

AURA NEWS

Arkansas Ultra Running Association

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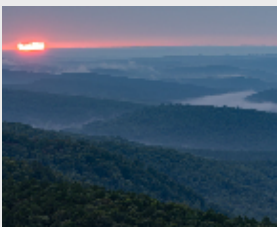
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From the President



Shoo Doggie! The last month or so has been a busy time for our club. Just in case you missed some or all of it let me tell you all about it.

Missy Harken hosted the Not The HOT again. HOT stands for Heart of the Traveller. It is an opportunity for runners to see a large portion of the AT100 course and a section most aren't able to see very often. She did such a great job and even planned a delicious post run cookout each day. Big thanks to Missy and everyone who volunteered or contributed yummy treats for this. Side note, it looks like we will be able to get Smith Mountain cleared just before next years HOT.

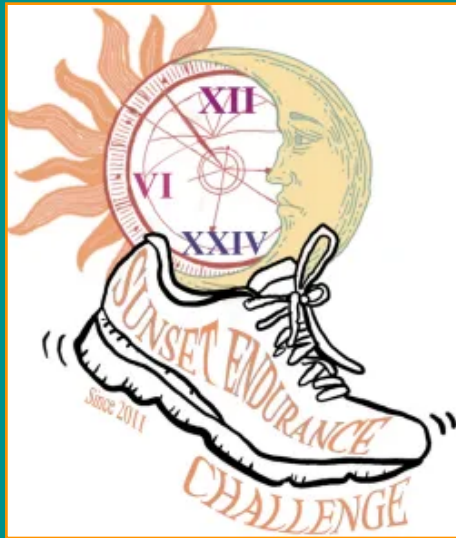
Next we had the big dance, the Arkansas Traveller 100. The race went very well and the weather was pretty fantastic! We had participants from 24 States and 3 Countries. So many friends and AURA members came out to support the event by volunteering, pacing or crewing. I am always so impressed by our community. We truly have something very special here! BIG Thanks to everyone who helped on race weekend!

Just two weeks later George Peterka directed the Hot Springs National Park 18 Miler. Once again the weather was fabulous and a lot of runners left very happy with this free and fun event! George knows how to throw a great running party!

We rounded out the month with the AT100 volunteer appreciation picnic. I feel like I just can't say Thank You enough to our amazing community! You are all so amazing and I am grateful to those who step up and volunteer when you are able. You are the beating heart of AURA!

Until the next race Happy Trails
~ Stacey & the rest of the AURA Board ~

**Upcoming AURA Events
And
Volunteer Opportunities**



**Sunset Endurance Challenge
6 / 12 / 24 Hour
November 25th & 26th**

**UTS Race # 6
UTS Lite Race # 4**

[Registration Link](#) [Race Website Link](#)

Please bring a CASH donation to help cover Laura's out of pocket costs for this event!



**LOViT Trail Marathon
Saturday, December 3rd
Start Time is 8am**

**UTS Race #7
UTS Lite Race #5**

[Website & Registration Link](#) [ShangriLa Resort Link](#)

MUST WEAR ORANGE - It is Hunting Season!

THANK YOU POTLUCK FOR PHIL

This will be Phil's last year as race director so please plan to stick around, cheer on the last runners and join the post race festivities. Bring a chair, a blanket, and food to share for the potluck. Let's make this last one memorable for our friend, Phil!

**Let me know, in advance, if you have a story from this race that you'd like to share*

ATHENS BIG FORK TRAIL MARATHON

Saturday, January 7th, 2023

Link to order post race Food and ABF Merchandise

Merchandise Orders are due by Sunday, November 27th Food Orders are due by Thursday, December 1st

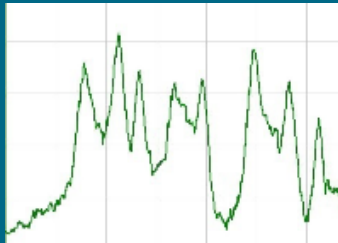
DON'T MISS OUT -

There will be no race day purchases. You must order in advance!

Bring a blanket & a chair and join in the traditional post race pow-wow on the front lawn as you enjoy your pre-purchased meal. There are restrooms and a place to change inside.

Race and Waitlist are Full but you can still join the fun by volunteering! Volunteering will guarantee you an entry for next year! Email me if you would like to volunteer at the race start, the race finish, or at the Little Missouri aid station. My Email is mverunnergirl@gmail.com

Website Link



January 21, 2023

UTS Race #9

UTS Lite Race #7

Race Website Link & Registration Link

HOT TRAINING RUNS

~Hosted by Missy Harken

Not the HOT (Heart of the Traveller) Day 1 went down well. Thanks to Missy Harken for hosting! Thanks to her and Krista Fulcher Buck for the water stops & the food. I think everyone really appreciated it. The cookout after was a lot of fun!

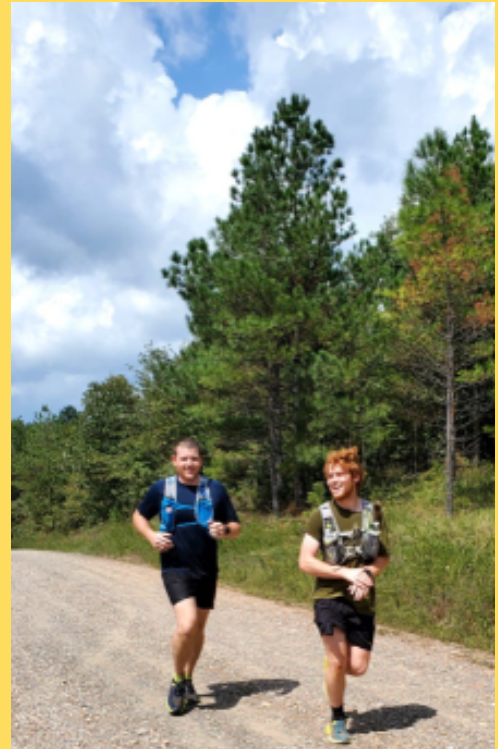
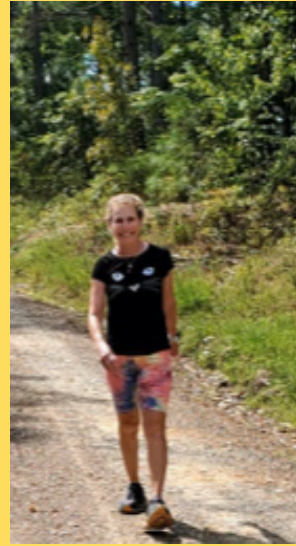
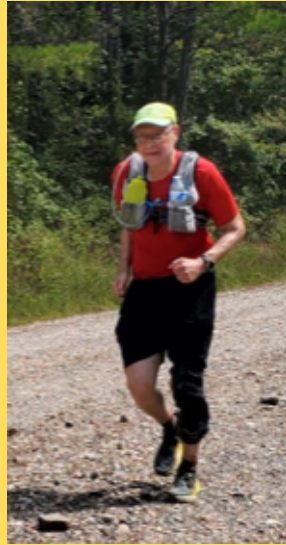
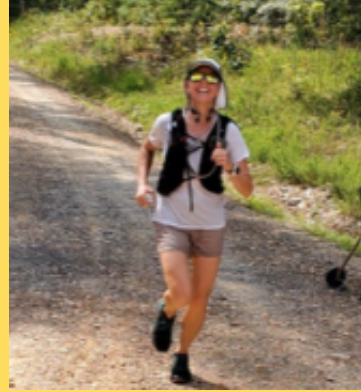
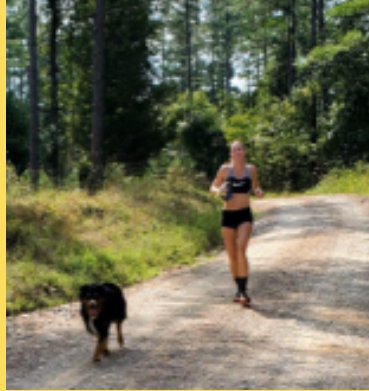
(Sorry I didn't get a picture sooner before since folks left.)



HOT Day 2 = Fun, Friends, Food, & Great Weather!

Big Thanks to [Missy Harken](#) for hosting again. The course markings and water drops were fantastic! I'm sure after two days of hosting she was ready for some rest. Big Thanks to [Chrissy Ferguson](#) for hosting the Powerline aid station today. This is after she volunteered at the [Arkansas Running Klub](#) 's 5k AND after running Tupelo marathon! Big Thanks to those who brought food to contribute to the cookout each day. And thanks for coming out! It was great to see so many friends!







FINISHING IS WINNING!!





Community





FINISH
Presented by the
Arkansas Ultra Running Asso



ALL THE FEELS





AMAZING VOLUNTEERS



I am very happy to announce that the Arkansas Traveller 100
remains a
Western States Qualifier!!



The 2023 Lottery Drawing will begin December 3rd , 8:30am -11am PST
It is tradition to celebrate the lottery winnings of our members after the LOViT Marathon.
Another great reason to come join the fun!





Arkansas Traveller 100 Volunteer Appreciation Picnic & Special Awards Ceremony

It takes a lot to host this event and the race director spends a lot of time throughout the year planning and preparing. However, all of those plans mean nothing without runners and volunteers. We are so fortunate to have so many people in our running community who are dedicated to helping ensure the success and longevity of this very special event. This annual picnic that we host is our opportunity to acknowledge the efforts of every single volunteer. It is our opportunity to reverse the roles and serve the volunteers and to say thank you to everyone who made this race possible. WE truly could not have done it without you. From Chris, who helped me coordinate volunteers, those who helped me set up the great hall, volunteers at aid stations and the start finish, HAM radio operators, our finish line timers, volunteers who cleaned the course before and after, our team who did all of the trail marking just to take it all down days later, our incredible sag wagon team, to our HQ graveyard crew and clean up crew. We also owe much gratitude to Joe Jacobs with Arkansas Outside for capturing the start line and Debbie Rigsby for giving up a nights sleep on her birthday in order to take photos of our runners at the finish line. The picnic is also an opportunity for us to thank our land managers, sponsors, and organizations that lend a hand on race weekend. Central Arkansas Water, Pinnacle State Park , US Forest Department, Baptist Health, and CAREN.

This year I presented plaques and enamel buckles to our retiring volunteers, Lou and Charley Peyton and Rosemary Rogers for three decades of service to the Arkansas Traveller 100. Lou and Charley started the race and served for 10 years as race directors before stepping down to a captains role. They served as captains at several aid stations before settling at the Lake Sylvia aid station where they always had a fun theme and plenty of love for our runners. Rosemary Rogers served for three decades at the Brown's Creek aid station where she began the iHop pancake tradition and served up heaps of delicious food and loving encouragement to every runner.

I also took the opportunity to recognize CAREN, the Little Rock Hash House Harriers, and Ms Linda House for 31 Years of service to the Arkansas Traveller. CAREN is the radio club that comes out every year, staging HAM operators at every aid station to ensure every runner is accounted for throughout the entire duration of the event. They are the source of communication between the race director and key volunteers on course. They do not sit directly at the aid station but rather off to the side so they can hear clearly what comes over the radio. Because of this they are often overlooked. Hopefully we do a good job educating so our runners are aware and say thanks to them on their way in and out of aid stations. The Hash certainly bring the fun every year but they also know how to tend to those late night runner issues, how to lift a runners spirits and how to get them moving towards the finish line. Ms Linda, is another volunteer that often gets overlooked by runners. She sits at the finish line every year to carefully collect the bib numbers and finish times of every single runner. Ms Linda, CAREN, and LR Hash have been with us from the beginning and are all committed to continuing their service to the trail community and we are extremely grateful!!





Arkansas State Park and ATroo Director



Lou Peyton



Debbie Rigby



Chrissy Ferguson



Michael, Arland and Annette



George, PT, PoDog and Stan



Bryon Dunn

Arkansas
Traveller 100

30 YEARS

In Appreciation To
Lou & Charley Peyton

For Blazing A Trail That Runners Will
Enjoy For Years To Come And For Three
Decades Of Dedication & Support Of
The Arkansas Traveller 100

We Will Be Forever Grateful!



Charley Peyton, Rosemary Rogers, and Lou Peyton

Arkansas
Traveller 100

Presented With
Our Greatest Appreciation To

Rosemary Rogers

For Three Decades Of
Support & Dedication To Helping
Runners Reach Their Goals
At The Arkansas Traveller 100

2022



We also present engraved wooden plaques to our female and male winners in the Overall, Runner Up and Master categories. We are so glad Luara Hoffman and Stan Ferguson made it out to receive their awards in person! A sterling silver buckle is headed to Japan to Mr Hatta for his 20th AT 100 Finish!!!



Laura Hoffman -
Overall Female Winner



Mr Hatt from Japan
20 Year Finisher



Stan Ferguson
1st Arkansas Male Finisher

We lost one of the sweetest and most loving people you could ever ask for. Dan Belanger passed away, on his 79th Birthday. He was an AUARA Member and loved by all who knew him. He will be dearly missed but never forgotten!

If you see a smily face made of rocks on the trail or a random piece of candy on your windshield, rest assured, it was likely left by someone remembering Dan by continuing some of his fun traditions.

The club would like to extend our sympathies to his sons, Adam and Matt. We would also like to thank Chrissy for planning the memorial and thank Pinnacle Mountain State Parks for their assistance and for the use of the pavilion.

Rest In Love Dan Belanger



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

[Click Here to See IF You Need to Renew](#)

[Click Here To Register or Renew Your Membership](#)

[Click Here To See Events In The Ultra Trail Series](#)

