

# ARKANSAS ULTRA RUNNER

March 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-Attention all retirees and the unemployed. The Bigshot is calling a mandatory meeting at the Pinnacle Valley Bait and Tackle Shop for a buy your own cheeseburger and fries lunch. Date is March 16(humpday) Those AURA members still in the work force should keep up the good work and pay those taxes. Lets keep those pension checks and unemployment benefits coming. "HEY BIGSHOT! WHAT IF I WORK THE NIGHT SHIFT? CAN I COME?" Yes, you can come but you might have to buy.

The Bigshot's birthday run on 2-13-99 was a no brainer. The plan dreamed up by Lou Peyton, 54 year old mother of two, was to run a mile for each of Charley's many years(57). There was a good crowd at the start however most where there to train and not suffer. As it was Lou went the furthest(42 miles). Next year we will have to run a kilometer for each year instead of miles. I seemed like only yesterday that we celebrated birthdays by running the miles.

SEARCHING FOR THE PERFECT ULTRA FUEL-*The Cheeseburger* This month we visited the Starlite Cafe at the corner of University and Kavanaugh "in the Heights". The day started off badly as I drove in hoping to check out the restaurant parking and got blocked off by the pick-up window and the parallel parkers. When you're hungry this is not good. After a long wait I regained my freedom and with a little ingenuity I was able to parlay my mother-in-law's handicap licensed sticker into a prime parking space close to the front door. Entering, I could immediately tell that this was not a burger joint. A cook wearing a chief's hat? No way! The service was prompt and courteous but much to my disappointment no fries were offered on the menu. My meal arrived open faced and in a basket. Lots(lots) of chipped up lettuce in the basket but sparse on the onions, pickles and tomatoes. Too arty; too Heightsy. Last month I gave the Pinnacle Valley Bait and Tackle Store a two thumbs up. The Starlite Cafe I give two strikes. Next month hold tightly to your plates, I have struck the "mother lode".

ADVICE TO THE AURA- With the coming of the new ultra year and the admission of lots of new members, the Bigshot believes that it is time to go over a few of the AURA Ultra Rules of Etiquette. Violations of these rules of course means the perpetrator is subject to probation.

1. Never ask an ultra runner what his time was after an event. Ultra runners like to talk about their run not about their time. And, since runs are not always completed, a DNF puts the runner in a defensive posture if queried. Instead ask "HOW DID YOU DO?" This gives a runner a chance to tell about his race and what happened during it. Of course with a finish it is still in bad taste to broadcast ones time. Others can see your time in the results that are mailed to hose who finished and those who did not. Leave the

pointed question of "What was your time to the 5K and 10K runners. The exception of course is when you ask for times in order to have them listed in a running publication.

## ULTRA CORNER

Congratulation to AURA's Bob Marston who finished his seventh Rocky Raccoon Trail 100 on February 6th. Bob was not sure of his time and the official results have not yet been posted. As best as we can determine, it was in the mid 28 hour range. I will make a correction with the results are mailed.

### AURA@ROCKY RACCOON TRAIL 100

Randy Davidson(95)	20:37:37
Kim Goosen(95)	22:39:56
Angie Ransom(97)	23:02:53
Bob Marston(93)	23:38:44
Bob Marston(94)	24:15:36
Irene Johnson(94)	24:19:00
Lou Peyton(96)	24:53:01
Bob Marston(96)	24:53:02
Lou Peyton(97)	25:19:02
Bob Marston(95)	25:48:32
Bob Marston(97)	25:50:45
Kim Pavelko(95)	26:12:40
Dianne F. Bell(95)	26:22:42
Dianne F. Sweatt(97)	26:54:47
Irene Johnson(95)	27:08:55
Charley Peyton(94)	27:10:00
Lou D. Peyton(94)	27:10:02
Bob Marston(98)	28:04:43
Steve Eubanks(95)	28:10:12
Bob Marston(99)	28:20:00(unofficial)

### AURA ULTRA HORESCOPE

**VIRGO**-Your God given talent just might be that you make other runners look fast.  
**SCORPIO**-Don't turn your back to the Aries tattletale. **LIBRA**-Start training now so that you avoid your famous pooch kick finish. **AQUARIUS**-An amorous encounter during your next 50 miles could turn into a springtime of joy! **LEO**-You have those Monica eyes! Use them to your advantage to earn more points.

## Sylamore Trail 50K

1999 SYLAMORE 50 K 2-20-99 ALLISON, ARKANSAS

1 DINK TAYLOR	4:06:31	39 KENT DAVIDSON	6:31:37
2 STAN FERGUSON	4:20:33	40 TOM BARRON	6:31:45
3 JOE FENNEL	4:33:15	41 NICK WILLIAMS	6:35:54
4 ED MULKEY	4:35:58	42 ROGER WILLIAMS	6:35:54
5 BILL LASTER	4:39:25	43 LOU PEYTON	6:49:44
6 ROBERT ORR	4:44:06	44 KIM DAVIDSON	6:55:03
7 MIKE HEALD	5:00:30	45 JEFF MILLEMAN	6:55:03
8 RICKY WILLIAMS	5:05:52	46 CAROLINE DONNELLY	6:55:38
9 STEWARD JOHNSON	5:07:52	47 SUSAN DIGGONS	6:56:27
10 CHRISSY FERGUSON	5:08:04	48 RONEY DIGGONS	6:56:27
11 KIMBERLY SNEDDEN	5:16:26	49 RICHARD WILLIAMS	6:57:37
12 ROBERTA ORR	5:16:38	50 CLAY DUGAS	6:59:47
13 JAMES MERCER	5:16:38	51 STEVE BEACHLER	7:00:35
14 MARCH RISELING	5:25:40	52 DAVE NOLTENSMEYER	7:00:36
15 RON MCCRAREY	5:25:49	53 EARL PATTERSON	7:01:26
16 DUANE GRIGG	5:31:22	54 DIANNE SEAGER-SWEATT	7:02:02
17 TONY GEORGE	5:33:35	55 KIM PAVELKO	7:02:03
18 ANGIE RANSOM	5:45:01	56 CARRIE DUPRIEST	7:03:55
19 GEORGE MCDONALD	5:47:13	57 ROBIN BOOTH	7:04:47
20 KAREN CALL	5:47:13	58 TERESA LASTER	7:05:29
21 BILL GILLIN	5:49:03	59 KEN MILLER	7:07:59
22 MIKE DUPRIEST	5:56:01	60 MARIA OHRN	7:14:05
23 JOHN GREENWALD	5:57:26	61 DAN SCHARBOR	7:18:25
24 LEE HESS	5:58:44	62 DAVID SMITH	7:33:45
25 TOM WEBB	6:03:59	63 PATTY GROTH	7:33:45
26 ELIXAB ETH WRIGHT	6:03:59	64 EMILY HARTMAN	7:33:45
27 DENNIS FUGATE	6:09:15	65 BOB MCKENNEY	7:37:47
28 PHIL MILLER	6:09:15	66 TIM BIGGS	7:37:47
29 RANDY DAVIDSON	6:15:54	67 ELAINE GIMLET	7:48:29
30 JIM SWEATT	6:15:54	68 KATHLEEN THOMPSON	7:56:58
31 TED BOWDEN	6:16:05	69 DAVID CAILLOUET	8:11:50
32 ROM GIMBLET	6:16:10	70 DARRYL CAILLOUET	8:11:50
33 RIC LIND	6:16:10	71 KAREN TEAGUE	8:12:59
34 RHONDA FERGUSON	6:16:22	72 KAREN VANDONGE	8:30:06
35 BILL HALL	6:16:50	73 BOBBIE DAVIDSON	8:38:55
36 JACKIE EDMONDS	6:18:25	74 ROB MAGRUDER	8:38:55
37 CHARLES LUNSFORD	6:19:40	75 RAY SCHAREN BROCK	9:41:44
38 SCOTT ROGERS	6:20:47		

## AURA Archieves/Sylamore Trail 50K

MEN			FEMALE		
1998	Dink Taylor	3:55:29	1999	Chrissy Ferguson	5:08:04
1999	Dink Taylor	4:06:31	1998	Roberta Orr	5:30:00
1995	Ray Bailey	4:12:50	1995	Kim Goosen	5:46:54
1997	Ray Bailey	4:24:58	1994	Kimberly Pavelko	5:50:54
1996	Ray Bailey	4:25:44	1996	Kimberly Pavelko	5:55:35
1994	Rat Bailey	4:30:24	1997	Roberta Orr	6:31:16
1993	Bill Laster	5:09	1993	Lucretia Peyton	7:05

# ULTRA TRAIL SERIES

## White Rock Classic 50k

White Rock Classic 50K/UTS #5	2-6-99	Cass, Arkansas
		points
1 Stan Ferguson	4:16:06	64
2 Bill Laster	4:31:56	53
3 Chrissy Ferguson	4:44:25	59
4 Mike Heald	4:49:03	42
5 Jamie Huneycutt	5:47:44	48
6 Mike Dupriest	5:47:44	36
7 Duane Grigg	5:57:00	30
8 Ken Nutt	6:11:00	25
9 Dan Scharbor	6:16:23	18
10 Kim Pavelko	6:17:00	37
11 Jackie Edmonds	6:25:00	14
12 Nick Williams	6:27	11
13 Carrie Dupriest	6:27:28	31
14 Lou Peyton	6:32	25
15 Pete Ireland	6:34:15	8
16 C. Carney	6:35:00	5
17 Jack Gentry	6:35:00	4
18 Tom Worthy	6:35:00	3
19 G. Bradford	6:36:00	19
20 T.Bear Laster	6:40:00	13
21 Larry Mabry	7:09:00	2
22 Emily Hartman	7:15:00	9
23 Donna Duerr	7:30:00	6
8 Hour Cutoff		

The Sixth Version of the White Rock Classic became a reality on Saturday February 6th. The runners and spectators alike were treated to an "El Ninnna" winter day in the Ozarks. As the threat of rain, cold, and wind were forcast, the actual temperature and conditions were near perfect as the temp hovered in the mid fifties on a cloudy day. A record number of runners toed the line as Bill Coffelt got the festivities under way with a shot from his hand held cannon. The 25 K speed demons took off as Neal Andrews and Davy Maher of Springdale led the way. There were many small packs trailing the leaders as well, all jockeying for position for the final climb. Jere Steiner, Pat Martin, Mark Smith and Roger Rams broke free followed by Stan Ferguson, Sam Coffort, Sandy Bodal and Me. As we approached the (8) mile mark Stan took off after a nice enjoyable visit and decided it was time to run. The rest of us hammered on each other the remaining few miles and enjoyed WhiteRock for what it is---a hill run from hell!

The 25 K was won by Neal Anderson(1:58) and Sandy Bodal(2:12) both first timers to WhiteRock and new to the sport. The 50K "animals"were the loving couple from Conday Stan and Chrissy Ferguson as they both ran very spectible times(4:16 and 4:44). 65 people finished the 25K and 23 finished the 50K

Thanks to all the volunteers who make the run possible. Hope the winners enjoyed their "WhiteRocks" and hope to see everyone again next year. As Bill Laster told me after the race. "I love this race but I'm damn tired to killing myself for 2nd place".

Thanks for comming

Happy Trails--Jose

AURA Members who completed the 25K

- |     |                  |         |
|-----|------------------|---------|
| 6.  | Joe Fennel       | 2:09:38 |
| 16. | Kurt Truax       | 2:22:00 |
| 60. | Richard Williams | 3:38:30 |
| 64. | John Knapp       | 3:45    |

WhiteRock Class Archives			
Male			
1998	Bill Coffelt	3:59:21	Course Record
1995	Ray Bailey	4:05:07	
1999	Stan Ferguson	4:16:06	
1997	Ray Bailey	4:23:25	
1994	Dave Cawein	4:44:10	
1996	Stan Ferguson	4:44:43	
Female			
1999	Chrissy Ferguson	4:44:25	Course Record
1997	Keda Steinert	5:27	
1995	Ivy Harrison	5:49:34	
1996	Kim Pavelko	5:54:43	
1994	Dianne X Bell	6:17:29	
1998	Kim Pavelko	6:25	

**Y2K ULTRA TRAIL SERIES**  
**1. MIDNIGHT MOUNTAIN 50K(approx)**  
**July 31st, 1999**

## ULTRA TRAIL SERIES STANDINGS-#1 thru #5.

1999 Ultra Trail Series	MEN		POINTS			TOTALS
	MN50K#1	CMC#2	IRHR#3	NSLR#4	WRC50K#5	
BILL COFFELT	62	X	X	X		62
STAN FERGUSON	51	X	X		38 64	153
ROBERT ORR	40	X		63	44 X	147
JOHN RENICK	34	X	X		22 X	56
RANDY DAVIDSON	28	X	X	X	X	28
MIKE DUPRIEST	22		54 X		13 36	125
ELLIS JAMES	16	X	X	X	X	16
RICK WILLIAMS	12	X	X	X	X	12
SHANE DULANEY	9	X	X	X	X	9
PETE IRELAND	6	X		8	6 8	28
GARY WELCHMAN	3	X	X		7 X	10
HENRY OSTERLOH	2		43	3	6 X	54
JIM SWEATT	X		26	28	3 X	57
KEVIN WELLS	X		32 X	X	X	32
CRAIG ZEDIKER	X	X		63	66.5 X	129.5
MARK OLIVER	X	X		46	32 X	78
JOHN JONES	X	X		40	66.5 X	106.5
KENT DAVIDSON	X	X		34 X	X	34
GEO MCDONALD	X	X		22 X	X	22
GREG HASKINS	X	X		18	12 X	30
KURT TRUAX	X	X		15	19 X	34
NICK WILLIAMS	X	X		12	9 11	32
JIM SCHULER	X	X		9	11 X	20
JIM MARTIN	X	X		6 X	X	6
RON THOMPSON	X	X		7 X	X	7
SAM HARDCASTLE	X	X		5 X	X	5
DAVID SAMUEL	X	X		4 X	X	4
JOHNNY KNAPP	X	X		2	2 X	4
BILL LASTER	X	X	X		50 53	103
MIKE HEALD	X	X	X		26 42	68
BOB WALSH	X	X	X		16 X	16
DAN SCHARBOR	X	X	X	X		18 18
JACK EDMONDS	X	X	X	X		14 14
C CARNEY	X	X	X	X		5 5
JACK GENTRY	X	X	X	X		4 4
TOM WORTHY	X	X	X	X		3 3
LARRY MABRY	X	X	X	X		2 2
BRUCE MENDELSON	X	X	X		10 X	10
DUANE GRIGG	X	X	X	X		30 30
KEN NUTT	X	X	X	X		25 25
DAVID SMITH	X	X	X		4 X	4

1999 ULTRA TRAIL SERIES FEMALE							
	MN50K#1	CMC#2	IRHR#3	NSLR#4	WR50K#5	TOTAL	
CHRISSY FERGUSON	60	X	X		60.5	59	179.5
ROBERTA ORR	49		33	62	60.5	X	204.5
ANGIE RANSOM	38	X		51	44	X	133
LOU PEYTON	32		21	6	13	25	97
KIMBERLY PAVELKO	26		55	22	38	37	178
CARRIE DUPRIEST	20	X		12	4.5	31	67.5
RHONDA FERGUSON	14	X	X		8.5	X	22.5
BARBARA RAINEY	10	X	X	X	X		10
ANN M MOORE	7	X		3	2	X	12
JANE LEE	4	X	X	X	X		4
DONNA DUERR	X		44	9	4.5	6	63.5
DIANNE S SWEATT	X		27	X	X	X	27
CALEEN LAFFEY	X	X		40	X	X	40
ROBIN BOOTH	X	X		31	32	X	63
MARY A DAVIDSON	X	X		31	X	X	21
MARA OHRN	X	X		16	26	X	42
DONNA HARDCASTLE	X	X		3	X	X	3
SUSAN NISWANGER	X	X	X		20	X	30
T BEAR LASTER	X	X	X		16	13	29
BROOKE ALEXANDER	X	X	X		8.5	X	8.5
PATTYGROTH	X	X	X		6	X	6
GAYLE B BRADFORD	X	X	X		3	19	22
JAMIE HUNEYCUTT	X	X	X	X		48	48
EMILY HARTMAN	X	X	X	X		9	9

**NATIONAL TRAILS DAY RUNS**  
**JUNE 5TH, 1999**  
**ALBERT PIKE RECREATION AREA, OUACHITA NATIONAL FOREST**

## 1999 ULTRA TRAIL SERIES RACE CALENDAR

1. JUL 25 **MIDNIGHT MOUNTAIN RUN**
2. SEP 12 **CRYSTAL MOUNTAIN CLIMB**. 18 MILES(+/-).  
OUT AND BACK ON FOREST SERVICE ROADS. HILLS.  
START FROM THE LAKE WINONA SPILLWAY ON FSR 778.
3. DEC 20th (*Sunday afternoon*) **INDIAN ROCKHOUSE RUN**. 14 MILES(+/-) OUT AND BACK ON THE OUACHITA TRAIL.  
START ON HWY 10 AND LAKE MAUMELLE PICNIC PARK. 1:00 P.M. Start early if you dare but no points.
4. JAN 16 **NORTHSHORE LANDING RUN**. 18.4 MILES. OUT AND BACK ON THE OUACHITA TRAIL. START FROM  
PINNACLE PARK, NORTH SIDE.
5. FEB 6 **WHITE ROCK CLASSIC 50K**. OUT AND BACK ON WELL GROOMED FSR'S. SPONSORED BY THE CHILI  
PEPPER RUNNING CLUB. Hwy 23 at Turner Bend on the Mulberry River.
6. MAR 13 **THE WIDOW MAKER**. 16 TO 18 MILES. SOME BUSHWHACKING  
NECESSARY PLUS PRIMITIVE TRAIL AND SOME FSR ROADS. LARGE LOOP  
STARTING FROM LAKE SYLVIA PARKING LOT. 7:00 A.M.
7. Apr 11 **CHENAL MOUNTAIN TRAIL RUN**. 9 MILES(?) OUT AND BACK ON  
ROUGH, ROCKY, MOUNTAINOUS POWERLINE RIGHT-OF-WAY. START AT  
THE WALNUT VALLEY SCHOOL PARKING LOT ON HWY 10. 1:00 P.M.  
STARTING TIME.



Recognize that face? Richard "Little Nick" Williams finishes the Sylamore Trail 50K.

ARK ULTRARUNNING ASSOCIATION  
41 WHITEOAK LANE  
LITTLE ROCK AR 72227

### 1999 ULTRA TRAIL SERIES RACE CALENDAR

STARTING TIME  
THE WALNUT VALLEY SCHOOL PARKING LOT ON HWY 10, 10:30 AM  
ROUGH FOOD, MOUNTAINOUS POWERLINE RIGHT-OF-WAY. START AT  
7. APR 11 CHRYSLER MONUMENTARY TRAIL RUCK (PARKS) OUT AND BACK ON  
STARTING FROM LAKE SYLVIA PARKING LOT, 7:00 AM  
NECESSARY PLUS PRIMITIVE TRAIL AND SOME PSR ROADS. LARGE LOOP  
& MAR 12 THE BROWN WALKER 16 TO 18 MILES. SOME BUSHWHACKING  
WESTERN HILLS. 10:30 AM. 10:30 AM. 10:30 AM.  
7. APR 11 CHRYSLER MONUMENTARY TRAIL RUCK (PARKS) OUT AND BACK ON  
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