

# AURA T-SHIRTS ARE HERE!

## THE ARKANSAS ULTRA RUNNER

AURAGUST 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT: For those of you who ordered AURA T-Shirts, they are here! The price is \$12.00 each plus whatever postage if I need to send them to you. We ordered extras in sizes "L" and "XL". Long sleeve, 50/50, tricolor (red, black and white.) Call me at 501-225-6609 if you want one or two. They will make good gifts for your loved ones. I will have them at the Midnight 50 K; bring your check book.

Ooops, pardon me! WOoops! Last month it was brought to my attention that I omitted one of our AURA sisters from the list of finishers of the ICE-AGE 50 Miler. I incorrectly stated "*You (Brooke Alexander) were the first AURAmember to finish this renowned ultra event since Al McGuire (AURA-Charter Status) completed the run in 1990, 12:00:00.*" Apologies to AURA #1, Donna P. Duerr, who also completed the Ice-age 50 in 1998 with a time of 11:28:11

## Y2K ULTRA TRAIL SERIES 9th Annual Midnight 50K-UTS #1 July 31st, 1999

**8:00 P.M.** Start from the Ouachita Trail parking lot at Lake Sylvia Recreation Area. Out and back course on well maintained Forest Service Roads. Water every 3 to 4 miles. Well stocked aid station at 7.5 mile and the TurnaRound. Personal drop bags can be sent out to the Turnaround.

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No Fees; no applications; no awards.

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Direction: Hwy 10 west approx. 30 miles to Hwy 324 (1.5 miles past Williams Junction)  
Left on Hwy 324 and follow 4 miles to the parking lot. Are you confused and need more info call Lou Peyton at (501)2256609

## 2000 ULTRA TRAIL SERIES

|                       |                              |                                    |
|-----------------------|------------------------------|------------------------------------|
| July 31st             | Midnight 50 K                | 31 miles (+/-)                     |
| Sept 18 <sup>th</sup> | Mistery Run                  | 16-18 miles Into parts unknown     |
| Nov 27th              | Blowout Mtn Run              | 16-18 miles(Hot Springs, Arkansas) |
| Dec                   | The Widow Maker              | 16 to 18 miles                     |
| Jan 8th               | Y2K Trail Run of the Century | 26.2                               |
| Feb                   | White Rock Classic           | 50K                                |
| Mar                   | Flatside Stagger             | 28 miles                           |

## ULTRA CORNER

Several AURA members have made Ultra Runs out west this summer. Next month I will try to highlight them. Ann Moore recently finished a 39 Miler in the Colorado mountains and the Dupriest are presently in route to Colorado for a 50 Miler.

See below: On June 19th, 6:00 a.m., AURA Members Brooke Alexander and Carl Touchstone exchange wedding vows at the Lake Winona Vista Overlook near Lake Sylvia. On 7-17-99 Brookes ran the Vermont 100 and finished in 27:30(+/-). The temperature during race day reached a high of 96 degrees with high humidity. Of the 243 starters only 109 were to finished. When I receive her official time I will add it the the AURA Archives.



11th Edition; Number 6-The AURA-Where your prayers are answered!

## **HEART O' TRAVELLER TRAINING WEEKEND**

*(Purpose of the Heart O'Traveller training runs is to familiarize those entered or involved with the 1999 Arkansas Traveller 100 Miler with the remote sections of the race course. Everyone invited. No fees)*

**Saturday, September 4th, 7:00 a.m.** Approx. 24 miles total. Course is out and back from the Lake Winona Aid station(31.9 mi) to about a half mile past the Smith Mountain Aid Station(43.5 mi). Route will be marked with flour; water provided at the PigTrail Aid Station and the Dropoff Aid Station. At the turnaround point there will be water, conquest and coke. If you would like a drop bag sent out in the turnaround truck, do so. Feast on watermelon at the finish. Note: you are welcome to start early however I will be setting out water at 7:00 a.m.

**Directions:** Hwy 10 west approx 29 miles to William's Junction and the intersection of Hwy 10 and Hwy 9. Left(south) on Hwy 9 approx 5.5 miles to Lake Winona Road. This should be the first blacktop road from William's Junction. Turn right(west) and go four miles. The first two will be blacktop; next two will be gravel. Don't make the mistake of turning off to the crystal mines, stay on Lake Winona Road. As you approach Lake Winona and just before the road goes uphill to the picnic area and dam, turn left on FSR 778. Follow 778 approx 1/4 miles to the overflow spillway. There will be a primitive parking area on the left. This is the start and finish.

**Monday, September 6th, 7:00 a.m.** Approx 24 miles(+ or -) Course begins at the intersection of FSR 2 and FSR 114 and loops by the Turnaround Aid Station(58.6 mi) past Buffalo Gap, Powerline and the BM. Road Aid station before going over Smith Mountain at approx 73.5 and FSR 211. From there you will go "offcourse" on FSR 211 over to FSR 961 and retrace the route back to the start about six miles. Route will be marked with flour; water at the aid stations. At the Powerline station there will be water, conquest and coke. If you want a dropbag sent to the Powerline Station, place it in the truck. Feast on watermelon at the finish. Note: Start early if you wish however I will be setting out water at 7:00 a.m.

**Directions:** Follow same route to get to Lake Winona. As you approach FSR 778 at the base of the Dam, continue on Lake Winona Road. (Don't turn on 778). Lake Winona Road now becomes FSR 114. Continue on FSR 114 west in the direction of Hwy 7. Go approx 7.5 miles to the intersection of FSR 2 and FSR 114. Park.

# ARKANSAS TRAVELLER DIARY

Dear Diary-Where are all the local runners who said they are going to run this year? So far we've got one fellow from Germany, three from Canada plus a bunch from California, Washington and Oregon. I guess it's just not "cool" to enter early. DD, my appeal for a right hand man has been answered. I've got three people who promise to be on the course during race day.(But DD, you know how that promised stuff is!) Time to call the aid station captains and roust them out. I've ordered the buckles and special race momento's. Time to tighten up my overall's and find my straw hat. Things will start popping in August.

**CHARLEY & LOU PEYTON**  
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