

ARKANSAS ULTRA RUNNER
ASSOCIATION

WWW.RUNARKANSAS.COM



UPCOMING
RACES & EVENTS



OT 50



UTS
Awards

AURA NEWS

Letter From the President

A big thanks to Stan and Chrissy for directing the Ouachita Trail 50K/50M and to all the folks who worked on it. It was a great race and we had 160 finishers. A big thanks also to Paul Turner and his volunteers for putting on the Mt. Magazine Tail Run.

The Ultra Trail Series finished up with the Catsmacker fun run. A big thanks to Chris Baldwin & crew for putting that one on. The last race of the series that counted for points was Mt. Magazine. The Catsmaker was a fun run with the UTS awards ceremony held afterwards. Pictures and details follow.

Please remember AURA memberships expire on June 30th. You can check your membership status on www.runarkansas.com/AURAmembers.htm If you have not renewed please do so.

We are working on the UTS lineup for next year. We are adding a new race, the Ozark Highlands Endurance Run, <https://www.ozarkhighlandsendurancerun.com> directed by Jake Anderson in Norfolk (near Mountain Home). This is a fairly new race race. It's only been held twice so far. Stacey suggested we add it and Stan & Chrissy Ferguson ran it last year and gave it a favorable ratings. We will add it into the series and will give it a try. It is not managed by the AURA, but it is well organized and it donates money to help build trails. I hope you will consider joining us for some trail miles on this beautiful course.

We are moving the Hot Springs National Park run to September 22nd, two weeks before the Traveller. It can serve as a training run for the Traveller. Athens Big Fork Trail Marathon will likely be held January 5th. The final date for this race will be announced very soon. It is a good way to test your climbing skills and strength at the beginning of the new year.

A question was raised "Why if you drop during a UTS race don't you receive UTS miles for those miles that you ran?" The answer is simple. You must finish the race to get miles. It's always been this way, it is standard in UTS races across the nation, and I think it's a good policy. It's also an incentive to get you to finish. If you think you might not be able to finish a race, you could volunteer and receive miles that way. We can always use more volunteers.

That's about all I can think of. Enjoy the summer. Stay well hydrated and don't get all sunburned like I do. Looking forward to seeing everyone on the Full Moon 50K.



Full Moon 50k & 25k

Race #1 of AURA UTS

Saturday, July 21

Camp Ouachita

50k Information:

Packet Pick Up @ 5pm

Trail Briefing @ 6:45

Race Start @ 7pm

25k Information:

Packet Pick Up @ 6pm

Trail Briefing @ 7:45

Race Start @ 8pm

Full Aid @ mi 3.5, 7.5, 15.5

Water Only Station @ mi 11 & 19.5

Your Safety Net: HAM radio operators keep up with runners for their safety and for race operation at the staffed aid stations and start/finish. This race is long, dark and packed with people. Please don't harass radio about the location of all your friends every 15 minutes.

Cut-off Times: 25K T/A aid station cutoff is 10:15 pm. If 50Kers don't meet the cutoff, they become 25Kers, no exceptions without race director's pre-approval. If you would like more miles, you are welcome to turnaround again at the finish after signing out.

50Kers arriving at the **50K T/A aid station after Midnight** will be required to wait for the sag wagon. Once the sag wagon departs, anyone encountered still heading out will be transported back to 25K T/A aid station or finish as determined by sag crew.

Any runners who have not exited the **25K T/A aid station by 2 a.m.** will be transported to finish by sag wagon. Aid station workers are not sag crew or transporters. You may have to wait up to two hours to get a ride back to the finish.

ALL RUNNERS MUST FINISH BY 4AM

Course Markings: The course is marked with white and orange spray chalk & glow sticks with extra of both at the three turns. If you make more than 3 turns, you might be running a different race. Yes, the 25K is a bit long (half a mile), but the 50K is the correct distance.

Race Website: <http://www.fullmoon50k.com/index.html>

Full Moon 50k & 25k



Race Director:

Susy Chandler

Email:

Susy@fullmoon50k.com

Phone:

501-837-3104

Mount Nebo Trail Run

Race #2 of AUARA UTS

Date To Be Announced Soon

Miscellaneous Information:

- Distance: 14 miles (approximate)
- Starts 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.
- 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 2017-2018 AURA Ultra Trail Series

Parking:

- Parking will be in the grassy area near the stop sign. No parking in the campground-pool-pavilion parking lot. Just to be clear, you cannot park where we always parked before. There will be someone directing you where to park.

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 or 1-800-264-2458 or (479) 229-3655

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

Mount Nebo Trail Run



Race Director
Tom Aspek

Phone
479-857-4527

Original AURA Queen, Lou Peyton, returns to Full mOOn July 21

For the first time since 2009, Lou Peyton will hit the trails, attempting her 18th Full mOOn run. For the past eight years, Lou has been a mainstay at the 50K turnaround aid station alongside husband and run founder Charlie Peyton, helping runners get replenished for the grueling heat, hills and humidity on the inbound stretch of the course. This year the run, originally founded in 1992 as a birthday party for her, will end on her actual birthday.

Join “Mama” Lou to celebrate in style with a night of running and after-partying into the wee hours. Williams Junction Fire Department will serve up the usual feast of eggs, bacon, pancakes, maybe some hash-browns and lots of watermelon along with all the fixings.

Early registration ends June 3 at midnight! [Sign up](#) early and often. Be a real friend and make sure your running buddies get in before the price goes up. If you get injured or can't make the run, you can defer to 2019. **ALL REGISTRATION CLOSSES JULY 9.** Sorry, no exceptions.

New this year: Proceeds from the race will support the Lou Peyton Track & Field Scholarship fund at Lenoir-Rhyne University to honor the ultra-running legend for trailblazing women's distance running as the first, along with three other ladies, to complete the Grand Slam of Ultra Running in 1989, among a host of other accolades. Besides offering an outlet for ultra running in Arkansas, AURA serves to promote the sport of distance running. You can contribute to the scholarship fund by adding a donation to your registration, or visiting the race's [donation page](#).

We need volunteers: Whether you're injured and can't run, or just have some “family” you don't want to have to pay \$5 for the breakfast, sign up to help out! We need help with check in, parking, aid stations, photography and more. See all the ways you can help on the [volunteer page](#).

We'll see you at the largest running party of the summer! Get the full scoop at [Fullmoon50k.com](#).

Happy Trails

Susy Chandler

Full mOOn Race Director

Ouachita Trail 50 - It's been a long Time!

by Chrissy Ferguson

The only other time I ran Ouachita Trail 50 Mile was May 1997 (21years ago). Nick Williams was the Race Director, the cost to enter was to donate a shirt of some kind for homeless veterans. It was a cold/rainy day, going up and over Pinnacle Mountain was not part of the race. Since both Stan and I ran the Arkansas Traveller 100 last year (we're no longer Race Direct AT100). I pulled my trump card and told Stan it was my turn to run Ouachita. It was a great experience – I loved not having to get up at 2:00am to do set-up. I will admit it was tough to not meddle in Stan's business as Race Director on race day morning. When the horn sounded the start of the race I enjoyed running, not having to worry about marking the roads and trails ahead of the lead runners. Coming into each aid station as a runner was relaxing and fun. It was a treat to see all our awesome volunteers that help get each of us what we need and on our way down the trail. The best part of the day was being able to hang out in a lawn chair at the finish line, watch the runners come in and not have to do RD duties or make decisions. Adding Pinnacle Mountain does definitely make the race much harder, but it's a good hard. Cresting the top is an empowering feeling, it makes you feel like you can rule the world! There are way more rocks than I remember. Note to self: I'm gonna have to write a letter to RD's and tell them there are way too may ROCKS on the course!



Why did I want to run this year? Many reasons. Experience the race with Pinnacle Mountain in it, see all the wonderful volunteers doing what they do best, spend the day running with friends, but mostly because I hadn't run it in over 20 years. Will I do it again? I'm not going to say "No" but, I think it's safe to say Stan can have it back for quite a while! Below you will find a tidbit of history on our race. Please note: The reason the ladies shirts have "Hold My Margarita and Watch This!" is because I agreed to take the race over while drinking way too many margaritas at my Birthday party and I didn't ask Stan first!

A very special "Thanks!" to our Aid Station Captains, volunteers, CAREN, Central Arkansas Water, Core of Engineers, RRCA, Gatorade, GU, Pulaski Sheriff Dept and Pinnacle State Park. With all of their/your help Ouachita Trail 50 is the best DAMN race in Arkansas!

Remember "Finishing is Winning and Don't be a Dumb Ass!"

Happy Trails,

Chrissy Ferguson

OT 50 Race History

The first running of the Ouachita Trail 50 was on May 13, 1989. It was called the Long Crossing: 50 Miles on the Ouachita Trail. The Race Director was Teresa Laster, and the Big Shot was Assistant RD. Tom and Tammy Chapin, Bill Laster, Otis Edge, Lou Peyton, and Nick and Sharon Williams also assisted with the organization. It was aptly named by the Big Shot to reflect the long-distance runners would have to travel between the North Shore Aid Station and Hwy 113 (8.3 miles).

The following year, the name was changed to the Ouachita Trail 50 and the race was directed by Bill and Teresa Laster. They continued as race directors until 1993. The race was in jeopardy of not happening in 1994 until Nick Williams took it up as a low key, no entry race. In 1995 and 1996 Bill and Teresa returned again as race directors, putting on a low entry, limited aid race. In 1997 Nick again administered it as a no entry, low-key event.

Sadly, there was no Ouachita Trail 50 in 1998 or 1999.

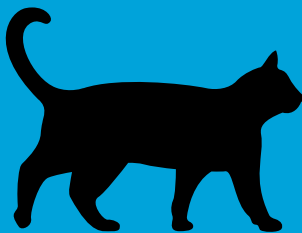
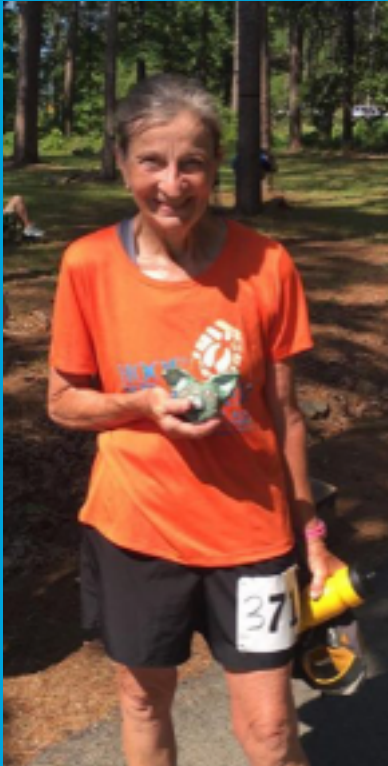
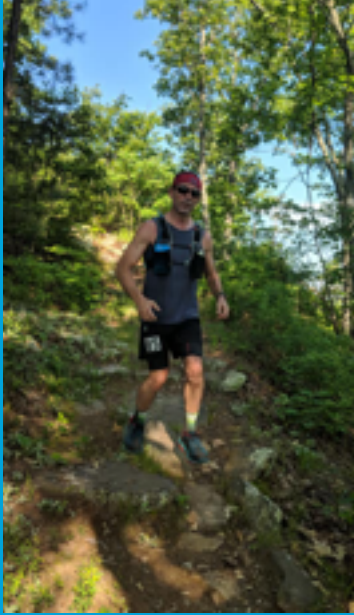
In 2000, Ann Moore resurrected the OT50 as a full-fledged race, adding the 50K distance. At Chrissy's 40th Birthday party after having several margaritas, Chrissy Ferguson agreed to replace Ann as race director, so she and Stan began directing the race in 2001. They made the 50K distance a little longer. For 2002, the bright idea was hatched to utilize trails going over Pinnacle Mountain on the "out" route, making both races a little longer (and tougher). For 2003, a full loop over and around Pinnacle was incorporated--lengthening the routes again to the current version of the course.

Mt Magazine 2018

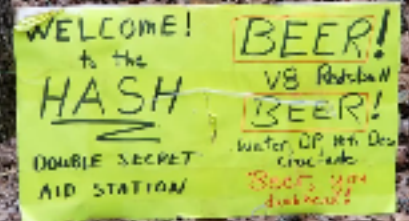
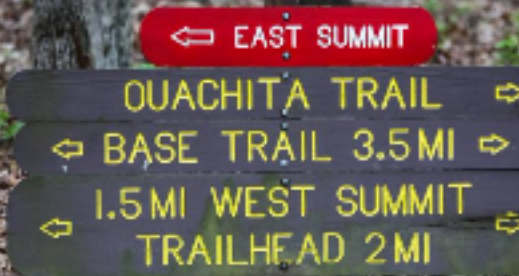


Cat Smacker 2018





OT 50 2018



OT 50 2018



2017-2018 Ultra Trail Series Winners



Overall King: Daniel Arnold

Overall Queen: Elizabeth Kimble

Master King: Stan Ferguson

Master Queen: Kimmy Riley

Grand-Master King: Jim Tadel Grand-Master Queen: Chrissy Ferguson

Senior King: Alan Hunnicutt.



Top For High Mileage: Justin Clear with 475.55 Miles & Daniel Arnold with 437.77 Miles

From The Editor



As the new AURA Ultra Trail Series begins I encourage you to register for the 2018-2019 series. Also, take the time to encourage other friends or budding trail runners to become an AURA member and a UTS runner. Huge congratulations to this years UTS WINNERS!! Well done!!

Please consider sharing your summer running adventures with us. If you run an out of state race or just have a fun training story to share please feel free to send it my way at the email below.

As always I thank you for participating in AURA events and sharing your race stories whether they are part of our series or not. It is always nice to see where our members are running and racing. Keep the stories and pictures coming.

For Race Results see the AURA Website:<http://>

Contact Me at
mverrunnergirl@gmail.com



FULL MOON

**JUST A FEW DAYS
LEFT TO GET
ONE OF THESE**

REGISTER HERE: <https://runsignup.com/Race/AR/Perryville/FullmOOn50k25k>



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
680-0309