

AURA NEWS

Arkansas Ultra Running Association

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Scorching Squirrel

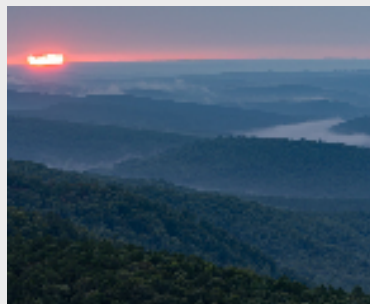
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From the President



The AURA Trail Series is off to a good start! The season kicked off with the Full Moon 50. Sharon did a great job directing, Chris did a great job of coordinating and the volunteers really outdid themselves. Everyone who played a part in hosting this event helped ensure that the runners had every opportunity to finish. Volunteers went above and beyond!!

Joel and Noelle sure make a great directing team! The Scorching Squirrel might require a lot of climbing but the directors and volunteers made certain that their runners were rewarded with great aid stations and a super fun post race party!

Tom Aspel has been able to keep our Mt Nebo race free/donation based for years and still able to offer a fun post race cookout. This is all thanks to the generosity of our runners. This pay-what-you-can method allows people to join us who couldn't normally afford to race otherwise. This aspect of our club makes me proud. I hope it does you too! Thanks to everyone who volunteered or donated!

We are fortunate to have such a close and caring community of runners. We really are more than a club, we're a community!

I look forward to seeing many of you at the upcoming Not the HOTT, the Arkansas Traveller 100 work days, and the 31st annual AT100!!

~Happy Trails~
Stacey & the rest of the AURA Board

**Upcoming AURA Events
And
Volunteer Opportunities**



October 1st & 2nd



- Volunteer Signup
- Online Registration
- Runner Information Packet

Shirt sizes can not be guaranteed
after September 2nd



TRAIL WORK DAY

It is time for Traveller clean up day! We are going to meet Friday, September 16th. I really need volunteers to have a weed eater or a push mower to really be able to help.

Lunch will be provided after. Bring a weed eater/mower, gloves, water, and a chair. If you can not come on Friday, but still want to help, let me know and we may either meet Saturday the 17th or I can tell you a section to cut and you can do it yourself.

Text Me at 479-857-3298 if you are able to help or have questions.

Thanks,
PoDog

Not The HOTT (Heart Of The Traveller) Training Days ~Hosted By Missy Harken~

Not the HOTT Day 1.

Start at the Day use area at Lake Winona. Head out lot and turn R on 114, run towards spillway out to Club Flamingo (778 and 2) turn L, go to 211 just past Bahama Mama turn R to FSR 961 turn R to FSR 2 turn L, 114/R back to day use area.

Water will be placed out between 6-8 miles so be prepared to carry enough. Refreshments afterward.....we always have Hot Dogs and chips, etc. If you are joining please go to the Arkansas Traveller FB page and let me know and please plan to bring food to contribute for the post run festivities.

Check the Facebook page for route info, info on day 2 and for any updates or group discussions: <https://www.facebook.com/groups/530415547023310>

***Do Not Get In Lake Winona. It is a watershed!**

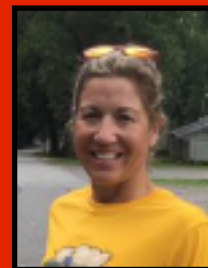
Hot Springs Nat. Pk. Trail Run



**18-Mile Trail Run
Hot Springs National Park
October 15, 2022**

[Link to Website & Registration](#)

Please bring a cash donation to help cover our RD's out of pocket expenses.



**Sunset Lake 6/12/24 Hour
Endurance Run**

November 25 & 26th

[Website Link](#)

[Click Here to Register](#)

Please bring a cash donation to help cover our RD's out of pocket expenses.

Welcome to our new RD, Laura Babbitt!



(This Year's Shirt Design)

Our volunteers really are the heart of the Arkansas Traveller 100! I hope you will consider volunteering and serving your community. Sign up soon because we order shirts on September 2nd and the design is Super Cool this year!!!

Our following Captains specifically need your help!

Michael Harmon at Flatside (Mile 8.6)

Runners pass this only one time. They will have just made a big climb up to you. You are the last station before they hit the single track trail. They typically don't need much but always appreciate the encouragement from this energetic station. You might even get some insider info on all things Little Rock (somehow he is always the first to know about all the fun stuff)

Hobby Chapin at Lake Winona (Miles 30.9 & 84.9)

(yes, he is kin to past RD, Thomas Chapin)

Runners pass this station twice so you can work one shift or two. This is a Crew Station so they need extra people to help with drop bags, the crowd, and parking.

George Peterka (past AURA Pres) at Pig Trail (Miles 36 & 79.7)

Runners pass this aid station twice so you can work one shift or two. If you are a Hot Springs runner then you have benefited from his year round work on the trails there. When you aren't tending to runners get George to tell you one of his many great stories.

James Holland with Club Flamingo (Miles 39.4 & 76.4)

If you have been around the local trail running community for very long then you know that James and his crew are part of our family from Memphis. You won't regret this decision. They are a fun bunch! Runners pass by this station twice so you can work one or two shifts. Although, once you are there I doubt you'll want to leave.

Paul Turner at Powerline (Miles 47.6 & 68.2)

This is a crew station and PT needs lion tamers to keep the crowds back so he can focus on taking care of the runners and making sure they are safe to continue. Runners come through twice but there is only a 20 mile gap before returning so the crew usually hangs out here longer than the other crewed stations. You can understand why this station requires a lot of help.

Amanda McElmurry Williams at Copperhead (Miles 52.1 & 63.7)

This station sits between Powerline and the Turn Around. Crew is no longer allowed here so it is a little quieter. Amanda is an elementary school teacher so you know her station is full of fun! My son volunteered last year and said he was well fed too!

Friday Packet Pick Up: (Have 2 and need at least 2 more)

2 people to help with packets

2 for swag sale

1 to oversee runner wristbands, and 1 floater.

Several runners come from out of town to see the start line, leave their drop bags, and pick up their wrist band and race packet. They are eager to talk to friendly people like you!

Start Line- Saturday: (Have 3 and need several more)

2 people for runner check in

2 people to hand out race packets

2 for bib

2 for swag sales

2-3 to oversee runner wristbands

1 to oversee the coffee/food table

2 for traffic control/greet runners at the top of the driveway,

1 to drive the lead car (can be combined w/ another job listed here)

1 floater

Rover/Sag Wagon: (Need 2 more with vehicles whether solo or as teams)

If you know the course and have a vehicle that can handle the dirt roads then come help Chris Baldwin & Ronnie Daniel. The more people helping the more able we are to have a manageable system for sleep rotation. Although, I can not be held responsible for what your ears might hear over their radio system. I am sure there will be stories to tell after a night doing this job!

Finish Line: (3 shifts to choose from)

Come help my daughter and husband at the finish line. Mainly you will greet the captains as they roll in from a long nights work, help them unload their supplies, sort the supplies, and rinse out the gatorade containers. We also need people to tend to the runners who can't help themselves after they finish. We can get away with 2 people per shift except for the 6am - Noon shift on Sunday. This is when we start seeing a lot of finishers and where we really need all hands on deck (need at least 4 more for that last shift).

Anyone working more than one job can take a nap in the volunteer cabin or inside the Great Hall before starting round #2. Bring your own blankie. There is also a shower (bring soap and a towel).

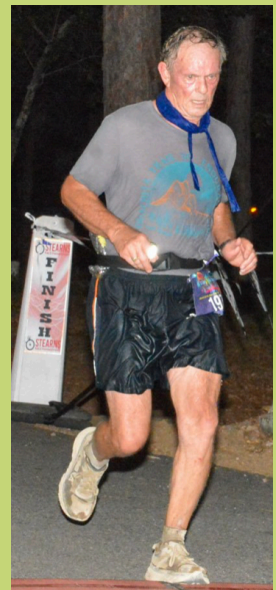
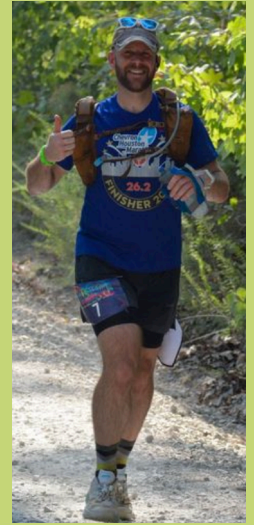
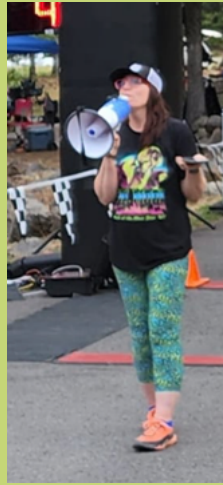
Sign up here:

<https://runsignup.com/.../AR/Perryville/ArkansasTraveller100>

Remember you get points toward a High Mileage Award if you are in either of the AURA Trail Series.

THANK YOU SO MUCH!!!

Full Moon 50





Full Moon 50 Mile Race Report

~By Daniel Arnold~

The inaugural Full Moon 50 Mile was held on July 16 th 2022 in the Ouachita National Forest on the southern border of Perry County. It was added to the existing 25k/50k distances and provides an extra challenge to anyone crazy enough to attempt such a feat. I, along with roughly 40 other unfortunate souls, decided to give up my sanity for a day to see if I could push my limits once again.

Before going into the details of the race I'll give some backstory into the months leading up. After finishing up my last race in March I decided that I needed some rest to give my body a much needed break. I didn't run much but worked in some mountain bike rides and hikes and even took up kayaking a little. I didn't really start training for Full Moon until the beginning of June. I knew that it was going to be tough to race on such a short training period but I figured that with my experience with past ultras (this being my 40 th attempt at a finish of longer than 26.2) I'd be able to grind it out. I worked my weekly mileage up as best I could during those 6 weeks and got in a handful of long runs. I knew heat was going to be the main factor in the race so getting in those hot afternoon group runs from Flyway were crucial as well.

We arrived at Camp Ouachita about an hour before the race start to pick up our bibs and set up a base camp in the shade of the tall pines. We would be coming back to base camp around 19 miles into the race so I wanted to make sure I had my stuff laid out and ready to grab for the back half of the race. These things consisted of energy gels, baby wipes, body lube, headlamp and ICE!!! Ice played a crucial part in this race and barely a mile went by where I wasn't carrying it somewhere on my body. I started the race wearing a Salomon race vest packed full of it and 2 hand-held bottles with ice water. I also employed a wide-brimmed white bucket hat to help shade the sun as much as possible. A little later in the race I would start putting ice in a zip-lock baggie in my hat as well.

The race began at 2pm and started with about a mile and a half of fully exposed blacktop before turning onto forest service roads. It didn't take long for the realization of what was to come began to sink in. I knew that to get through this I was going to have to dial it back and keep my pace and my heart rate under control. This meant anytime I began to climb I was going to power hike. And with over 5000 feet of climbing over the course there was going to be a lot of power hiking.

The first 19 mile loop went fairly smoothly. With aid stations scattered every few miles and a saint of a man named Tony Melugin driving around in a side-by-side full of ice and water it was easy to keep up with hydration and nutrition. I carry gels that I eat every hour or so but I also like to cruise the buffet that is always a staple at any AURA race's aid station. Some even had some amazing Italian ice popsicles! As I finished up the loop and made my way back up to Camp O I was still feeling fresh and found myself sitting in third only a few minutes back. I handed off my bottles to the aid station to be filled and quickly grabbed my supplies for the final 50k of the race.



The back half of the race follows the same course that the 50k racers would be tackling later that evening. It consists of an out-and-back with a substantially larger amount of climbing on the way out. You get about a mile of easy pavement before your first 4 mile climb and then its large rollers the rest of the way out. My first big mistake was pushing a little too hard going up that first climb. I had caught up to the 2 nd place runner about a mile into that climb and eventually moved into 1 st just as we reached the next aid station at the top of that climb at mile 24. This was not the smartest time to make my move and I would soon pay for it.

Over the course of the next few miles that old familiar feeling started to creep in. My legs began to get a little heavier, my heart rate a little higher and my thoughts started turning to that dark place that every runner dreads. I knew that the RDs had given us the option to turn around at the mile 27 aid station and still get credit for a 50k. Even though I was in the lead that was sounding more enticing with every step closer I got to that aid station. There just comes a point for me in a lot of ultras that I do where I don't know why I'm out there and if I will be able to keep going. I have to draw on past experiences to know that it is almost always a fleeting feeling, one that can be overcome with rest, refueling, stubbornness, and a lot of help from great friends and volunteers. I know the only thing that kept me from turning back at that aid station was knowing I had some good friends waiting for me at mile 30 and I didn't want to disappoint them by not gracing them with my presence.

By the time I got to that mile 30 aid station I had moved back into 2 nd and had made up my mind that I was just going to drop there and hang out the rest of the night. I just didn't feel like my legs had enough in them to carry me another 20 miles and I knew those guys had enough cold beer to fight away the sting of a DNF. But the thing about good friends is they don't always let you make the wrong decision. They let me sit and collect my thoughts for a bit. They let me eat and they made me a wonderful Gator-Aid-rita. They even hosed me down with an ice cold super soaker. But they didn't let me quit. I don't like to give unsolicited advice about running ultras but I will say this. As long as you're not fighting cut offs or injured, stay in the aid station as long as you need. You WILL start to feel better and you WILL be able to keep going. It can be hard to feel like it in the moment but trust me; I've seen it happen so many times.

So I sat at that aid station for about 20 minutes and was beginning to feel like I might be able to get up and go when my girlfriend Laura Kearns came running down the hill to join the party. She was currently 1 st female and 4 th overall. She also looked like she was just out for a little stroll in the woods; happy as can be and looking fresh as a daisy! I decided I'd run out with her and see if I could feed off of her upbeat and positive attitude.

It didn't take me long to figure out that I was not quite ready to be moving as well as Laura was. I struggled to keep up with her over those next 5 miles. My mind was back in the race but my body hadn't quite got the memo yet. We passed the 2 nd place runner on the way to the turn-around and about a half mile out saw that the leader was only about a mile in front of us. We rolled into that aid station just as the last bit of light was fading from the day. I donned my headlamp, resupplied with ice and water, and turned back into the night with a little under 16 miles still to cover.

I was still struggling a bit so I let Laura go ahead of me as I fought through those next few miles. One of my favorite parts of an out and back is getting to see all the other runners on the course. Not only were the 50 milers out there but by this point the 50kers were as well. It's always encouraging to give and receive well over a hundred "Good job!" and "Keep it up!" That, coupled with the ever so slightly cooler temps of the night, was starting to make me feel much better. I was running well on the down hills again and even jogging some on the climbs. I got back to the glorious grindstone aid station at mile 39 and was greeted with cheers as my friends were so glad to see me revived again. They gave me some much needed calories and sodium and sent me on my way. Now I wasn't just feeling better, I was actually feeling good!

I caught back up with Laura a few minutes later. I think she was surprised to see me but very happy as well. We ran together for just a bit before she shooed me away and told me to go take care of business. The climb up to the mile 42 aid station is notorious for being one of the worst on the entire course. It comes at you when you're at your most vulnerable and can punch you in the gut if you let it. I was having none of that. I strolled into the aid station feeling fine and armed with the knowledge that I only had two more minor climbs before the 4 mile downhill and final paved mile.

About a mile later I had caught up to the lead runner and moved back into 1st. I wasn't sure how he was feeling at that time so I knew I couldn't let up any if I wanted to hold onto it this time. I carried on at a decent pace up the to the final aid station. I didn't stay here long as I only had about 4 miles to go and almost all of it was downhill. I filled up my water bottles and left. It was about that time I realized that I could finish in under 10 hours if I could run steady the rest of the way with no walking. So that's what I did. I arrived back at Camp Ouachita and crossed the finish line in 9:56:14 to be the first finisher of the inaugural Full Moon 50 Miler. And just to sweeten the deal, Laura finished just a few minutes later as 1st female!

Following the race I hung out around the finish area to see some of my other friends finish and to recap how our races went. It's always one of my favorite parts of any race. We shared stories in that crowded parking lot until the wee hours of the morning before hobbling back home and getting some much needed rest.



Scorching Squirrel

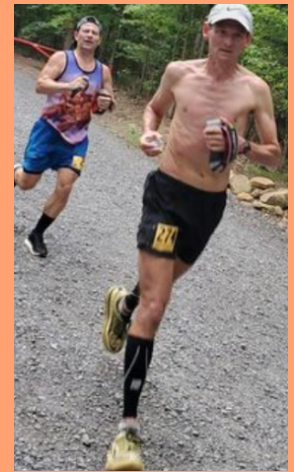


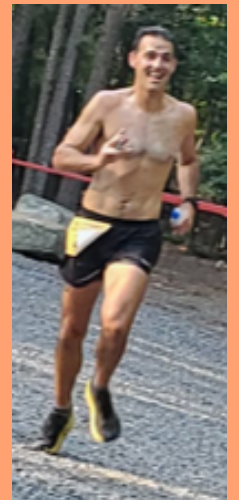
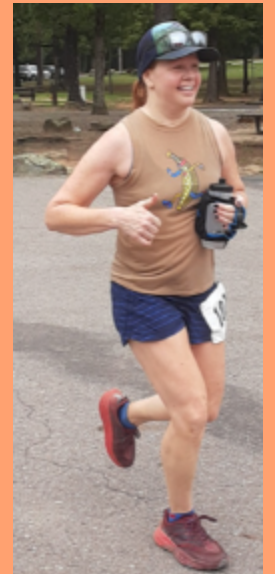
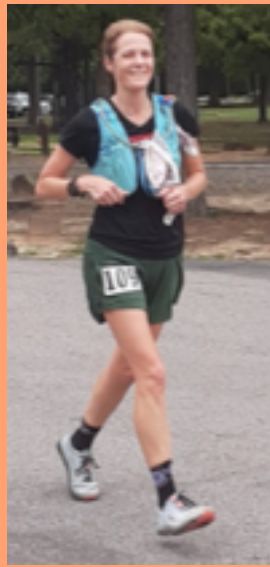


Want to read a little more about the race? Then check out Arkansas Outside's article.

[Click Here To Read](#)

Mt Nebo





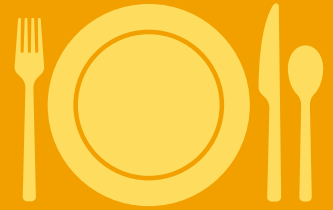
RETREADS

Hello All, the first Wednesday of every month is RETREADS Day. What is a RETREAD? Could be a retired runner. Maybe not. Could be a runner who wants to eat out in the company of other runners.

We are currently meeting at Homer's Restaurant, 9700 West Rodney Paraham Road. We have the private room reserved for 11:30 a.m. If you plan on coming, it is important that you contact me the day before as our location is subject to change. At some time soon Homer's is scheduled to move to the old Franke location also on Rodney Parham. Or, we could decide to spend the summer at 2 Rivers Park. Right now as I write this, Homers is the location. So email me at CHRLYPYTN@GMAIL.COM if you've not been to RETREADS before and not on my notification list.



Thanks, Charley and Lou Peyton



WELCOME TO OUR NEW AURA MEMBERS!

WE LOOK FORWARD TO THE OPPORTUNITY TO GET TO KNOW YOU BETTER.

CURRENT MEMBERS,

Thanks for Renewing Your Membership

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