

AURA SPRING CAMP SLATED FOR MARCH 9TH

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NANCY MOUNTAIN CO-ED X-COUNTRY WALK ON TAP FOR FEBRUARY 24TH

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THE ARKANSAS ULTRA RUNNER

February 1996

A Newsletter For Members Of The Arkansas Ultra Running Association

HARLEY'S ULTRA NEWS OF THE DAY - With this issue we begin our eighth year of the Arkansas Ultra Running Association. $7 \times 12 = 84$ issues. Collection items and I've got them all! The membership drive was a huge success. But there are still a few low numbers available. And,..... you know how you like your low numbers. Just give me a sign and I'll try to talk to the man.

Lets start off the new ultra year by making a correction from last months newsletter. In stead of "RRCA's Walker of the Year", Debbie Desjardin should have been mentioned as the RRCA's Race Walker of the Year. There is a difference and I humbly apologize.

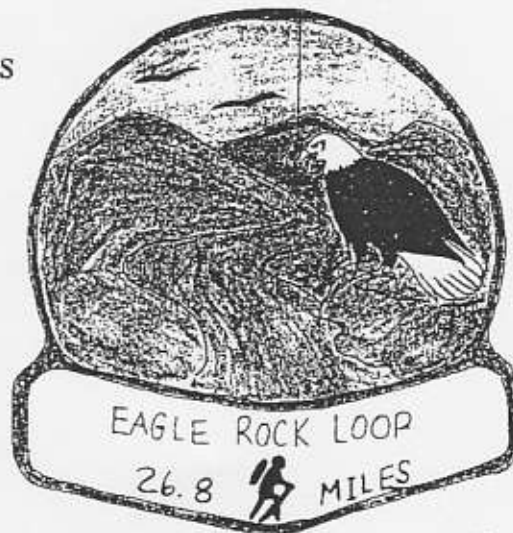
This is a first call for the National Trails Day runs that will be scheduled for the first weekend in June in the Ouachita National Forest, Albert Pike Recreation Area, Langley, Arkansas. AURA's David Samuel coordinates the event and needs the support of all the ultra runners. I got a phone call from David this weekend and he has a very interesting project underway. A patch has been designed and will be awarded to the finishers of the 26.8 mile Eagle Rock Loop on the Albert Pike Trail. I provided him with the finishers of the loop on National Trails Day/1994 and also gave him the results of the Ultra Series Eagle Rock run that took place in January of 1995. The Eagle Rock Loop is worthy of a patch. David proposes to keep a listing of all those who have completed the distance and place their name on an "Honor Roll" of Eagle Rock Finishers. All you need to do to get you patch and have your name on the Honor Roll is to fill out a COMPLETION CERTIFICATE. I will see that each of you who have finished the loop receive a certificate with this newsletter. Mail it to the address provided. I have it on pretty good authority that the BigShot was spotted in Memphis leaving a Burger King. Stay tuned.

If any of you AURA brothers and sisters are planning on going to the Clear Springs 50K, give me a call. I have good directions. RD Joel Guyer asked me to try to get a count of how many Arkies might be coming down.

On January 15th, brother Nick and Lou took me out to Lake Sylvia and showed me a newmountain bike route near the junction of FSR 132 and 132C. How could I have overlooked such a nice running area? So good in fact that I have made a command decision to scrap the Trail Series' *Spring Classic* route and use this new discovery. I'm calling the new race the *IRON HORSE MOUNTAIN RUN*.

AURA's Eagle Rock Loop Candidates

- | | |
|------------------|-----------------|
| Ray Bailey | Robert Morgan |
| Kimberly Pavelko | Bob Horner |
| Ken Millar | Bob Pester |
| Steve Eubanks | Ann M. Moore |
| Dianne F. Bell | Tony Johnson |
| Nick Williams | Chuck Desjardin |
| Jim Sweatt | Lou Peyton |
| Dr. FeelGood | David Samuel |



ULTRA CALENDAR

- | | |
|----------|--------------------------------------------------------------------------|
| Jan 27th | Clear Springs-Big Head Memorial 50 Km. Joel Guyer (601)446-6496 |
| Feb 3rd | Rocky Raccoon 100 Mile Run |
| Feb 3rd | White Rock Classic 50 Km(see enclosed information) |
| Feb 17th | Sylamore 50 Km* |
| Feb 24th | Nancy Mtn Co-ed Cross Country Walk |
| Mar 2nd | Mississippi Trail 50 |
| Mar 9th | The Iron Horse Mountain Run-20 miles |
| Mar 23rd | Cross Timbers Trail Run, 50 Miles and 30 Km. |
| Apr 13th | 50-Mile Gator Gallop-North Carolina/Grant Egley(formerly of Mississippi) |
| May 4th | Ouachita Trail 50 Miler |

*- Saturday, February 17th. 7 a.m. Allison, Arkansas near Mountain View. Teresa Laster at (501)666-6621.



WHITE ROCK CLASSIC 25K AND 50K

No Fees, No Frills, No Wimps

Good Times * Hills From Hell

"Arkansas' Pike's Peak"

**Saturday Febuary 3, 1996
9:00 A.M. SHARP!**

**Turner's Bend Campground on the beautiful
Mulberry River Take Highway 23, Pig Trail --
You Can't Miss It!**

**COURSE: 25K Climb Three Mountains To Reach The Summit
of White Rock Mountain.**

**50K K2 With 5 Water/Aid Stations.
6,864 Feet of Ascent/Decent.
For Your Running Pleasure.**

**Three water/aid stations available. Shuttle service provided back to
Turner's Bend. Aid Stations: Water, Gatorade, Limited munchies. Every
runner should carry a 20 oz. water bottle.**

Be prepared for inclement weather -- LAYER DRESS!

Course surface: well groomed dirt road -- VERY HILLY!

**Post Race Cook Out -- Burgers, "Dogs," Ranch Beans & "The Fixin's."
(Weather Permitting)**

**For More Information Call JOE FENNEL
1-501-521-0337**

**Sponsored by CHILE PEPPER RUNNING CLUB in affiliation with Turner's Bend
Campground, RRCA and AURA**

1996 ULTRA TRAIL SERIES								
	MN 50K	SM MTN	AT-100	CW MTN R	10-9-10	0 MTN LOFT	TOTAL	
Ray Bailey	66	X		120	X	X	X	186
Gary Grilliot	55	X		74	X	X	X	129
Michael Heister	44	X	X		X	X	X	44
Stan Ferguson	38		41	X	X		31	110
John Jones	32	X	X	X		53	53	133
Rick Utley	26		35	X	X	X	X	61
Rick Williams	20	X	X	X	X	X	X	20
Randy Davidson(M)	16	X	X		48	X	X	64
Anthony Lee	13	X	X	X	X	X	X	13
John Renick(M)	10	X	X	X	X	X	X	10
Jim Sweatt	7		10	29	31	36.5	X	113.5
Sam Barnes	6	X	X	X	X	X	X	6
Ken Millar(M)	5	X	X	X	X	X	X	5
Pete Ireland(S)	4		23	26	13	X	X	66
Chuck Desjardin(M)	3		4	11	X	X	X	18
Steve Eubanks(S)	2		3	X	6	X	X	11
David Allen	X		63	X	59	X	42	164
Alfredo Atilano	X		52	X	X	X	X	52
George McDonald(M)	X		29	40	X	X	X	69
Dan McCullough	X		17	15	X	X	X	32
Bobby Widhalm(S)	X		13	X	X	X	X	13
Nick Williams(S)	X		7	32	19	36.5	X	94.5
Dale Burns(S)	X		2	X	X	X	X	2
Mark Oliver	X	X	X		37	X	X	37
Ernie Peters(M)	X	X	X		25	X	X	25
Sam Hardcastle(M)	X	X	X		9	X	X	9
Dr. Feelgood(M)	X	X		51	X	X	X	51
Neil Hewitt	X	X		56	X	X	X	56
(M) =Master								
(S) =Senior								

1996 ULTRA TRAIL SERIES/FEMALE							
	MN 50K	SM MTN	AT-100	CW MTN	10-9-10	0 MTN LOFT	TOTAL
Kimberly Pavelko	58	58	23	44	47.5	X	230.5
Dianne Bell	47	36	17	55	47.5	X	202.5
Glenda Erwin(S)	36	24	X	X	X	X	60
Lou Peyton(S)	30	30	X	27	31	X	118
Irene Johson(M)	24	X	X	X	X	X	24
Ethel Cook	18	X	X	X	X	X	18
Donna Duerr(M)	12	X	X	X	X	X	12
Ann M. Moore(S)	8	12	X	X	X	X	20
Angie Ransom(M)	X	47	41	X	X	X	88
Jane Schwartz(S)	X	18	X	X	X	X	18
Debbie Desjardin(M)	X	8	X	X	X	X	8
Teresa Laster	X	X	10	X	X	X	10
Donna Hardcastle(M)	X	X	X	33	X	X	33
Kathy Alstadt(M)	X	X	X	21	X	X	21
(M) = Master							
(S) = Senior							

1996 ULTRA TRAIL SERIES

February 3rd	White Rock Classic 50K
February 17th	Sylamore 50K
March 9th*	The Iron Horse Mountain Run-*
May 4th	Ouachita Trail 50
May	The Widow Maker, The mystery run.

* - Formerly called the Spring Classic. New route, new thrills, new surprises. 7:00 a.m. start from the Lake Sylvia trail parking lot.

UTS # 7 The Round Mountain Loop January 6th, 1996

The promise of ice and snow kept the starting field to an all time UTS low. Nevertheless, those who attended saw one of the most beautiful winter running scenes that I have witnessed. The route was a narrow loop that paralleled the Little Missouri River. The first 11.2 miles were on soft forest service roads. The return to Albert Pike campground used the Eagle Rock Loop trail that crossed the Little Missouri river eight times. About an hour in to the run the anticipated snow came in full force. The temperature however hovered around the freezing mark and the dreaded ice never fully materialized. Several of the runners turned back at the first water crossing however the boys who came to run were undaunted. The first to cross was Stan Ferguson(Mayflower) while David Allen stopped to tighten up his shoe laces. Several minutes later John Jones(Conway) left the dirt road, picked up his waist pack and got down to business. By the time these three came to the final wading of the river, John was in the lead and gathered the big points.

1. John Jones 3:03:31
 2. David Allen 3:05:14
 3. Stan Ferguson 3:06:18
- (seven starters)

NANCY MOUNTAIN CO-ED CROSS COUNTRY WALK

Feb 27th 8:00 a.m. Non-competitive Follow directions to Lake Sylvia. Turn off Hwy 10/9 onto Hwy 324. Follow Hy 324 about two miles. When Hwy 324 crosses a flat bridges. Park. Bring a compass. There is no specific route. This is an exploratory walk with a goal to get to the top of Nancy Mountain. Hopefully we can walk in one or two groups. Expect a few briars, rocks, etc. In case of really bad rain or ice, stay home.

FEBRUARY's AURA HOROSCOPE-The harder they throw, the better you like it. You could draw the bucking, loco bronco at your next ULTRA; ride it out!

Eight Edition: Number 1 - AURA/OK - Your Ultra Prescription