

AURA NEWS

Arkansas Ultra Running Association

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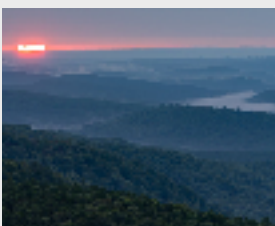
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From the President & Editor



Hello fellow AURA Members!! It was good to see so many of you at the Three Days of Syllamo event.

The event was another wonderful gathering of our community. Big thanks to Jacob Anderson, Rusty Harvey and their wives for the heart, soul and hard work that they put into continuing and improving the tradition of this iconic Arkansas event. They do a great job of caring for the trails and the community in the area. Please let them know how grateful you are the next time you see them. If you happened to miss it this year, well, just make sure you get signed up for next year's event. You can run one, two, or all of the races. No matter how you line it up for yourself you are sure to have a great time!

Good luck to everyone running Styx N Stones this weekend! The New RD's have worked hard and have done a great job with this club event! You are sure to be pleased with their attention to runner safety as well as the runner experience!! Please remember to take at least \$20 cash to put in the donation bucket so that the RD's can cover their out of pocket expenses as well as contribute to that community in a meaningful way. I wish I could be there to cheer you all on, but alas I am in the stages of sleepless nights and long work days as I make the final preparations for the Ouachita Trail 50. I will be there in spirit and look forward to the photos and stories that I know you will send for me to put in next month's newsletter!

I look forward to the next time we gather as a community!
Until then, Happy Trails

~ Stacey Shaver-Matson~

Upcoming AURA Events
And
Volunteer Opportunities



REGISTRATION CLOSES ON APRIL 1st

Race Date - 4-15-23 - 6am - at Maumelle Park

[Registration Link](#)

[Race Website](#)

[Volunteer Link](#)

Whether running or volunteering, you can bet it's going to be a rewarding experience in a beautiful location!

If you aren't running please consider volunteering!

**We are a 501(c)(3)nonprofit and the proceeds from this race benefits the Pinnacle Mountain State Park*

TRAIL WORK DAY - HELP NEEDED

9AM APRIL 29

EARN UTS POINTS - EARN GOOD KARMA



Meet at the pavilion directly across from the Mt Magazine Visitor's Center.

Mount Magazine

Trail Run

18 Miles

8am May 6th

Paris, AR

Email PT if you plan to help -
runninpt@gmail.com

**We are a 501(c)(3)nonprofit and the proceeds from this race benefits the Mountain Magazine State Park*



The Catsmacker Trail Run

7am May20th Lake Sylvia

Registration Is Full Link to Website
Email Katie to Volunteer

End of the UTS/UTS Lite Season PaRtY !!!!

Join us for the run, the party and the annual club meeting.

REST IN LOVE ROSEMARY ROGERS

It is with a heavy heart that I share the news of the passing of another friend and fellow AURA Memeber. Rose spent decades volunteering for many club events, including her commitment as station captain at Brown's Creek for almost 30 years.

She was also a long time member of the BAGS, who meet almost daily to walk/jog/run. We hope that her family and these very close friends of hers find comfort in the difficult days ahead.

She Will Be Greatly Missed

There will be a gathering at 11am on April 14th at Saint Mark's Church



2023 - 2024 UTS Calendar

***Registration Opens in May**

Date	Event	Location	Regular UTS	UTS-Lite
06/10/23	AR Backyard Ultra	Cotter	UTS race #1 6 loops minimum	UTS-Lite race #1 any distance
07/22/23	Full mOOn 50K/25K (AURA)	Perryville map	UTS race #2 50K	UTS-Lite race #2 25K
08/27/23	Mt. Nebo Trail Run (AURA)	Dardanelle map	UTS race #3	UTS-Lite race #3
10/07/23	Arkansas Traveller 100 (AURA)	Perryville map	UTS race #4	
10/28/23 ???	??? Hot Springs N.P. Trail Run (AJRA)	Hot Springs N. P. map	UTS race #5	UTS-Lite race #4
11/24-25/23	Sunset 6/12/24 Hr Endurance Run	Benton map	UTS race #6 any distance 26M & over	UTS-Lite race #5 any distance
12/02/23	Lake Ouachita Vista Trail 26.2M (AURA)	Mt. Ida map	UTS race #7 26M	UTS Lite race #6 14M
01/06/24	Athens Big Fork Trail Marathon (AURA)	Big Fork map Warning	UTS race #8 26M	UTS-Lite race #7 17M
02/??/24	??? White Rock 50K/25K (AURA)	Cass	UTS race #9 50K	UTS-Lite race #8 25K
02/23/24	??? LOVIT 100K	Hot Springs map	UTS race #10 See note if running 100M	
03/15-17/24	3-Days of Syllamo	Mtn.View	UTS race #11 50M	UTS-Lite race #9 20K
04/06/24 ???	Styx & Stones Trail Races (AJRA)	Devils Den S. P.	UTS race #12 26M	UTS-Lite race #10 13M
4/15/2023 - 4/15/2024	Runner's Choice Marathon		UTS race #13 Marathon	UTS-Lite race #11 Half-marathon
04/13/24	Ouachita Trail 50K/50M (AURA)	Little Rock map	UTS race #14 50M/50K	UTS-Lite race #12 50K
05/04/24 ???	Mt. Magazine Trail Run (AURA)	Mt. Magazine S.P. map	UTS race #15 18M	UTS-Lite race #13 12M
5/6/2023 - 5/6/2024	Trail Work (worth 50 points)	Any Trail	UTS 6 hours	UTS-Lite 4 hours
05/18/24 ???	The Catsmacker (AURA) UTS awards ceremony afterwards	Lake Sylvia map		

A BABBLING RUNNER SINGS PRAISES OF A SPECIAL CLUB ~By Stacey Shaver-Matson

I recently had the opportunity to talk with Davit Theriot with Run The Riot Podcast about our unique and special club and trail running community. I didn't sleep a wink afterwards for worrying about all of the things I wanted to say but didn't and also thinking that I nervous-babbled too much. My solution is to tell you all here, just how wonderful I think you all are and share the unique aspects of our club!

32 years ago, after racing out west, Lou and Charlie Peyton brought the concept of ultra running to Arkansas. A club of sorts soon formed and was made official in 1989 as an RRCA club member. They later handed the reins to Stan and Chrissy Ferguson, who spent a couple of decades maintaining and growing what the Peyton's began. Our visionaries and predecessors gave us this gift.

Volunteers make racing possible and through the years there have been numerous kind hearted people in our community who have served or given back in some capacity, in order to keep this gift alive. We have been very fortunate to have a group of what I like to call our "Heavy Lifters." These are people who pitch in every time they see the need and often help fill multiple roles in a single event. For example, these guys will mark a section of a course, run the race, then sweep a section of the course after. That's not all, they usually sign up for Trail Work the month before the race. Talk about heavy lifters, we also have wonderful clubs and wonderful humans from all around the state who step up to run aid station. They dedicate themselves to coming back year after year to love on our runners with the best aid around!! I love that we also have so many leaders who are willing to serve so unselfishly in the capacity of race directing. If you notice these people don't just race direct, they are out there on the trails working to maintain, they are out there volunteering at other races too.

Just imagine what our state wide trail community would look like if we all just took but never gave back?? Thankfully we DO have a community of givers and that is freakin awesome!!! Thank you to all of the givers!!! OUR volunteers are true trail heroes/angels and I can't properly express just how grateful I am for YOU!!

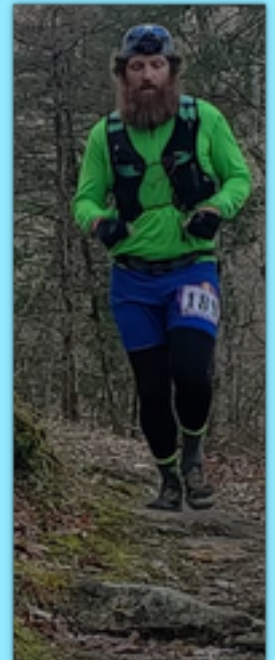
I love that when the call to help is made our community rises to the occasion. There are so many more reasons I have so much love for our club. I love how our club connects so many running clubs all around the state, both road and trail clubs. And isn't it nice when we all come together to commune after a race or fun run. Sitting around in a lawn chair with a cold drink, swapping war stories of the day with new and old friends is such a highlight for so many of us. I love that there are events in our trail series that take us to every corner of this beautiful state. I love that our club and our series is open to everyone, to every pace, to every age. I love that we host NINE free/donation based events!! I know we are doing things right when I hear people say thank you for keeping race cost free or low because we couldn't afford to participate otherwise.

If you are reading this thinking, ohh, maybe I should take a turn at volunteer for a race sometime so we can keep this gift alive, then I hope you go straight to your computer and your calendar, pick a race you are willing to help with and reach out to that race director TODAY!!

(I will post a link on FB to my babbling with David as soon as it's up)



Three Days of Syllamo







Trail Etiquette - Doing your Biz in the Woods ~ by Stacey Shaver-Matson

Pooping and Peeing in the woods, are you doing it properly? Let's talk Leave No Trace

There are a few differing methods, but one stands out among the crowd. The first, most common method of dealing with waste is the cathole method. You dig a small hole, do your business, and bury it. For ladies this has been the method for simply urinating and getting rid of those darn potty papers. This is an okay option for back country trails. However, on more popular trails, these catholes can lead to a real sanitation issue. Animals are attracted to our scat and will often uncover it, leaving the potty papers to fly around in the wind. On a highly trafficked trail this can lead to the spread of disease or simply be an eyesore if not handled properly. We have all seen the potty papers on the side of a trail and it's GROSS!



So what is a viable alternative? Carry one more piece of gear that is small and will take up very little space- a ziplock baggie or two. When nature calls, simply dig your cathode with the heel of your shoe, do your biz but place your potty papers in a zip lock bag and only bury your waste. Take your double bagged potty papers and dispose of them in the garbage. Personally, I carry two snack size bags and my paper inside of a sandwich size ziplock.

Ladies, if you want to avoid the extra time it takes to deal with paper and paper disposal for a simple pee break then you might consider carrying a Kula Cloth or something similar. What

is a Kula Cloth? It is a reusable antimicrobial pee cloth. A lot of backpackers use them and so do I when in the backcountry. Then it dawned on me that it would be beneficial for my long runs and races. I simply attach it to the bottom of my hydration pack so that it is easily accessible anytime I need it. It doesn't smell, it's not gross and folds up with a quick snap so the "used" side is never showing or touching anything. It also dries fast. When you get home just toss it in the wash. It really is a game changer, especially if you are looking at saving time.



Just one more piece of info for those new to trail running - Make sure you are at least 150 feet away from streams or lakes when you do any of your business: #1 or #2.

Leave No Trace is the ethical standard for any wilderness activity. As trail runners and adventurers, it is our responsibility to protect and preserve our natural spaces. Like I said, many people carry toilet paper into the wilderness and scatter it - believing that it will simply 'disappear'. By using one of the mentioned methods mentioned above, you are reducing the amount of toilet paper that you have to carry into the wilderness and the amount of trash on the trail! I am glad we could have this little chat. Thanks for your time!

[Let's Dig A Cathole](#)

[Shop Kula](#)

[Shop Piss Off Cloth](#)

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](#)

