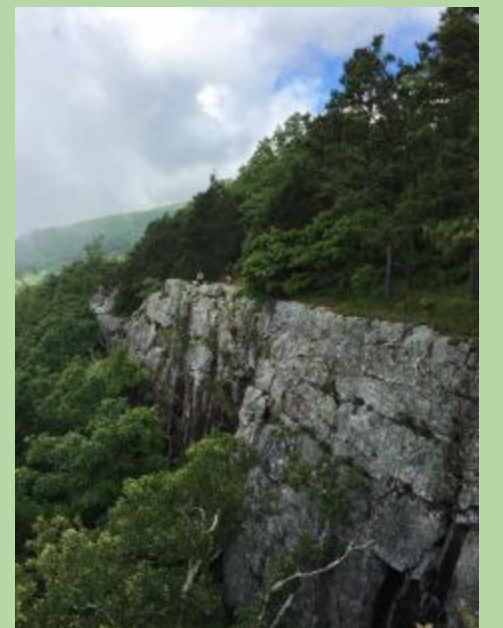
over. Deb Baker's husband Jason was grilling burgers and dogs for us. Ah! Post-race grub and beer! The sun come out right at the perfect time after I finished to keep the chill at bay and dry out my sweat soaked skin. We cheered as runners continued to come in to the finish. Andi Stracner and I made our bets as to whether or not Christi Lawhon would still want extra miles afterwards. PT presented the hand made awards, including the first ever brother sister pair of overall winners!! And as always, I caught up with old friends and made a few new ones.

Exhausted and happy, Andi, Christi, Anna-Mae and I rode back to the Starbucks at exit 127 in Conway (it opens at 5:30 am, not 6!) and went our separate ways from there, but I was already looking forward to the next opportunity to run trails with friends :-)



# Mt. Magazine 18 Mile-

May 21, 2016 - Paris, AR



# 2016 Catsmacker

May 28, 2016 - Charles Redditt



It's the night before. A change of clothes, sunscreen, bug spray, salt pills, Gu and snacks go in my pack. My pack, spare shoes, towels, hat, and hydration belt go in the minivan, I pack the fridge with half liter water bottles, a few cans of PBR and spicy V8, and make sure I have a plentiful supply of 8 oz water bottles in the freezer that I use as reusable ice-cubes. I wake at 4:49 am, make coffee, eat breakfast, get dressed, grab some fruit, pack my cooler, and jump in the car. Living in the south end of Conway, I tear off westbound on Dave Ward Dr (AR 60), crossing the Arkansas River at Toad Suck. To avoid barreling thru Perryville at a high rate of speed I take AR 113 south thru Bigelow, then go west on AR 300 until I hit Hwy 10 at Harris Brake. Fortunately traffic is quite thin in Perry County at 6 am on a Saturday. Zooming south on 10, I catch up to a car with running stickers! Oh! I know where they are going! With mounting anticipation I follow them and turn right onto Hwy 324 and drive the last few miles to Lake Sylvia.

We all have our routines the night before a run or race, and although some details may vary, the above pretty much describes what I do when I am going to run somewhere out on the Arkansas Traveller 100 (AT100) course, something I do a lot these days. It's easy to recount the steps I take but what's harder to convey is the excitement I feel before the race. And I am excited about this one! But then, when am I not? I'm off to a trail run. Adventure awaits! For a few short hours I get to leave behind my daily grind and run free in the woods with my tribe :-D

The race in question is the 2016 Catsmacker, 21½ rolling miles (more or less) thru the gorgeous Ouachita National Forest. Belying my intensity it's a low key affair. No fee, no frills, don't whine and keep your own time! \$3 for parking and put some dough in the can. Sign the waiver and make your choice: nibble the Kitty run (~12 miles) or bite off the whole Cat (21+). I'm down for the Cat. I strap on my gear, grab a couple of beers, shout greetings to old friends and make a few new ones. At 6:45 the uniformed park hostess addresses us from the bed of a truck and wonders who the shirtless and bearded long hair is standing on the roof of the cab behind her. It's our RD of course. He gives us a brief briefing, jumps down, and pretty soon we are off, streaming out of the start at the Lake Sylvia recreation area, shoes crunching on the gravel of the forest service roads that make up the bulk of the course.

It's my first time running the Catsmacker but it is familiar ground. Two weeks prior I had run almost the same route backwards with Andi Stracner and Austin Madder, the only difference being we took the Ouachita Trail from Lake Sylvia instead of running back up hwy 324 to Forest Service Road (FSR) 805 (Bear Creek road). Given a choice between singletrack and pavement, I tend to opt for the trail! At any rate, my life is currently in orbit around the AT100 course, and since Lake Sylvia is also the start for it, it's not the first time I've been out here :-)

Milling about at the Lake Sylvia Rec area, I see some slightly out of place friends. The Conway Running Club (CRC) ladies are out in force. Jodi Ake, Sherry Hall, Wendy Johnson, Katie McGuirt, and Sara Pilgrim are all running the Kitty. I've had the pleasure of many a road mile in the company of Jodi, Sherry, and Wendy, and am very glad to see them all out here now. Sometimes I feel like I lead a double life, running both roads and trails, so it's a nice treat when my road running buddies get a taste of the "wild side". And the Catsmacker is a good introduction to trail running. Being mostly on gravel, it's not too technical, and the Kitty offers a shorter option for those just wanting to get their feet wet without committing to the longer distances ( 25K, 30K, 50K, etc.) that predominate in trail runs. And it's less than an hour's drive from Conway.

After running trails in Arkansas for over a year, I feel like I know half the folks here, not just those from Conway. Runners are fast friends, trail runners even more so, forming a tight-knit if wide-spread community. I get to see my road buddies every week, but I can go months w/o seeing some trail mates, so the first part of a trail run is often social hour for me. Moreover I am rarely concerned with my time on a trail run. I'm in no hurry for the good time to end, I'd rather catch up with an old friend or make a new one. As we start off on FSR 152, the old railbed, I take the opportunity to run with Katie McGuirt, who's offered to pace me at the AT100, but with whom I've never before run. I like to talk on a run, and swapping life stories always helps the miles pass by quickly. We can all commiserate over work, kids, and the never ending quest for time to go running!

Good company helps with the vertical too, and we've got over 800 feet of climb in the first 3.8 miles. Two miles in we turn right onto FSR 132, and at about 3&½ miles,



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we reach the base of North Fork Pinnacle, the first of two short out & back summit climbs on the course. Those two summit climbs are another nice feature of the Catsmacker. The scenery along the gravel roads in the Ouachita National Forest is pretty enough, but they rarely offer an expansive overlook. Adding North Fork Pinnacle and Flatside Pinnacle to the Catsmacker fixes that one slight omission. Both offer spectacular ten mile views of the surrounding terrain. They also add variety. The switch-backed streambed/washed out road going up to North Fork Pinnacle is very rocky, technical, challenging, and steep, if short. And the section of the Ouachita Trail leading up to Flatside Pinnacle (about 10 miles in, off FSR 94) gives one a taste of a better maintained mountain single track.

Expecting adventure on familiar trails may seem rather hopeful, but I keep the faith. Every run is a new experience and there is no telling what will happen. Today is no exception. After lollygagging on top of North Fork, taking pictures, drinking my first PBR, and enjoying the view, I try to make up a little bit of time by sprinting back down towards FSR 132, with an eye to catching back up with Katie before the split. It can be quite challenging not spilling your beer when you're running down something as rocky and technical as that North Fork trail. The beer in my hand survives but the one in my belt does not, as it bounces out and springs a leak. Unfortunate to be sure, but small potatoes compared to what happens next.

Now I always try my best to obey Chrissy Ferguson's famous admonition, but often at least one soul at every race is bound and determined to distinguish themselves. I can't cast aspersions or judgements, I can only be thankful for every day I'm not that guy. And today I am not that guy, thank Goddess, but I do meet him on the way down from North Fork! On top of each of the two summits are zip ties, blue on top of North Fork and yellow on top of Flatside. I'm not quite sure it's necessary in this case, as the Catsmacker is not very competitive, but I had followed the convention and grabbed a blue zip tie as proof of my ascent up North Fork. Well, that guy had done the same but with the added twist of putting the zip tie around his left wrist! Oh my. On the way down from North Fork he discovered this was not such a good idea as his wrist began to swell. And zip ties do not loosen. At all. I'm almost all the way back down to FSR 132 when I run into him and

another fellow who is trying to get it off him with a rock, without much luck. There are just a few runners left behind us, and none of them have a pen knife. I first try using my car key, but it's not exactly sharp. I tear up one of my PBR cans, and although the aluminum is sharp, it's also very weak, and after a few attempts to use it I go back to the car key to avoid cutting his wrist (which would have turned a bad situation into a disaster). The poor fellow is obviously in pain, and while not panicking, he's not far off. I persevere with my key and after several minutes of trying, I finally force the zip tie with my car key and we all go merrily on our way. Whew! Disaster averted. It's a good run when you survive to run another day with all your limbs intact!

After lollygagging on top of North Fork Pinnacle and then wrestling with the zip tie, I am pretty much DFL for the Cat. My CRC buddies are all well past the split and onto the OT by now. One of the nice things about the Catsmacker is that it does offer a nice variety of trail type without too many opportunities to get lost. Anybody who's spent time out on the AT100 course seems to have their own story about how they got lost on these squirrely forest service roads. For those running the kitty, their right turn off of 132 onto the OT is definitely one of those opportunities to go the wrong way. One might miss the turn off entirely or alternatively go the wrong way on the OT back to Lake Sylvia instead of towards Browns Creek. Fortunately it's well flagged and otherwise marked for the race.

I'm in no hurry but past the split the crowd has really thinned out. Wanting company I pick up the pace and catch up with Andi Stracner. Yay! Good company makes the miles go by more easily and when it comes to good company, Andi's the best! Running forges strong friendships via the crucible of shared pain and the quenching achievement of the mutual goal of finishing the distance despite that pain. I paced Andi over Smith Mountain during the 2015 Arkansas Traveller, and if I had to pick someone to hang with for 20 miles, she'd be at the top of the list.

This particular stretch of FSR 132 is one of her favorites, and it's not the first time we've covered it together. We're recounting those miles and memories and discussing her Hasher name when Trisha Hogan and Tia Stone rush past us. Evidently Tia's navigation was such that they missed the start. You know you're not

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moving too swift when you get passed by folks who started 45 min behind you!

Past North Fork and the split the full Cat has only three more intersections to worry about, and all are easy to navigate. We hit the first of the three at mile 7, going straight onto FSR 94 where 132 turns south. This stretch is not the sustained uphill of the start but it is rolling, and the ups and downs do add up after a while! Also, kitty runners get to the Browns Creek AS at about mile 6, but for the Cat our first aid station is at the start of the climb up Flatside pinnacle, over 10 miles into the run. That's a bit far to go for an aid station, but we had noticed a couple of dudes in a grey SUV checking us out. That's right, a rolling Aid Station! They check up on us several times before the end, and although we never avail ourselves of their services, it reassures us to know they are there should we need them. It is a very nice touch.

We stuff our faces at the Flatside aid station and chat with Christi Lawhon, Yoni Johnson, and a few other runners ahead of us who are coming down from the summit. Everyone agrees the view from up top is magnificent, even better than the view from North Fork. Eager to confirm this ourselves, we scramble up and revel in the panorama. Flatside Pinnacle is indeed a treat. We then scurry back down. After the switch-backed washed-out stream bed bushwhacking rock-fest that is the trail up to North Fork, this section of OT singletrack seems like a piece of cake.

On our way out we hit the Flatside aid station one more time then head out on FSR 94, turning right onto FSR 805 (Browns creek road) less than a mile from the AS. Flatside is above 1500', the aid station is right at 1400', from there we have over 700 feet of descent to get to Browns Creek Aid station at mile 15 &  $\frac{1}{3}$ . The Ouachita Trail crosses our path once again at mile 12; Andi points it out as this is the turnaround point for this section of the AT 100 course. It gets a bit twisty and steep here, but it's still a gravel road, so I can't call it difficult. We're doing intervals at a very relaxed pace. Andi worries that she's too slow for my liking, asking, "Aren't you getting antsy?" I just reply as always, that there is no pace that's too slow. And by the time we get to Browns Creek aid station (run by the RD's parents!) I already have that wistful feeling I get near the end of a race. Soon it will be done and I'm in no hurry to end the fun.

We enjoy pickles, watermelon, conversation, and other refreshments at the Browns Creek aid station, then continue on. The road gets fairly flat and almost civilized. We've been out for almost 5 hours and it's gotten a bit warm, but despite the sketchy forecast the weather has turned out better than expected. No rain or lightning, and between the clouds and tree cover we are out of the sun for most of the time. We pass a few houses even, a first for me as I've never been on this particular section of the AT 100 course. We keep craning our necks to see around the next bend, sure that the asphalt of hwy 324 is just around the corner.

Finally, at just over 19 miles, we are on 324 and on the home stretch. We have two miles and 200' of climb to get back to Lake Sylvia, but no shade. I suppose if I had really wanted it to be cooler at the finish I could have run faster, but no regrets. Despite the uphill on hot pavement under bright sun, we smell the finish and pick up the pace just a bit. My stomach spurs me on. Hunger is the best aperitif, and by that measure post-race refreshments are haute cuisine indeed!

We sign our names out at 5 hours, 45 minutes. DFL for the Cat, but I confess to some feelings of jealousy towards the one hardy soul who took over 6 hours to do the Kitty! Afterwards, as I stuff my face and flap my gums at friends, and enjoying the setting of Lake Sylvia itself, I can't help but feel blessed to be here. I first came to central Arkansas in February of 1994, visiting a friend volunteering at the Heifer Project ranch just a few miles away from where I sat. I fell in love with Arkansas and with the Ouachita Mountains then, which to a Mississippi Delta boy, are real, honest-to-goodness, sho-nuf mountains. Carla and I moved to Arkansas for good in 1998, moved to Conway in 2002, stayed put, and got busy with jobs, mortgage, kids, etc. I started running on May 11, 2014, and enjoyed my first trail run, Styx-n-Stones, on March 14, 2015. Trail running has re-awoken my love of being outdoors and re-kindled my romance with the natural state. I am very grateful for that.

...and just because I can never get enough, I do 7.65 more miles after the race, taking the OT back up to North Fork and returning on FSR 132. My excuse is that I dropped my handkerchief early on, my best guess being I dropped it when I was wrestling with that zip tie.

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Anyway I've got a canoe trip planned with family over the next two days, gotta get my miles in when I can. Having taken it a bit easy with Andi means I've got a little left in the tank, so I hurtle thru the woods up to and past the back side of North Fork, resisting the temptation to climb it again. Sure enough, my kerchief is right where I guessed, snagged on a blackberry vine. Alone with fresh memories of the run just completed, I'm tired and it's hot, nonetheless I am ecstatic to be right here,

right now, putting one foot in front of the other in the Ouachitas. I even find two more rail spikes on 152 on my way back. From first place to DFL, it's just a great day to be out on the trail!

One final thought and I'll stop writing (and you thought I just talked too much!). For the love of God and Ronald Reagan, remember what Nancy said. When it comes to body parts and zip ties, **JUST SAY NO!**



# Big Horn 100

June 17, 2016 - George Peterka

The Bighorn Mountain Wild and Scenic Trail Run was held on June 17-18, in the Bighorn National Forest, near Sheridan, Wyoming.

The race features 4 distances: 100M, 52M, 32M and 18M.

The race is mostly on trails with some gravel/jeep roads with 17,500 feet of climb ranging from 4000-9000 feet in elevation.

First, I have a confession to make. I only did this race because I needed a Hardrock qualifier, which is a terrible thing to say. It is a beautiful race in some of the prettiest country you can run through. It is also very well put on with great aid stations and race management, and is well worth doing in it's own right.

That said, it's not the easiest race. (1) It's hot every year. This year was the hottest out of the last 7 years. The forecast was for 99 degrees, but I think it only got to 95. Still, from 319 starters, 147 dropped = 54% finish rate. (2) The course is famous for shoe-sucking mud, but this year we lucked out. It was dry and there was almost no mud. (3) The night is very cold and windy. Again, we lucked out. This was the warmest night in the 24-year history of the race.

My party flew from Little Rock to Denver and on to Billings, Montana. Then, we had a 2-1/2 hour drive to the Elk View Inn in Burgess Junction, Wyoming. I was accompanied by my daughter, Andrea, and my girlfriend, Darlene. We got to the hotel at 7:30 pm Wednesday evening. The race starts on Friday at 11:00 am. The hotel sits at 8300 ft so I had a day and a half for altitude acclimatization before the race. Most people stay in Sheridan but I wanted to be at altitude. The hotel was nice, quiet, reasonably priced, and in a scenic area; downside: no cell service, no wi-fi, and 55 miles to the nearest store. We got settled in, had dinner, drank a few beers, and slept.

The next day we drove to Dayton where the race would start and then to Sheridan to do our shopping. Petroleum jelly, tons of sunblock, food, bug-spray, chair. I don't take those things on planes. I buy them after we arrive. I got registered and dropped off my drop bags, then back to the hotel to rest.

On Friday, there is a pre-race meeting at 9:00 in Scott Park in Dayton where the race will finish. The course is a 52-mile out and back. They bus you the first four miles (or you can drive) to the start so that you wouldn't have to run 104 miles. You will run 48 miles to turn around,

And then 52 miles back.

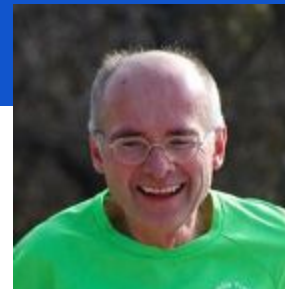
The high was forecast to be 84 degrees on Friday, but it was already hot at 11:00 a.m.

The good thing is, there's no humidity in Wyoming, but the sun is very bright and there are few to no clouds. I sat at the start in the chair I bought and put on lots of sunblock. I saw John Muir from Arkansas, who was pacing someone. I also saw Gia Madole, my pacer from Hardrock. She was pacing someone, as well. Lastly, I saw the Hattas, whom I always see at the Traveller. Otherwise, I didn't know anyone.

They sang the National Anthem, and we were off. You start on a gravel road in a canyon next to the Tongue river. It soon turns to trail and starts to climb through the canyon. Very pretty. At about mile 3, you break out from the canyon and start to climb in earnest, ascending about 3000 ft in 5 miles. You are in full sun going steeply uphill and it is hot. I took off the shirt and hat and relied on the sunblock. (I hope my dermatologist isn't reading this, because after he operated out my basal cell carcinoma last month, he doesn't want me running in the sun.)

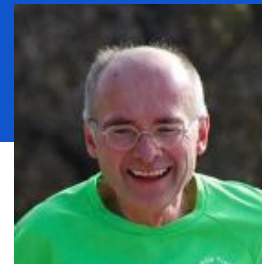
The course levels out at around 7000-8000 ft and runs more or less level till about mile 27. If the sun weren't so bright, it wouldn't be bad, but for the first 20 miles, there is almost no shade. Whenever I ran, I got overheated, and so I ran only a few downhill. I pretty much just walked this race. I was also getting weak, because I wasn't eating enough. Don't feel like eating when you're hot. I got some good food in at mile 27 and again at mile 30. I was really careful about hydration and electrolytes, and never got dehydrated the whole race. (been there - done that - don't need to do that again).

At mile 30, Sally's Footbridge aid station, I was back down at 4600 ft. It was late afternoon, and the heat was over. I had some good food and changed into my warm clothes. Here's the funny part about this race. After battling heat since the start, now - when you least want to - you have to pack up winter clothes for the night. You will need a winter jacket, pants, hat, gloves, and a rain poncho. The next drop bag is 18 miles ahead of you and 4400 ft above, and when you reach it, you will be freezing. It is unbelievable how cold it gets. This was the warmest night they ever had, but I could see my breath, and my fingers were cold in the gloves. I didn't take pants and my jacket was just a thin shell that is not too warm. I wore the rain poncho for warmth. I had just



# Big Horn 100

June 17, 2016 - George Peterka



the right amount of clothing and wasn't cold but if it had been windy or rained, I would be in trouble.

From Sally's (mile 30) to turnaround (mile 48) at Jaws aid station is a 17 mile uphill followed by one level mile. That is the longest uphill I ever did. It's not steep, but it never ends. There are 3 aid stations during this climb (plus one at the bottom and one at the top), so you go through 5 aid stations on the same uphill. It was fine and I enjoyed it, but I was glad when I reached the top. The only problem was that near the top were a few mud pits that I stepped into - sometimes 8" deep. My shoes got completely packed inside with black mud. I tried to stand in a creek and kick my feet around to wash out the mud, but that didn't do it. When I was taking off my shoes in the hotel, the mud had dried, and the socks were so hard, I thought I would have to cut them apart like a cast to get them off. The only flaw in that plan was that I didn't have any scissors. I ended up soaking the socks instead. They loosened up, and I was able to get them off. I got pretty good blisters, though, from going 52 miles in mud-caked feet.

The 17-mile downhill after turnaround was my favorite part of the race. I was feeling great and eating well at each aid station, trying to build up some food reserves for what lay ahead. As I descended, I was shedding clothing and facing East, watching the sky lighten and sunrise come.

At Sally's Footbride aid station (mile 66) I returned all the warm clothing into the drop bag and put the summer clothing back on. This was the only drop bag I needed. I had 2 more bags with "just in case" stuff, but I ended up not needing anything from them. I got a good breakfast - 1/2 an Egg McMuffin - and was off.

The next 3.5 miles climbs 2200 ft, which is pretty steep. The sun was already shining on the trail, but it was not yet hot. I was well-rested from the downhill and well-fed, so this climb went well. I put on plenty of sunblock, because all I had on were my "minimalist" shorts. The next 7 miles were level and shaded, so that was really easy.

When I reached mile 76.5 - Cow Camp aid station - I got a good meal of bacon, potatoes, zucchini, and onions all cooked up fresh. I drank a bunch and refilled my water bottle with as much ice as I could get. And so, the fun begins. By now, it was very hot. (As I never carry a watch I cannot tell you the time, but I'm guessing it was

around noon-ish.) The aid station captain said in his 17 years, he had never seen it this bad.

The next 5 miles climbs 900 ft all on a very dusty jeep road with no shade. Fortunately, there was a nice breeze blowing. Even though it was warm wind, it helped. Without the wind, I would not have finished. No matter how much I drank, I just wanted more. I filled that bottle up in every creek I crossed. I had to be careful not to the drink too much because if I had flushed out my electrolytes, I would have been in trouble.

I reached Dry Fork Ridge aid station (mile 82.5), and knew I would finish. It would be very hot all the way, in but there were just a few small climbs. Climbs in heat and full sunshine worried me, but I knew I could handle the little ones. Gia Madole was waiting for her runner there, and she helped me to get food and put on sunblock (thank you, Gia).

The rest of the race was just a battle against the heat. The canyon was bad, but not too brutal. The breeze kept it from heating up, and it was late afternoon, so there was some shade. I went through the sunny spots as fast as I could and stopped in shady-breezy spots to cool down before dashing across the next sunny spot. The last 5 miles on road were not bad either, because it was around 7pm, and the sun was not so strong anymore.

I finished at 7:31pm with a time of 32:31:01. Darlene and Andrea were waiting for me at the finish line, and they took care of me from then on. I did not ask them to drive to any of the aid stations. I told them instead to go and "vacation" for 34 hours and pick me up when the race was over. There isn't any need for a crew or pacer.

I had no problems, and everything went perfectly. It was hotter than I expected, and that may have added a little to my time, but who knows? I didn't make any mistakes. I stayed properly hydrated the whole time and properly nourished most of the time. I never threw up, felt sick, got off course, or fell down. This race was hotter than Western States for me, because I ran WS on a "cold year" and this one on a "hot year".

So to anyone considering running BigHorn, I encourage you to go for it. The countryside and landscape are beautiful, and it's a great qualifier for Hard Rock. I had a good time in Wyoming, as I'm sure you will, too.

# Big Horn 100

June 17, 2016 - George Peterka



# 2016 Mt. Magazine Results

2015-2016 Race #13

## 18 Mile Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Carson Miller	Dover	M	21	2:18:39
2	Daniel Arnold	Benton	M	31	2:31:24
3	PoDog Vogler	Russellville	M	50	2:41:36
4	Erin Heller	Little Rock	M	35	2:43
5	Marc Gill	N. Little Rock	M	39	2:44
6	Tommy Griffin	Mountainburg	M	33	2:47
7	Chris Mo	N. Little Rock	M	41	2:49:47
	Barnett Kerth	Little Rock	M	25	2:49:47
9	Aaron Dickens	Van Buren	M	35	2:56:29
10	Hunter Bridges	Little Rock	M	36	2:59
11	Stan Ferguson	Maumelle	M	52	2:59:11
12	Bee Wilkenson	Russellville	F	25	3:02:44
13	Reid Landes	Maumelle	M	45	3:07:49
14	Timothy Via	Dandanelle	M	44	3:08:02
15	Brady Paddock	Hot Springs	M	49	3:10
16	Lindsay Berg	Greenwood	F	32	3:11
17	Brett Nguyen	Fort Smith	M	47	3:12
18	Bruce Wood	Sherwood	M	53	3:12:05
19	Randy Soeung		M	35	3:12:16
20	William Fletcher	Little Rock	M	47	3:12:46
21	Jason Henning		M		3:15
22	Jono Becker	Tulsa, OK	M	41	3:19
23	Will Blanchard	Bella Vista	M	35	3:22
	Don Morgan	Little Rock	M	47	3:22
25	Diane Diebold	Branson, MO	F	52	3:23
26	Lance Biggers	Little Rock	M	34	3:26
	Joshua Madison	Hot Springs	M	27	3:26
28	Kurt Hauser	Hot Springs	M	51	3:27
	Corbett Sanders	Hot Springs	M	44	3:27
30	James Gaston	Mt Crested Butte, CO	M	50	3:33
	Alan Hunicutt	Berryville	M	62	3:33
32	Kevin Golden	Maumelle	M	49	3:35
	Donja Reel	Little Rock	F	28	3:35
34	Jim Tadel	Monticello	M	59	3:38:22
35	Chris Wear	Fort Smith	M	38	3:36:14
36	Tabatha Park	Royal	F	47	3:37:10
37	Shelly Chronister	Sapulpa	F	54	3:37:42
38	Lisa Mobley	Fayetteville	F	42	3:42
	George Peterka	Hot Springs	M	56	3:42
40	Shelley Sparks	Farmerville, LA	F	43	3:43
41	Lionel Burnett	Fort Smith	M	55	3:45
42	Charles Redditt	Conway	M	48	3:46
43	Matthew Germaine	Berkley, MI	M	22	3:52
44	Lia Mayfield	Fort Smith	F	42	3:53:13
45	Steve Griffin	Dallas, TX	M	58	3:53:14
46	Randy Windle	Hot Springs	M	36	3:54
47	Curtis Ralston	Fort Smith	M	44	3:55
48	Paul Rejda	Bixby, OK	M	40	3:56

49	Tina Mo	N. Little Rock	F	51	3:57:04
50	Kelly Omeana	Fayetteville	M	63	4:00
51	Richard Vorwerk	Dover	M	28	4:01
52	Dave Hochstedler	Hot Springs	M	59	4:03:07
53	Erin Miller	Hot Springs	F	39	4:08:30
54	Jen Freilino	Little Rock	F	32	4:08:36
55	Karen Call	Little Rock	F	62	4:11
56	Kelsey Walker	Russellville	F	30	4:12
57	Summer Hinojosa	Springdale	F	31	4:12:35
	Josh Hinojosa	Springdale	M	33	4:12:35
59	David Castronova	Bentonville	M	52	4:13
60	Bill Elmore	Little Rock	M	56	4:14
61	Josh Bornhorst	Little Rock	M	41	4:18
62	Pamela Messenger	Hot Springs	F	50	4:19
63	Ronnie Daniel	Little Rock	M	46	4:22
	Austin Mader	Little Rock	F	26	4:22
	Cassie Brown	Fayetteville	F	33	4:22
	Chris Baldwin	Roland	M	43	4:22
	Stacy Warren	Little Rock	F	42	4:22
68	Shauna Veazey	Benton	F	46	4:26:50
69	Amanda Smith	St Louis, MO	F	34	4:29
70	Andrew Williams	Fort Smith	M	34	4:30
71	Louis Chalfant	Hot Springs	M	41	4:41
72	Guinea Qualls	Little Rock	F	38	4:45
73	Chrissy Ferguson	Maumelle	F	55	4:48
	Lisa Gunnoe	Judsonia	F	50	4:48
75	Heather Bush	Greenbrier	F	39	4:52
	Mina Evans	Conway	F	43	4:52
77	Jerry Oliver	Conway	M	33	5:04
	Denise Thrown	Little Rock	F	51	5:04
	Ashley O'Neill	Little Rock	F	44	5:04
	Ben Walters	Rock City	M	36	5:04
81	Christi Lawhon	Jacksonville	F	39	5:04:50
82	Tom Singleton	Maumelle	M	62	5:11
83	Dawn Morn	Vilonia	F	39	5:11:48
84	Johnny Eagles	Little Rock	M	63	5:15
85	Tina Rush	Russellville	F	47	5:17:25
86	Nathaniel Sager	Decatur, IL	M	34	6:00
87	Paul Sager	Astoria, IL	M	58	6:03
	Niles Sager	Kansas City, MO	M	27	6:03
89	Gayle Pearson	Maumelle	F	48	6:05
90	Lisa Ryan-Trosper	Newalla, OK	F	46	6:21
91	Rose Ann Foster	Maumelle	F	51	6:21:09
92	Eric Trosper	Newalla, OK	M	38	6:22
93	Marilyn Lattin	Maumelle	F	57	6:30
	Maegan Cochran	Maumelle	F	25	6:30
95	Ginny Miller	Conway	F	50	6:55
	Robyn Soehnge	Vilonia	F	36	6:55

## Other Participants

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Christine Bettis	Little Rock	F	60	2:36	12 Miles
2	Dennis Veazey	Benton	M	46	2:43	12 Miles
3	David Meroney	Little Rock	M	45	2:49:30	12 Miles
4	Robyn Bell	Little Rock	F	46	3:02	12 Miles
5	Diane Burnett	N. Little Rock	F	66	3:08:18	12 Miles
6	Andi Stracner	Mayflower	F	43	3:15	12 Miles
7	Wesley Leach	Oppelo	M	60	3:23	12 Miles
8	Thaveep Leach	Oppelo	M	61	3:24	12 Miles
9	Bryan Kilgo	Little Rock	M	38	3:30	12 Miles
	Elizabeth Kimble	Little Rock	F	30	3:30	12 Miles
	Skip Smith	Little Rock	M	58	3:30	12 Miles
12	Yvonne Thompson	Little Rock	F	72	4:11	12 Miles
	Tom Zaloudek	Little Rock	M	62	4:11	12 Miles
14	Monica Ritchie	Sherwood	F	45	4:25	12 Miles
15	Karen Knudsen	Little Rock	F	52	4:37	12 Miles
16	Dan Belanger	Little Rock	M	72	4:38	12 Miles
	Teresa Houston	Conway	F	45	4:38	12 Miles
	Christy Brooks	London	F	54	4:38	12 Miles
19	Amanda Williams	N. Little Rock	F	39	5:16:37	12 Miles
20	William Dobbins	Little Rock	M	49	3:03:24	9.25 Miles

# 2016 Catsmacker Results

2015-2016 Fun Run & UTS Awards

## 22 Mile CatSmacker

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Caleb Ault	N. Little Rock	M	29	2:44:23
2	Chris Ho	N. Little Rock	M	41	2:46:15
3	Daniel Arnold	Benton	M	31	2:49
4	Marc Gill	N. Little Rock	M	39	2:57
5	Bruce Wood	Sherwood	M	53	3:07:45
6	Rachel Coulter	Tulsa, OK	F	28	3:14:30
7	Jordan Christy	Broken Arrow, OK	M	25	3:18
8	Stan Ferguson	Maumelle	M	52	3:21:57
	Troy Potter	Texarkana, TX	M	53	3:21:57
10	Timothy Via	Dardanelle	M	44	3:23:08
11	Scott Sander	Little Rock	M	47	3:24:58
12	Dave Mundorff	Little Rock	M	57	3:26
	Sam Sanders	Little Rock	M	56	3:26
14	Cade Shera	Little Rock	M	40	3:30
15	Randy Windle	Hot Springs	M	37	3:36
16	Brett Nguyen	Fort Smith	M	47	3:43
17	James Gaston	Crested Butte, CO	M	50	3:49
18	Jim Tadel	Monticello	M	59	3:50
19	Lionel Burnett	Fort Smith	M	55	3:53
20	Tabatha Park	Royal	F	47	3:56:47
21	George Peterka	Hot Springs	M	56	4:00
22	Billy Creutz	Maud, TX	M	43	4:06
23	Christi Potter	Texarkana, TX	F	45	4:07:09
24	Laura Kearns	Little Rock	F	33	4:17
25	Tisha Deen	Little Rock	F	34	4:24
	Stacy Warren	Little Rock	F	42	4:24
27	Tina Ho	N. Little Rock	F	51	4:24:44
28	Deb Baker	Little Rock	F	53	4:26
	Patrick Barker	Little Rock	M	52	4:26
30	Ronnie Daniel	Little Rock	M	46	4:29
	Austin Mader	Little Rock	F	26	4:29
	Chris Baldwin	Roland	M	43	4:29
	Angie Stewart	Fayetteville	F	35	4:29
34	Barbra Creutz	Maud, TX	F	44	4:33
35	Mark Roth	N. Little Rock	M	53	4:34
	Josh Bornhorst	Little Rock	M	41	4:34
37	Jim Sweatt	N. Little Rock	M	60	4:36
38	Chrissy Ferguson	Maumelle	F	55	4:44:12
39	Christy Wells	Benton	F	46	4:50
40	Shauna Veazey	Benton	F	46	4:51:49
41	Michelle Posey	Little Rock	F	46	5:01:19
42	Louis Chalfant	Hot Springs	M	41	5:06
43	Missy Ezel	Bauxite	F	43	5:09:36
44	Yoneko Johnson	Benton	F	39	5:12
	Christi Lawhon	Jacksonville	F	39	5:12
46	Deb Baldridge	Mabelvale	F	51	5:30
47	Lisa Gunnoe	Judsonia	F	50	5:34:19
48	Thaveep Leach	Oppelo	F	61	5:40
	Wesley Leach	Oppelo	M	60	5:40
	Eddy Light	Judsonia	M	53	5:40
51	Charles Redditt	Conway	M	48	5:45
	Andi Stracner	N. Little Rock	F	43	5:45

## 12 Mile KittySmacker

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Nick Lewis	Memphis, TN	M	29	1:23
2	Gary Taylor	Little Rock	M	52	1:38
	Grayson Greer	Little Rock	M	31	1:38
4	Whitney Campbell	Little Rock	F	28	1:40
5	Aaron Clay Hickman	Memphis, TN	M	35	1:45
	Nancyanne Hickman	Memphis, TN	F	32	1:45
7	Trish Hogan	Sherwood	F	48	1:50
8	Kurt Hauser	Hot Springs	M	51	2:04
9	Jeff Thostenson	Little Rock	M	39	2:05
10	Erin O'Toole	N. Little Rock	F	27	2:16
11	Jodi Ake	Conway	F	49	2:24:14
12	Candice Brown	Tulsa	F	35	2:25
	Sara Pilgrim	Conway	F	26	2:25
14	Sherry Hall	Conway	F	52	2:26
15	Wendy Johnson	Conway	F	35	2:27:15
16	Bethany ???		F		2:30
	Kelly Frantz	Perryville	F	55	2:30
18	Ben Walters	Rock City	M	36	2:31
19	Katie Liermann	Little Rock	F	46	2:32
20	Rhonda Ferguson	Little Rock	F	60	2:33
21	Mike Dupriest	Little Rock	M	59	2:35
22	Brad Schmitt	Maumelle	M	44	2:36
	Melanie Baden	Camnack Village	F	47	2:36
24	Mathew Ingersoll	Jacksonville	M	24	2:42
25	Aimee Dupriest	Little Rock	F	26	2:44
	Carrie Dupriest	Little Rock	F	58	2:44
27	Bill Elmore	Little Rock	M	56	2:49
	Josh Elmore	Little Rock	M	33	2:49
29	Tori Plunkett	Benton	F	32	2:52
	Jewell Rapier	Benton	F	54	2:52
31	Leisa Wamsley	Little Rock	F	52	2:52:54
32	Tonja Fillippino	Conway	F	42	2:54
	Bryon Dunn	Maumelle	M	36	2:54
	Heather Bush	Greenbrier	F	39	2:54
35	Sherry Rogers	Memphis, TN	F	55	2:55
36	Lindsay Daniel	Little Rock	F	40	2:57
37	David Taylor	Cordova, TN	M	34	2:58
38	Katie McGuirt	Conway	F	33	3:00
	Misty Walker	Tulsa, OK	F	40	3:00
40	Pete Ireland	Benton	M	75	3:08
41	Bill Brass	N. Little Rock	M	76	3:09
	Johnny Eagles	Little Rock	M	64	3:09
43	Dottie Rea	Vilonia	F	63	3:10
	Skip Smith	Little Rock	M	58	3:10
45	Rebecca McGraw	Conway	F	47	3:20
46	Christy Grimes	Maumelle	F	46	3:22
47	Jerry Oliver	Conway	M	33	3:23
48	Jom Burgos	Jacksonville	M	44	3:30
	Rhonda Burgos	Jacksonville	F	44	3:30
50	Dan Belanger	Little Rock	M	72	3:31
51	Elaine Gimblet	N. Little Rock	F	68	3:38
	Ronald Gimblet	N. Little Rock	M	68	3:38
53	Roger Williams	Cordova, TN	M	74	3:56
54	Kimmy Riley	Mabelvale	F	55	4:08
55	Teressa Houston	Conway	F	46	4:11
	Christy Brooks	London	F	54	4:11
57	Matthew Williams	N. Little Rock	M	40	4:33
58	Amanda Williams	N. Little Rock	F	39	4:33:45
59	Julia Shackelford	N. Little Rock	F	58	4:50
	Heidi Strock	Jacksonville	F	72	4:50
61	Kelley Pitts	N. Little Rock	F	52	6:12

## Other Participants/Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Tia Stone	Searcy	F	37	2:20:20	17.01 Miles
2	Christine Bettis	Little Rock	F	60	3:06	14.24 Miles
	Tom Singleton	Maumelle	M	62	3:06	14.24 Miles
4	Ashley O'Neill	Little Rock	F	44	3:21	16.21 Miles
	Denise Thrower	Little Rock	F	51	3:21	16.21 Miles
6	Dan Sobkoviak	Maumelle	M	54	3:26	16.21 Miles



# 2016 Ultra Trail Series KINGS & QUEENS

2015-2016 UTS





## Message From The Editor - Stacey Shaver

### HAPPY INDEPENDANCE DAY!!!

I hope you all enjoyed this edition of the AURA Newsletter. Much, much appreciation to Charles and George for their race report contributions. It is articles like this that make the AURA Newsletter great! If you have a race report or photos please do not hesitate to send me an email.



Huge Thank You to all who volunteer to make our trail racing possible!!!

I hope to see you all at the upcoming Full Moon! Keep in mind that the NEW 2016-2017 AURA Trail Series begins in July with this event. Also, share the love and encourage others to join AURA Club and register for the next Ultra Trail Series!!! Who know's maybe you will find yourself in next year's King and Queen photo.

~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.