

Ouachita Trail 50

April 21st

THE ARKANSAS ULTRA RUNNER

April 2001

A Newsletter For Members and Friends of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT: Hot off of the press is word that the Saline County Striders will have the Six Hour Track Run again this year. The date is May 12th at the Benton High School track. I am not sure of the starting time but I believe it is 6:00 P.M. There will also be a one hour track run in conjunction. I will have an application in the next issue of the newsletter.

I got at message of AURA's David Samuel concerning the conditions of the trails Albert Pike. David told me that there is some serious work being done by the volunteer groups to clear the trails of debris left from the ice storm. By June 2nd he expects everything to be ready for National Trails Day. If you've never been there, this is a good time to explore some of the prettiest country in Arkansas. David gave me a web-site address to look over and see the status of the recreation areas and trails in the Ouachita National Forest. - [HTTP://www.fs.fed.us/conf/ouachita.htm](http://www.fs.fed.us/conf/ouachita.htm)

ULTRA CORNER

MISSISSIPPI TRAIL 50-March 3rd, 2001

by Lou Peyton

I have been in a lot of wet weather Ultras but our latest one in Mississippi caps the stack. If you are a regular reader of the AURA, you will recall the story of Carl Touchstone who passed away last June in Gulfport from prostate cancer. Carl was an "Icon" in southern ultra running and about six years ago started the Mississippi Trail 50K/50 Miler on a horse trail in the Desota National Forest near his hometown of Laurel, Mississippi. Carl was a Orthodontist with practices in Laurel and Gulfport. In other words, he was able to put a lot of time as well as money into his race and as a result the Mississippi Trail 50 became one of the premiere races in the south. One of Carl's last requests before he died was to ask his wife Brooke to continue the race in his memory.

Hence, the name of the race this year-The *Carl Touchstone Mississippi Trail 50*. When driving in the area on Friday it was evident that the creeks and rivers were at flood stage from all of the recent rains and I wondered how they could have the race. Several years ago the Forest Service closed the course due to high water and runners had to finish the race on Forest Service roads. At the pre-race briefing, Steve Deremer, the co-director, said that he had placed ropes in two places and hoped that the predicted storms for the next day would hold off. The next morning we got to the race start and it was just sprinkling. Then it rained like it can only rain in Mississippi and soon the ropes at the creek crossings were under water. Perhaps if the Forest Rangers had showed up they would have altered the route or closed the trail. But they never appeared.. As it were, runners kept doing the loops, talking about how high the water was. Running in Carl's memory.

A quote from the *Ultra List* on the Internet "*I think that one of the reasons for the success of the Mississippi Trail 50 even on the worst wet days is that the soil is a mixture of clay and sand and does not stick on your shoes as long as there is fresh water coming down. The MS 50 is one of the best wet weather course around*"

There was more swimming across the creeks than ever before and there were 4 to 5 place that required wading for almost a block in length. You never knew when you would step in a hole or land in the creek bed. But as trying as the conditions were for the runners the duties of the aid station workers were just as difficult. Charley stood in water for eight hours at the start/finish aid station. The other five aid stations had their own trials. A wind shear took down several canopies and tables were upturned. I am amazed that not a single runner or aid station worker complained the whole day. Let me repeat that not a runner or aid station worker complained. All of the Arkansans who started the race finished. Stan Ferguson(Conway) and Patty Groth(Cabot) finished the 50 Miler(7:55 and 10:48) Chrissy Ferguson won the 50K in 4:50 and was 2nd overall. Cabot runners in the 50 Km were Ann Moore(9:49), Vicki Ingram(8:24) and David Smith(8:21). John Knapp of Benton finished the 50K in 8:48.

I'm glad I did the race and didn't care about my finishing time. I chased Brooke Touchstone the whole race but didn't think I could catch her. I didn't. She finished in 7:04; I finished in 7:18) It was all a wonderful fun game out there running in the woods and through the creeks. A month has passed and I didn't get sick so I assume the horses were healthy as we were swimming in their droppings. As Max Hooper(an impressive Ultra runner in the 80's would have said,"What a deal".

I am thankful that I can get out and do these things that make such memories and tales to talk about for years to come.

A word from Co-Director, Brooke Touchstone-"*I want to thank all of my AURA brothers and sisters who came to the Mississippi Trail 50. Those who ran and those who worked the aid stations. Big Shot you were so wonderful to sit at the finish-line until the bitter end. Bob Franklin's aid station was by far the best that I have ever had the pleasure of coming across. Thanks again for being there for me and for Carl. It was one for the memory bank.*" Love, Brooke.

Official AURA Results at the Mississippi Trail 50

50 Miler

Stan Ferguson	7:55:25	5 th
Patty Groth	10:48:59	3 rd Female

50Km

Chrissy Ferguson	4:50:32	1 st Female(2 nd overall)
Brooke Touchstone	7:04:15	6 th Female
Lou Peyton	7:18:02	10 th Female
David Smith	8:21:12	47 th place
Vicki Ingram	8:24:19	15 th female
John Knapp	8:48:20	49 th Place
Ann Moore	9:49:18	19 th Female

ULTRA CALENDAR

Place refrigerator magnet here

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REGIONAL ULTRA CALENDAR

MARCH 31, 2001	<u><i>THE GRASSLANDS 10,25 and 50 Miles.</i></u>
Decatur, Texas. Contact: Suzi Cope 3550, Carmel Court, Southlake, Texas 76092	
APRIL 21 ST , 2001	<u><i>THE OUACHITA TRAIL 50</i></u>
Little Rock, Arkansas	Applications soon.(UTS #5)
MAY 5 TH , 2001	<u><i>STROLLIN' JIM 40.</i></u>
Wartrace, Tennessee	Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183
MAY 12 TH , 2001	<u><i>SIX- HOUR TRACK RUN.</i></u> Benton High School Track
MAY 19 TH , 2001	<u><i>THE CATSMACKER UTS #6</i></u>
Lake Sylvia area	Arrangements Pending.
JUNE 2 ND , 2001	<u><i>NATIONAL TRAILS DAY</i></u> - 17, 10, 6 Mile Runs.
Langley, Arkansas	Albert Pike Recreation Area, Ouachita National Forest

UTS=Ultra Trail Series run.

AURA'S APRIL HOROSCOPE

Soon others will notice that you have happy feet! Your days of hopping corn rows will soon be forgotten with your next ultra finish. Beware of entangling alliances entered into during an ultra zonk. Financial security will have to wait another year.



AURA's David Smith(right) finishes a rain soaked Mississippi Trail 50Km.

2001 ULTRA TRAIL SERIES

NAME	Midnight 50K	Big Fork 15 Mile	White Rock 50K	Sylamore 50K	Quachita 50	Catnapper	Total
Stan Ferguson	59	62	57	89			267
Robert Orr(M)	48	X	X	X			48
Ricky Williams	37	X	X	X			37
Pete Irelands(SS)	31	9	11	X			51
Jim Sweatt(M)	25	22	23	33			103
Ernie Peters(S)	19	X	X	X			19
Dan Scharber(M)	13	X	X	X			13
Rob McGruder(SS)	9	X	X	X			9
John Knapp(SS)	6	2	X	X			8
John Gaston	X	51	X	X			51
Tom Brennan	X	40	46	X			86
Tom Aspel(M)	X	34	X	X			34
Bill Coffelt	X	28	X	X			28
Michael Dupriest	X	16	29	28.5			73.5
Gary Welchman	X	12	X	19			31
Greg Bourns	X	6	X	X			6
David Smith	X	3	X	X			3
Female							
Chrissy Ferguson	57	56	57	69			239
Kimberly Pavelko	46	X	35	47			128
Patty Groth	35	45	26	13			119
Rhonda Ferguson	29	X	X	20			49
Dianne Serger	23	X	X	X			23
Lou Peyton	17	16	11	5			49
Donna Duerr	11	X	X	4			15
Carrie Dupriest	X	34	26	7.5			67.5
Sandy Tull	X	28	X	X			28
Vicki Ingram	X	22	X	3			25
Brooke Touchstone	X	X	17	6			23
Angie Ransom	X	X	46	58			104

Rules:

1. Age group determined by your age at the time of the 2001 Midnight 50K(7-22-01)
2. Every effort will be made to determine your correct age.
3. To be eligible for the King and Queen awards, you must complete at least two runs.
4. We will have one "throwaway", I.E. only five of the runs will count in the final standings.
5. At the Ouachita Trail 50K and 50 Miler, either of the races can be used for the points standings.
6. 0=Open, M=40/49, S= 50/59, SS(super senior)=60+
7. First person to complain about the rules, get to be in charge 2002.

Point Structure-Several of you people have been questioning as to how the Big Shot arrives at his points.

Here goes: In a Ultra Trail Series run, Males compete against males and females against females. Each category is given basic points and bonus points. Your basic point total is a function of your finish order.

- 1 = 50 pts
- 2= 40 pts
- 3= 30 pts
- 4= 25 pts
- 5= 20 pts
- 6= 15 pts
- 7= 10 pts
- 8= 7 pts
- 9= 5pts
- 10= 3 pts
- 11 and above: 1 point

Bonus points are dependent on the number of runners in your group(Male or female.) If there are 25 males, the first gets 25 points and 24 point and so on the 25th runner gets 1 point. So you are guaranteed at least 2 points in a UTS run. What a deal!

Ties among your group? Your points are averaged with your partner.