

# AURA Newsletter

## January News for members of AURA



### Presidents Message

First I wish to thank Stacey Shaver, Tina Ho, and the volunteers who put on the Athens Big Fork Trail Marathon. We had 150 runners. That's a 50% increase from the previous maximum of 100. That race is really getting popular. We had

cold weather but great visibility which is a plus because it is such a scenic course.

Next I wish to thank James Holland and his volunteers for putting on the Swampstomper 50K. James had a really tough time this year with ice making the roads impassable. He had to make last minute course changes and it was a real nightmare. In spite of the bad weather he still had 113 finishers.

As for myself, I ran the Ouachita Switchbacks 50K in Oklahoma this year. I will give brief race report. The race is on the Ouachita Trail just a little ways over the Oklahoma border west of Mena. They changed course this year, which I do not like, making it easier with less climbs. The forest service wouldn't allow the race to go through a wilderness area so they had no choice. The first 8 miles is the same as before, climbing up a section the OT called the "Ouachita Switchbacks" to a shelter on the top of a mountain. The 25K runners turn around here. The 50K runners continue about another 7 miles on the OT and then turn around. So it is now a simple out and back course instead of being 2 out and backs. The additional seven miles is on top and is more runnable with fewer climbs. I would say it's about 30 minutes faster than the old course was.

The weather was sunny and clear but very cold. Guessing 26deg F at the start and it didn't climb above 32deg until the last 5 miles. The race went just fine. I was well dressed and wasn't cold. The only thing I had exposed was my cheeks and they were freezing. The only thing I didn't like was that all the drinks at the aid stations were freezing cold. Water jugs were all frozen solid and the aid station workers were doing their best to melt enough ice over the fire to have some water for the runners. I did this race last year but it was raining and fogged in the whole day. This year I could enjoy the nice views from the mountains. I would definitely recommend it. It's rough and rocky and has a lot of climbs.

I signed up for David's Trail Endurance Run. I had never done it and wanted to check it out for consideration into the UTS series next year. I got sick, caught a cold, from the Ouachita Switchbacks and didn't go. Well that's about all I have. Looking forward to seeing everyone at the Whiterock 50K.

### Upcoming Races



#### White Rock 50k

Feb 3 Cass, AR



#### LOViT 100k

Feb 23, 24 Mt Ida



#### Styx N Stones 30k

March 24 West Fork

#### AURA

[Website Link](#)

## White Rock Classic 50k

### Saturday, February 3, 2018

9am Start Time

Cass, AR

[Race Website](#)



### Race Information:

- No Fees, No frills, No WIMPS!
- Race begins on Road 1003 (White Rock Mountain Road) just off Highway 23, about a mile north of the Mulberry River (near Cass).
- There is no entry fee but a small donation to help cover costs would be appreciated.
- Refreshments will be near the finish line starting at 1:00 pm
- If doing the 50K and not confident of a 5:00PM finish you are welcome to start early. (study the map, you will be unsupported till the aid station volunteers get set up).
- Please keep your own time and sign in at the top (past the aid station at the lookout) and at the finish to be included in the results. You must sign out before leaving.
- The 50K course runs to the top of White Rock Mountain, then retraces back to the start.
- The course is run on well maintained forest road.
- Aid is set up approximately every 5 - 6 miles.
- PLEASE NOTE: If for some reason you plan to NOT to run back, you MUST plan ahead to arrange your own ride back to the start. No shuttling will be available.
- [Course Map](#)
- [Course Elevation Profile](#), Approximate cumulative elevation changes:  
Out/up: 3500' total climb, 1900' total descent  
Back/Down: 1900' total climb and 3500' total descent
- This 50K is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently. It is guaranteed to help work off those Christmas holiday pounds before the Valentine Candy arrives.
- Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation. This race has been cancelled in the past due to bad weather.
- **Course closes by 5 pm.** Early starts are accepted if you anticipate not completing the 50K under 8 hours. Note: There will be a few awards given--early starters are not eligible for awards.
- Brought to you by Lisa Gunnoe, PoDog Vogler, and the Arkansas Ultra Running Association (AURA)
- Alcohol is not allowed on forest land.
- Questions: e-mail [Lisa](#)

### Parking:

- Parking at the start is limited.
- If you can, park at the Turner Bend store--at the Mulberry River bridge on Highway 23 and carpool to the start.
- If you park at the start pull over to the left as much as you possibly can. An ambulance must be able to get by you and they are wide.
- All cars must park on same side of road, left/South.

# LOViT 100k

## Race #11 of AUARA UTS

Feb 23rd - 24th

100k Start 6am

The Lake Ouachita Vista Trail (LOViT) Endurance Runs feature rocky, rolling hills and ridge lines that will take you along the southern rim of one of America's most pristine freshwater lakes and through the ruggedly beautiful Ouachita National Forest. The race course follows out and back sections along the single track trail - one of only 40 worldwide trails to receive the IMBA Epic Trail designation. The terrain is challenging, the views are amazing. Come find your LIMiT on the LOViT.

**Please note:** This is a challenging distance on a difficult trail. It is crucial that you physically and mentally prepare for the stresses of the race through adequate training and preparation. YOU, the runner, are responsible for your own well-being during the race.

### Pacing & Safety Runners

Due to the remote nature of sections of the course, pacers will be allowed during portions of the race. Safety runners can be picked/switched at crewable aid stations in the pacing sections. Runners 60 years and older may have a safety runner from the start with permission from the Race Director prior to the race. Runners may only have one safety runner at a time.

100k Safety Runners can be picked up/switched out at the following aid stations: Brady Mountain Road (return trip ONLY - approx mile 37) and Crystal Springs Pavilion (approx mile 48).

100 Mile Safety Runners can be picked up/switched out at the following aid stations: Brady Mountain Road (1st crossing - approx mile 57.5), Avery Recreation Area (east end - approx mile 64.5), Brady Mountain Road (return trip - approx mile 71.5), Crystal Springs Pavilion (approx mile 82.5), Charleton (return trip - approx mile 87).

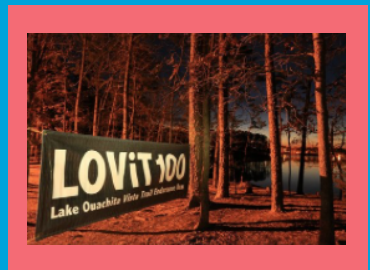
### Aid Stations

(locations and accommodations available at <http://runlovit.com/details/>) Aid stations will have standard ultra food (bananas, pretzels, potatoes, chips, water, Tailwind Nutrition, etc.). If you have special dietary restrictions, please plan accordingly. There will be 6 manned aid stations on the 100k course and 10 manned aid stations on the 100 mile course – many that you will cross multiple times.

### Awards

100k finishers will receive a medal. 100 Mile finishers receive a custom finisher's buckle during Sunday's awards brunch. Awards will be given to the top three overall male/female finishers in the 100k and 100 Mile distances at an awards banquet Sunday morning.

## LOViT 100



# Styx n' Stones

## 30k

(15k Option Available)  
Devils Den State Park  
March 24, 2018



## Race Information

**Registration:** PLEASE Register in advance at <http://www.runarkansas.com/StyxnStones.htm>

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

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

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

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

**Timing:** Please keep your own time and sign in at the finish. Results will be posted on [www.runArkansas.com](http://www.runArkansas.com)

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

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

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

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

**Getting There:** From the north, I-540 to the West Fork exit, right on Highway 170.  
From the south, I-540 to the Winslow exit, Left on Highway 74.



## Swampstomper 50k/25k

### AURA UTS Race#9

Sunday, January 14, 2018

at Meeman Shelby Forest State Park in Millington, Tennessee  
submitted by James Holland, RD-out

This year was the 13th running of Swampstomper 50k/25k at Meeman Shelby Forest State Park in Millington, TN and my 5th and final year as race director. Both previous RDs served for 4 years and as a superstitious person, I knew I probably should stop there too rather than take on #13.

While out of an RDs control, I doubt there is anyone who isn't a little fearful of race day weather, not only for runners but especially for volunteers. Races would not take place without stalwart volunteers. Swampstomper has seen race day rainfall turn the trails into running creeks with shoe-sucking mud at least a couple of years (2007 and 2010). The start temperature was 12 degrees F in 2008 and never got above freezing. We stayed below freezing this year too but I've really been fortunate to have had decent and dry race day weather for the most part. I did have to re-route the course in multiple places in 2016 because of Mississippi River flooding on the trails but in retrospect that seemed easy. As a Boston transplant (go Pats!), it is always entertaining when local Memphis weather people get excited about the possibility of a "wintry" mix; the more it's talked about, the less likelihood it ever happens. Well, to everyone's surprise (parents' dismay and teachers' joy), we had a winter storm the Friday before Swampstomper. Roads were sheets of ice covered with a layer of snow and the sun refused to come out. With temperatures forecast below freezing through the weekend, #13 was questionable.

Everyone loves a snow run but the issue of safely driving to/from the race was a concern. While Memphis is flat, there are windy roads with steep descents at Meeman Shelby Forest State Park and bypass roads through the Park were closed including one to an aid station where runners come through 4x in the 50k. I was able to drive up and down and back to the aid station Friday while it was freshly snow-covered but by Saturday morning it was a sheet of ice.

We marked the course like the race would take place even though it was still an uncertainty. The roads to the Park were a concern as all of us even with awd/4wd slid through a 4-way stop to get there. But



*Photo Credit this page Baker McCool*

the sun appeared and despite cold temperatures, the snow and ice started to melt from the roads. By the time I left the Park Saturday (for the 1st time), I was comfortable enough with the main road conditions to have people drive to the race Sunday. After discussions with the Park, we decided to change the start/finish location of the race. It would be the same course as always (run a little differently) but we would start/finish at a location which would minimize the driving anyone would have to do through the Park. Less than 12 hours prior to race start, I was notifying all registered participants and volunteers of the changes. I had to re-calculate cut-off times and my brain was too exhausted. Volunteers usually at one location on course were switched with others to accommodate the new start/finish location; and I still had the issue of no drive-to access to one aid station.



I made another attempt Saturday afternoon to drive to the aid station (4 miles roundtrip) to drop off supplies (even if unmanned), but the road was still too dangerous. I went back Saturday night with a 4-wheeler and was able to get minimal supplies to the aid station and additional supplies Sunday morning.

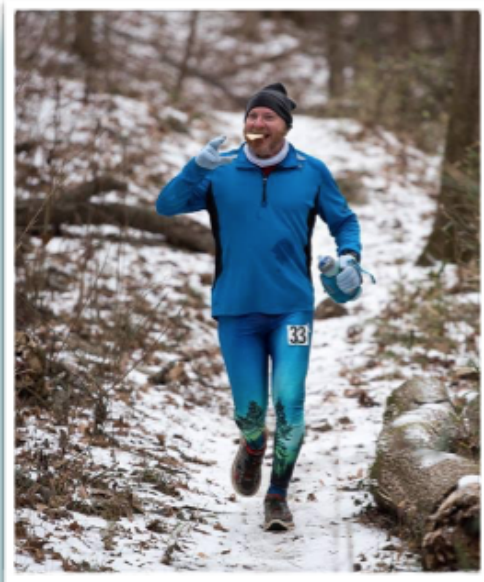
If you've never made the drive to Memphis to run Swampstomper, then you are missing out. Race day morning I had 5 guys hike the mile plus into the aid station; and they stayed all day (on a very cold day in a very shaded area) providing full-service aid to all runners. Two of them even swept the last part of the course with the final runner in the 50k. Southern hospitality at its best.

Thank you to all AURA members who have participated in Swampstomper over its 13 years. Congrats to this year's winner Daniel Arnold and second place Shane Poland. Way to persevere-Jim, Justin, Alan, Kimmy-on a tough but beautiful day with slick, perhaps a little treacherous, downhill on the red loop. Thanks to Brandon, Dean, Katie, Charles, and Stephen for making the trek to Memphis; and Jamie for her volunteer time.



*Photo Credit-Teresa Faulk*

While #13 was unlucky for me, I feel it was lucky for the runners as it was a day I would have embraced on the trails.



*Above Photo Credit-Teresa Faulk*

This race has always been personal to me. After a year plus break from running altogether, Swampstomper was my first official ultra distance race and I went on to finish the 50k a total of six times and to-date 13 100-mile races.

It became more personal to me when my friend, Hilde Haynes, a member of the Warthogs who helped start this race and lived at Shelby Forest, passed away the summer before my RD-debut but not before she had sent me this email:

James, thank you so much for taking it on...I could not imagine a better person to fill the spot..

I am really excited and looking forward to being of help by next year.



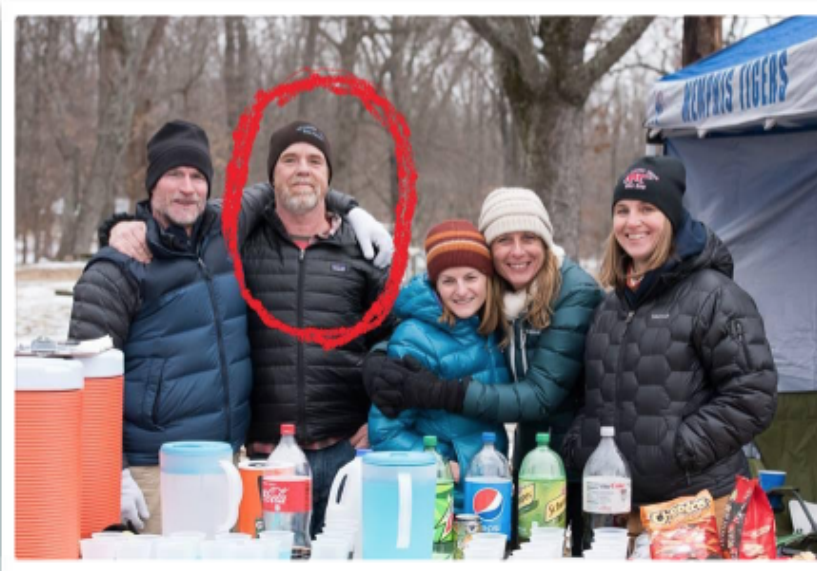


I wasn't sure what I wanted to do to remember Hilde but my friend (and now Arkansan), Meghan Lewis, agreed to make me a Hilde Haynes Memorial Award. I didn't know what it would be but I knew it would be great; and she has not disappointed in the past 5 years. This award is given in memory of Hilde's endless spirit and sportsmanship, her love for Shelby Forest and the trails, running and people and comes with entry to the Arkansas Traveller 100 because in 2005, at the age of 62, Hilde decided that she wanted to run the AT100 which she successfully did. I think everyone will agree this was an amazing feat.

This year's recipient was Katie Helms whose determination I admire immensely. I have never seen her let adversity stop her from doing whatever she has wanted. She follows in the footsteps of Deb Baker whom I know we all love and miss

**Finally, the RD position is still available.**

It has been an honor to give back to Meeman Shelby Forest State Park and remember Hilde through this race. Thank you, Hilde, for always reminding me what is important in life which is why this year's race was also in honor of my parents. I am thankful for so much.



*Volunteers (including Scott Irwin)*

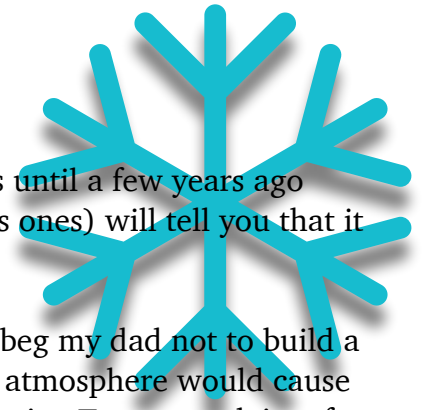


*James Holand*

**Scott Irwin (photo attached) will be participating in the White Rock Classic 50K this Saturday. If you see him, please encourage him to help continue this race as RD. He needs the extra jab. And I bequeath my good luck shorts to whomever takes over this race. JTH**

# Swampstomper 2018 Race Report

By Katie Helms



I'm a Memphis native. Born, raised, and came home often to visit my parents until a few years ago when they relocated. I miss it, and any of my friends (especially my Memphis ones) will tell you that it seems like I'm there all the time.

Winter precip in Memphis is a novelty, and as a kid, I prayed for it. I used to beg my dad not to build a fire on winter storm watch nights, because I thought sending smoke into the atmosphere would cause the snow clouds above our house to melt. I remember my mother getting our tiny Toyota stuck in a few inches of snow on Quince Rd once when I was pretty young, and us trekking home a few miles on foot. I remember The Ice Storm of 1994. And I know there have been plenty of winter episodes between then and now, but I can confidently say that I've never planned on doing a 50K through a few inches of snow in Shelby Forest.

So, onto my story. Despite my roots, I had never run the Swampstomper. I left for Memphis on a cold but sunny and beautiful Friday. What could be so hard? I crossed the bridge, and right on cue, heavy gray sky entered stage right. A healthy amount of snow was piled up on both sides of I-40, as well as covering most surface streets in town. I was glad that I made it before dark. On Saturday, I ran into a few of my friends as they were having well-deserved dinner and beer (actually, Macmosas, but that's a different story) after a day of trail-marking. They raved about how beautiful the trail was. How playful and joyous the day felt. How cool the cypress knobs looked peeking through the snow. What a day... ... and then fast forward 24 hours. What happens to snow in the south? It comes with a healthy layer of ice underneath. It melts on a high-20's day and then re-freezes overnight. Repeat until you don't even need a Zamboni to play hockey. Fortunately, that little bit of melting allowed the streets to be navigable by Sunday, but substituted the previous day's trail powder with a solid layer of ice. Kudos to RD James Holland for negotiating a tricky place in the days leading up to the event. As he said at the pre-race briefing, if the event had been scheduled 24 hours earlier, we wouldn't be having it.

But in the spirit of trails, we were going to have an adventure. And I'm so glad that we did. As soon as RD James started his pre-race briefing, I knew why we were there. To celebrate life in our favorite way... by being together on trail in a grand adventure. And also to celebrate James's labor of love in directing Swampstomper, as he passes the baton after this year.

And what a day! After starting from the visitor center (an audible that James called the day before based on road conditions), we took off around our first "red loop" until we hit Feb's Corner (always go right!), which is the intersection of the out-and- back Chickasaw Bluff and Pioneer Springs trails. The course ended up being a sideways "T" shape, with the start/finish at the end of a 3-mile loop attached to the midpoint of a long "spine" with a turnaround at each end. James had warned us that aid station fare was minimal because a) it was impossible to get a 4-wheeler to at least one of the stations, and b) because everything (and I mean everything: liquids, gels, even pb&j squares) was frozen. Duly noted! Yep, the PB & J that I took from MS River Group Camp Aid Station was hard as a rock. And it was about then that I noticed that my hydration pack hose was frozen. (Don't they run ultras up north? Do they just not eat or drink anything?) So, screw it, we go onward. I'm having trouble remembering which road crossing was so iced over that it was comical (Jackson Hill?). I wished that I had brought my camera, because I have never seen more perfect ice in a place other than a rink. I would get both feet on the road, and then slide down the hill simply standing there. This ended up being the M.O. for the day...





*Photo credit: Baker McCool*

any surface with more than a few percent grade would cause an uncontrollable slide. If I were a buffalo, I might have been able to break through the icy top crust in some places and create an actual footprint. But I mostly stayed on the surface, where I slid along. And on the flatter sections, it was fun. In fact, most of the “spine” was crunchy (instead of glossy), runnable, and I enjoyed it.

I saw my friends (the same ones from the night before) working the Poplar Tree Lake

Aid Station, which was the turnaround at the south end of the spine. “Aren’t you having fun? Isn’t it so fun out there?” And so far, it was. But I wasn’t eating or drinking much. And for some reason, I was getting cold. And I was getting a little down about taking forever to cover distance. (Again, they run ultras up north and they’re fine! What’s my problem?) I said goodbye, see you on the next lap, and turned around. Next stop Feb’s Corner (always turn right!).

### **Enter The Red Loop.**

Ok, so I don’t remember the red loop being problematic on the way out. Are the 2 sides of it all that different in grade, or was it too early in the run the first time and I just wasn’t seeing the steep grade

just yet? Anyway, the red loop pretty much consists of short but very steep rolling pitches, many of which have steps (as pictured). And let me tell you, while the picture looks pretty... it’s ice! Very solid, thick, glossy ice. I spent most of this (and similar others) descent on my hip, trying to keep enough control over my glissade not to slide off the trail and down the hillside.



I was going slow before, but I slowed to a crawl (literally) here. And I got colder. And the mental and physical energy of trying to keep my feet for the previous 25K was starting to get to me. And the most dangerous part was that the 25K finish / 50K turnaround was coming up. Where my warm clothes waited. And hydration in liquid form (hose still frozen). And warm food from Fuel Café’s food truck. And what might have been the final dagger... Wiseacre beer. I stood there for a good long time trying to decide if I was going back out for the 2 nd lap.

*A downhill on the red loop. Photo credit: Justin Cloar*

Someone offered me a pair of yaktrax. Well, there goes one excuse. I did legitimately think about it for a while, but in the end, I yielded to the siren call of the finish. I had fun, and I was ok with leaving it there, rather than fighting on. Maybe Athens-Big Fork had taken some fight out of me the weekend before, and I wasn’t quite willing to bleed for it 2 weeks in a row. I was grateful to James for his nice words to me before

the race, and although I knew that I wasn't letting him down, I was a little aware of my own disappointment in cutting it short.



Most of our trail days are spent running the surfaces that we are familiar with here in the mid-south...dirt, roots, rocks, forest service roads, singletrack, rolling hills. Repeat. It was cool to have an adventure presented to us that takes us out of our everyday. The challenge of the winter conditions dominates the story of this report, but that was the theme of the day. The interaction between weather and trail is an awesome reminder of how crazy, wonderful, and unpredictable our outdoor places and experiences can be. May we always be awed and challenged by nature.

*The finish "line". Photo credit: Jamie White*

I am grateful to James Holland, as well as my awesome Memphis friends who did a day's work of trailmarking and then manned Poplar Tree Lake aid station (all day!). It was wonderful to see you guys, and I love you all. Thank you for letting me be part of your family. Cross the river and come over to the west side anytime.

Grateful to receive the Hilde Haynes award from RD James Holland.



*Photo credit: Jamie White*



# Bearicade

By Jon Lucas

There once was a classic event---first Saturday in June was National Trails Day Run at Camp Albert Pike. It was an annual tradition and quickly became my favorite event. I loved that rugged part of Arkansas. The run offered a little of everything: some pavement, mountain climbs, river crossings, a good but sometimes rough trail, and smooth forest service road. The distance was challenging but not overwhelming; 18 miles maximum. In the course of 15 years or so, the weather ranged anywhere from a high of 75 (very nice for the first of June) to a scorching 97 when finishing as the sun was getting higher in the sky was a chore.

One year, though, Mother Nature threw a different curveball. Those who have done the race know after turning off the Viles Branch Trail onto the Athens-Big Fork Trail, there is a long slog to the top of Brushy Mtn. At this point, runners are roughly halfway through the run and traffic tends to spread out and you may find yourself with a group of five, or all alone. Huffing and puffing, I finally crested the ridgeline where there is a small campground. There I came upon a statue of a bear, on hind legs, about six feet tall, 20 yards away in the campground area. Totally motionless.

Still huffing and puffing, with sweat clouding my vision, I was too 'out of it' at the moment to think clearly, but wondered 'why did somebody haul a Smokey Bear statue up here?'. The trail almost immediately starts descending downhill and within a few seconds, and with a little more oxygen to the brain, started thinking more coherently. Glancing back, my fears were true. That was no statue! The bear had now settled on all fours again, but still hadn't moved much. There was no time to be afraid; I had literally walked right upon it, and the bear couldn't really hear or see me coming up the hill either due to the terrain. I knew enough about bears to know they generally aren't dangerous and also knew they have poor vision and will sometimes stand on two legs to see better. So I suspected that's all this bear was doing rather than being aggressive. Plus, it was obviously pointless to try to run from a bear. Even considering all these things, one never knows what this animal is going to do, so I just tried to move away at normal pace, not making direct eye contact. After 100 yards down the trail I finally glanced back and the bear was gone.

But I'm glad it wasn't cub season!



# Athens Big Fork Trail Marathon Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Justin Franklin	Collinsville, OK	M	31	4:32
2	Shane Poland	Vilonia	M	33	4:38:39
3	Josh Snyder	Poteau, OK	M	35	4:49
4	Steve McBee	Fayetteville	M	52	4:56
5	Daniel Arnold	Benton	M	32	5:05:08
6	Samuel Young	Poteau, OK	M	26	5:16:15
7	Stan Ferguson	Maumelle	M	54	5:16:19
8	Will Landreth	Fayetteville	M	32	5:17:08
9	Jon Bitler	Fayetteville	M	46	5:26:35
10	Matt Clay	Fayetteville	M	39	5:27:31
11	Alison Jumper	Fayetteville	F	42	5:27:59
12	Paul Schoenlaub	St. Joseph, MO	M	58	5:30:07
13	Rob Green	Norman, OK	M	38	5:32:01
14	Jarrold Pate	Bentonville	M	36	5:48:17
15	Rachel Furman	Little Rock	F	34	5:49:53
16	Shawn Sellers	Malvern	M	32	5:51
17	Rj Maguire	N. Little Rock	M	37	5:59:55
18	Tanner Freeman	Fayetteville	M	28	6:06
19	Casey Higgins	Bentonville	M	35	6:07
	Todd Owen	Bentonville	M	35	6:07
21	John Nobles	Tulsa, OK	M	32	6:08
22	Joe Crum	Greenbrier	M	43	6:09
23	Natalie McBee	Fayetteville	F	44	6:10
24	Steve Adkison	Arkadelphia	M	56	6:15
	Nicole Fleming	Springfield, MO	F	44	6:15
26	Matthew Crownover	Sunnyvale, TX	M	45	6:18
	George Sefzik	Alexandria, VA	M	42	6:18
28	Joel Gill	Little Rock	M	38	6:24:30
29	Randy Soeung	Springdale	M	37	6:26:44
30	George Haney	Poteau, OK	M	48	6:28
31	James Fountain	Jessieville	M	44	6:29
32	Katie Helms	Little Rock	F	40	6:32
33	Chip Southern	Aurora, CO	M	49	6:33
34	Charlie Sellers	Malvern	M	59	6:36
35	Stuart Johnson	Shwanee, KS	M	58	6:37
36	Steven Wray	Burleson, TX	M	43	6:40
37	John Haddock	Springdale	M	51	6:42
	Jim Tadel	Monticello	M	61	6:42
39	James Rhoades		M		6:45
40	Elizabeth Kimble	Little Rock	F	32	6:46
	Kyle Knapp	Broken Arrow, OK	M	42	6:46
42	Gary Shaw	Half Way, MO	M	33	6:47
43	Diane Diebold	Branson, MO	F	54	6:49
44	Lisa Mobley	Fayetteville	F	43	6:50
45	Paul Turner	Conway	M	54	6:53
	Podog Vogler	Russellville	M	51	6:53
47	Russell Bennett	Tulsa, OK	M	46	6:53:50
48	Michelle Posey	Little Rock	F	48	6:54:35
49	Tabatha Park	Royal	F	49	6:54:40
50	Jack Jones	Tulsa, OK	M	53	6:58
51	Carrie McAdam-Marx	Little Rock	F	52	7:06
52	Mark Conaway	Forney, TX	M	46	7:08
53	Tim Maddox	Tulsa, OK	M	47	7:20
54	Arnold Begay	Broken Arrow, OK	M	54	7:27
	Cassie Brown	Fayetteville	F	34	7:27
56	Dat Le	Dallas, TX	M	36	7:28
57	Dan Wells	Springfield, MO	M	53	7:28:02
	Jeff Williams	Nixa, MO	M	51	7:28:02
59	Kimmy Riley	Mabelvale	F	56	7:29
60	Justin Cloar	Little Rock	M	46	7:33
61	Daniel Martin	Broken Arrow, OK	M	35	7:39:15
	Nellie Martin	Broken Arrow	F	30	7:39:15
63	Cliff Ferren	N. Little Rock	M	62	7:39:54
64	Kim McAllister	Hot Springs	F	45	7:40:53
65	Jason Armitage	Hot Springs	M	45	7:40:54
66	Steve Griffin	Dallas, TX	M	60	7:42:48
67	Angie Stewart	Fayetteville	F	37	7:44
68	Stewart Gray	Little Rock	M	24	7:44:01
69	Phil Brown	Little Rock	M	50	7:46
70	Alan Hunicutt	Berryville	M	63	7:47:03
71	Ronnie Daniel	Little Rock	M	47	7:50
	Chris Baldwin	Roland	M	44	7:50
73	Chris Davis	Hot Springs	M	44	7:51
74	Randy Windle	Hot Springs	M	38	7:54
75	Jon Blankenship	Burleson, TX	M	44	7:57:37
76	Tina Mitchell	N. Little Rock	F	44	8:01
	Shelley Sparks	Farmerville, LA	F	45	8:01
78	Ryan McGeeney	Little Rock	M	43	8:07
79	Rodney Declue	N. Little Rock	M	53	8:08:58
80	Ashley O'Neill	Little Rock	F	45	8:10
	Dan Sobkoviak	Maumelle	M	55	8:10
82	Nick Kaminski	Burleson, TX	M	45	8:17
83	Jerry Oliver	Conway	M	34	8:25
84	Corbett Sanders	Hot Springs	M	46	8:26
85	Debbie Rigsby	Lonsdale	F	61	8:32
86	Alan Bigham	Jonesboro	M	44	8:35
	Mitchell Robertson	Jonesboogie	M	43	8:35
88	Stephen Rush	Jonesboro	M	36	8:57
	Kevin Griffin	Greenbrier	M	43	8:57
90	Missy Ezel	Little Rock	F	43	8:58
	Shauna Veazey	Benton	F	47	8:58
92	George Peterka	Hot Springs	M	57	Sweep
	Corey Key	Li	M	26	??

## Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	David Samuel	Mount Ida	M	74	1:17:52	2 Miles
2	Chrissy Ferguson	Maumelle	F	57	4:25:30	14 Miles
	Ben Walters	Rock City	M	38	4:25:30	14 Miles
4	Kristin Snyder	Poteau, OK	F	34	7:00	23 Miles
5	Phyllis Bell	Mena	F	48		??
	Carmen Cheadle	Fayetteville	F	27		??



# Athens Big Fork Trail

## 17 Mile Blaylock Creek Fun

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jake Anderson	Mountain Home	M	36	2:50:11
2	Nicholas Tyburski	Bella Vista	M	37	3:14
3	Jacob Tyburski	Bella Vista	M	15	3:14:13
4	Kandace Young	Poteau, OK	F	20	3:22:40
5	Erich Washausen	Fayetteville	M	28	3:44
	Gideon Drake	Hot Springs	M	16	3:44
7	Tommy Brennan	Poteau, OK	M	46	3:45
8	Ginny Lantz	Austin	F	40	3:51
	Billy Simpson	Roland	M	62	3:51
10	Lindsey Berg	Greenwood	F	33	3:59
	Brett Nguyen	Fort Smith	M	48	3:59
12	Brandy Risner	Hot Springs	F	35	3:59:30
13	Matthew Jackson	Hot Springs	M	40	3:59:59
14	Curtis Ralston	Fort Smith	M	46	4:04:37
15	Stihl Snyder	Poteau, OK	M	13	4:14
16	Jonathan Wear	Van Buren	M	40	4:15
	Chris Cantwell	Little Flock	M	54	4:15
18	Trey Carter	Rogers	M	37	4:18
19	Dave Hochstedler	Hot Springs	M	61	4:20
20	Andy Messenger	Fort Smith	M	45	4:24
21	Christine Bettis	Little Rock	F	61	4:25
22	Janet Cantwell	Little Flock	F	53	4:37
	Lionel Burnett	Fort Smith	M	57	4:37
24	Melissa Carmack	Mount Ida	F	38	4:42
	Bill Dillard	Little Rock	M	47	4:42
	Frank Lawrence	Little Rock	M	49	4:42
	Steve Appleton	Little Rock	M	45	4:42
28	Zach Howard	Tulsa, OK	M	37	4:43
	Austin Mader	Little Rock	F	27	4:43
30	Matthew Troup	Little Rock	M	48	4:51
31	Robert Jones	Tyler, TX	M	33	4:58
32	Joshua Drake	Hot Springs	M	49	5:00:21
33	Rebecka Gartner	Hot Springs	F	47	5:47
34	Lorena Moody	Benton	F	55	5:47:17
35	Charity Shaw	Hot Springs	F	39	5:50
36	David Meroney	Little Rock	M	47	5:53
37	Darin Sanders	Arkansas	F	66	5:55
38	Erin Scott	Hot Springs	F	42	5:58
39	Andy Williams	Fort Smith	M	36	6:07
40	John Sheridan	Haskell, OK	M	61	6:17
41	Jamie White	Little Rock	F	51	6:52
42	Mike Clark	Tulsa, OK	M	62	6:53:51
43	Mike Rives	Skiatook, OK	M	56	6:53:52
44	Jason Bement	Collinsville, OK	M	39	6:53:53
45	James Smith	Baton Rouge, LA	M	29	7:15:15
	Elizabeth Mendoza	Baton Rouge, LA	F	33	7:15:15
47	Dan Belanger	Little Rock	M	74	7:20
48	Bea Mickelson	Hot Springs	F	56	8:20
	Andi Stracner	N. Little Rock	F	44	8:20
50	Amy Hill	Lonoke	F	43	8:30
	Christine Meroney	Little Rock	F	47	8:30

# Swamp Stomper 50k

Place	Name▼	City▼	Age▼	Sex▼	Time
1	Daniel Arnold	Benton	32	M	5:04:31
2	Shane Poland	Vilonia	33	M	5:28:37
3	Sam Schwaller	Cordova, TN	30	M	5:54:44
4	Katie Taylor	Memphis, TN	27	F	6:02:03
5	Nathan Berry	Memphis, TN	40	M	6:02:04
6	Willie Roberson	Memphis, TN	45	M	6:04:44
7	Sarka Petrickova	Urbana, IL	31	F	6:09:54
8	Aron McDonald	Champaign, IL	45	M	6:16:21
9	Richard Murphy	Clarksville, TN	48	M	6:38:15
10	Jeffrey Bolton	Raymond, MS	52	M	7:03:25
11	Kevin Byron	Jonesboro	41	M	7:05:17
12	John North	Saint Joseph, IL	64	M	7:27:22
13	Les Jones	Memphis, TN	59	M	7:32:00
14	Rob Conner	Cordova, TN	35	M	7:32:12
15	Markus Mueller	Memphis, TN	53	M	7:55:40
16	Eva Adamova	Memphis, TN	30	F	7:55:55
17	Jim Tadel	Monticello	61	M	7:57:42
18	Justin Cloar	Little Rock	46	M	8:38:42
19	Alan Hunnicutt	Berryville	63	M	8:38:48
20	Kimmy Riley	Mabelvale	56	F	8:44:48
21	Nikita Borisov	Champaign, IL	40	M	8:54:23

# Swamp Stomper 50k

Place	Name▼	City▼	Age▼	Sex▼	Time
1	Kyle Grady	Memphis, TN	43	M	2:16:39
2	Mathew Keathley	Memphis, TN	42	M	2:30:04
3	Bill Jordan	Germantown, TN	44	M	2:32:05
4	Luke Wilkins	Memphis, TN	30	M	2:32:54
5	Forrest Owens	Germantown, TN	49	M	2:34:20
6	Ryan Thoreson	New York, NY	33	M	2:38:29
7	Karl Studtmann	Jackson, TN	54	M	2:39:34
8	Miles Fortas	Memphis, TN	46	M	2:41:56
9	William Hennessy	Memphis, TN	32	M	2:46:16
10	Chris McLelland	Cordova, TN	47	M	2:49:12
11	Jamie Turner	Memphis, TN	38	F	2:56:47
12	Jim Apple	Memphis, TN	50	M	2:57:48
13	Roger Fakes	Memphis, TN	50	M	3:02:37
14	Trace McIntyre	Germantown, TN	41	M	3:04:36
15	April Hilsdon	Southaven, MS	33	F	3:05:17
16	Joey Hayden	Collierville, TN	43	M	3:08:56
17	Antonio Gaines	Covington, TN	33	M	3:12:36
18	Liza Fletcher	Memphis, TN	30	F	3:13:51
19	Dave Griffin	Brookhaven, MS	45	M	3:13:59
20	Hannah Barnhill	Millington, TN	37	F	3:14:00
21	Carrie Taylor	Sherwood	35	F	3:15:36
22	Michael Smith	Mahomet, IL	49	M	3:17:51
23	Miranda Bavier	Memphis, TN	44	F	3:18:12
24	Nancy Finfrock	Mahomet, IL	49	F	3:20:50
25	Brandon Allen	Little Rock	35	M	3:21:13
26	Clinton Moss	Covington, TN	28	M	3:23:25
27	Nancy Highland	Germantown, TN	46	F	3:24:09
28	Greg Bernstein	Cordova, TN	41	M	3:24:33
29	Don Frichtl	Paxton, IL	61	M	3:26:15
30	Magdalena Casper-Shipp	Urbana, IL	32	F	3:28:13
31	Katie Burke	Germantown, TN	31	F	3:32:19
32	Michael Hiron	Memphis, TN	43	M	3:32:45
33	Anthony Krone	Bartlett, TN	46	M	3:32:51
34	James Campbell	Millington, TN	58	M	3:35:37
35	Christopher Sullivan	Memphis, TN	45	M	3:35:50
36	Clint Rounsaville	Bogue Chitto, MS	45	M	3:36:47
37	Angela Quadrani	Memphis, TN	32	F	3:37:00
38	Jake Jackson	Ridge Farm, IL	35	M	3:37:36
39	Greg Ford	Covington, TN	38	M	3:38:16
40	Scott Lageman	Olive Branch, MS	53	M	3:38:28
41	Tony Suttle	Champaign, IL	65	M	3:39:18
42	Roger Markham	Collierville, TN	62	M	3:41:38
43	Kelly Henson	Arlington, TN	48	F	3:44:45
44	Dean Worley	Little Rock	52	M	3:45:28
45	Beth Garrison	Memphis, TN	47	F	3:48:49
46	Kimberly Lombardi	Cordova, TN	54	F	3:48:51

47	Timothy Montague	Urbana, IL	52	M	3:49:43
48	Carolyn Spencer	Olive Branch, MS	47	F	3:52:01
49	Sarah Soltau	Memphis, TN	41	F	3:53:03
50	Tiffani Glass	Dyersburg, TN	44	F	3:55:52
51	Justin Hamm	Olive Branch, MS	31	M	3:57:11
52	Amy Bass	Olive Branch, MS	38	F	3:58:25
53	Eva Rehkopf	Germantown, TN	43	F	3:58:34
54	Kristin Hutchinson	Germantown, TN	38	F	3:58:36
55	John Parnell	Jackson, TN	37	M	3:58:42
56	Darrell Richardson	Bartlett, TN	55	M	4:00:57
57	John Hunter	Manford, TN	45	M	4:04:08
58	Katie Helms	Little Rock	40	F	4:04:30
59	Christy Correa	Memphis, TN	40	F	4:05:12
60	Katrin Hartwig	Arlington, TN	51	F	4:05:35
61	Matthew Gardiner	Covington, TN	38	M	4:06:02
62	Charles Sellers	Malvern	59	M	4:06:29
63	Brian Shwer	Memphis, TN	50	M	4:07:42
64	Brad Jones	McCall Creek, MS	41	M	4:10:12
65	Rick Glass	Dyersburg, TN	47	M	4:10:59
66	Rob Clark	Oakland, TN	53	M	4:11:56
67	Matt Shorter	Memphis, TN	27	M	4:12:09
68	Eddie Anderson	Manford, TN	57	M	4:13:38
69	Alvin Plexico	Atoka, TN	49	M	4:14:55
70	Gary Owens	Southaven, MS	45	M	4:16:32
71	Richard Barker	Bartlett, TN	55	M	4:20:16
72	Karen Hyneman	Memphis, TN	30	F	4:23:50
73	Shelly Hanumaiah	Memphis, TN	30	F	4:23:53
74	Matthew Leskis	Mahomet, IL	49	M	4:24:17
75	Stephen Rush	Jonesboro	36	M	4:35:23
76	Tim Wilkinson	Cordova, TN	55	M	4:36:41
77	Andy Oglesby	Millington, TN	50	M	4:38:42
78	Dennis Meeks	Memphis, TN	67	M	4:40:20
79	Alison Wright	Bartlett, TN	41	F	4:40:35
80	Jill Amos	Collierville, TN	52	F	4:40:44
81	Jeff Riddle	Mahomet, IL	59	M	4:42:51
82	Robert Biggs	Memphis, TN	32	M	4:44:35
83	John Hurdle	Memphis, TN	45	M	4:44:36
84	Al Gallarno	Bartlett, TN	58	M	4:55:37
85	David Lomax	Germantown, TN	41	M	5:06:17
86	Mandi Johnson	Germantown, TN	42	F	5:06:19
87	Cory Adams	Southaven, MS	38	M	5:11:44
88	Bill Dey	Champaign, IL	57	M	5:14:15
89	Lisa Barker	Bartlett, TN	52	F	5:16:04
90	Jeff Sullivan	Olive Branch, MS	49	M	5:27:54
91	Melanie Dakin Chicoine	Auburn, AL	54	F	5:50:23
92	Julie Faulkner	Marion	46	F	5:50:24

# Letter From The Editor

I would like to say Thank You to everyone who participated in the Athens Big Fork Trail Race this year. I was so happy to be asked to take over as Race Director. My first thought was to call my buddy Tina Ho to see if she would like to be my co-director since many years ago we had discussed the desire to get to take on the RD roll for this event. It is a race we both loved because it is a great way to measure and test ones strength and grit at the beginning of the new year. It also has such a warm, inviting, down-home feel to it. It's almost like going to visit grandma's house - only grandma makes you work before you get to play.



*Stacey Shaver*  
*mverunnergirl@gmail.com*

I had some ideas to bring a little more excitement to the event, to raise a little more money than the years past, and to supplement/help the local ladies with the cooking. My expectations were greatly exceeded. With the donations combined with the profits from shirt and pint sales we were able to reimburse for supplies, donate to the local Sheriff's Dept, to Ouachita Amateur Radio Association, as well as the largest donation to the Big Fork Community Center to date. We also had the largest turnout in ABF history, doubling the number of participants.

Taking over an already well established and well known UTS event. On top of the fact that it is a nonprofit made us a little more than nervous. However, after getting a pat on the back and a "good job" from Chrissy Ferguson, the RD & Ultra Running GURU, I was able to breath a sigh of relief. It meant more than words can say as did all of the kind words from so many of you. The letters and emails were very touching and a few made me teary eyed. I thank AURA and you for the vote of confidence in me.

I am really excited about next year's race. I will do my best to make it another great year with even MORE food and down home goodness for all of you at the finish line. Again, a huge thank you to all of our volunteers, sponsors, and participants. We couldn't do without you!!

## RETREADS

(Retired Runners Eating Out)

We meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. The food lineup begins sharply at 11:30 a.m. Come early to the lobby and celebrate your latest adventure. Everyone welcome, retired or not. If you are late look for the table with the old runners in their t-shirts from the past, medallions, trophies, etc.

Questions? Call Lou or Charlie Ellis Peyton  
at 680-0309