

March 27th  
UTS # 7 The OT Tune-up

# ARKANSAS ULTRA RUNNER

MARCH 2004

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. (Nothing personal, you understand)

MESSAGE FROM THE BIGSHOT – FYI In the February issue of the AUR Race Calendar was listed the date of the 2004 Cross Timbers 50 Miler. The Cross Timbers race directors have changed their date to avoid the conflict with the Grasslands Marathon and 50 Miler on March 20<sup>th</sup>. The new date for Cross Timbers is set for April 3<sup>rd</sup>. Check the race calendar for details.

On March 13<sup>th</sup>, I will be putting Team AURA through a live fire Adventure Racing exercise. The format will be running or trekking in the Ouachita National Forest, Lake Sylvia area completing the course via UTM coordinates. I would expect it to take 3 to 4 hours. This will be a team concept consisting of three or more members. This will be open to everyone however if I get too much interest, I will have to limit the field. If you want more info send SSAE to Charley Peyton, 41 Whitcoak Lane, Little Rock, 72227 or attachment email to [chrlypytn@aol.com](mailto:chrlypytn@aol.com) The deadline for your reservation is Monday, March 8<sup>th</sup>.

On March 20<sup>th</sup>, for those of you not going to Texas for the Grasslands' Runs, I will be doing the Widow Maker Fun Run beginning at 8:00 a.m. from the Lake Sylvia Ouachita Trail parking lot. I am pondering a new route however the distance will remain the same. Approximately 16 to 18 miles of trail, logging roads, bushwhacking and forest service roads. Bring your lawn chairs and what you want to drink. The BS will have his new Dutch oven and will be cooking biscuits. If anyone would like to assist by bringing jelly, butter biscuits etc., let me know.

During the Spring turkey season, I don't do much trekking in the woods. Is there any interest in a fun run at the new, but still remote, Section 13 City Park on Garrison Road? There are ATV roads and mountain bike trails that we can use for a couple of loops without seeing the same scenery - 6 to 8 miles. To get to Section 13 go out hwy 10 past Ferndale Cut-off Road on the left; King One Stop Grocery on the right and then a couple blocks on the left is Garrison Road. Follow Garrison Road for about 2.3 miles. The park is on the left. Let me know what you think about the idea.

# 2004 ULTRA TRAIL SERIES

SCHEDULE(See details in the ULTRA CALANDER)

- #1-Jul 19<sup>th</sup> Midnight 50Km  
 #2-Nov 22<sup>nd</sup> Gulfa Gorge Challenge  
 #3-Dec 15<sup>th</sup> Wildcat Mountain Run  
 #4-Jan. 3<sup>rd</sup> Athens-Big Fork Trail Marathon  
 Year 2004  
 #5-Feb 7<sup>th</sup> White Rock Classic 50Km  
 #6-Feb 21<sup>st</sup> Sylamore 50Km  
 #7-Mar 27<sup>th</sup> O. T. Tune-Up  
 #8-Apr 17<sup>th</sup> Ouachita Trail 50Km and 50 Miler  
 #9-May TBA Catsmacker- 19 Miles/plus or minus

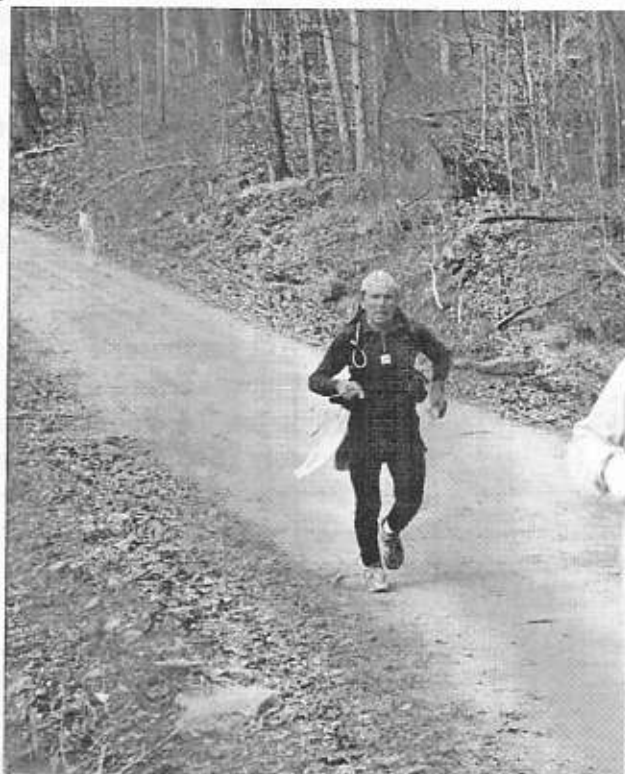
## White Rock Classic 50Km and 25Km

February 7<sup>th</sup>, 2004

Cass, Arkansas

### 50Km Run UTS #5 Official Results

Pl	Name	Time	Points
1.	Stan Ferguson	4:15:14	67
2.	Tom Brennan	4:29:45	56
3.	Tom Aspel	4:34:30	45
4.	John Hughes	4:50:18	39
5.	John Muir	4:54:35	30
6.	Paul Schoenlaub	4:54:35	30
7.	Stuart Johnson	5:07:15	21
8.	Darin Hoover	5:09:00	17
9.	Murry Chappell	5:22:00	14
10.	Mario Martinez	5:24:00	11
11.	Pablo Lowrey	5:24:30	8
12.	David Lewis	5:25:25	7
13.	Roger Rains	5:25:30	6
14.	Angle Orellano	5:30:43(F)	59
15.	Israel Holby	5:30:43	5
16.	Jamie Huneycutt	5:32:44(F)	48
17.	Kelly Fredgren	5:43:01(F)	37
18.	Stephanie Dill	5:44:24(F)	31
19.	Jim Sweatt	6:05:24	4
20.	Dianne X. Seager	6:28:00(F)	25
21.	Kimmy Riley	6:32:00(F)	19
22.	Harold Hays	6:36:20	3
23.	Larry Murphy	6:47	2
24.	Val Oliver	6:50(F)	13
25.	Patty Groth	6:53(F)	9
26.	Lou Peyton	6:59:01(F)	6



AURA brother-Mario Martinez  
White Rock Classic

16<sup>TH</sup> EDITION: Number 2

The AURA - Metrosexual in the new Millennium  
RRCA Sanctified.

## White Rock 25Km Run

Pl	Name	Time	Pl	Name	Time
1.	Adrian Romanos	1:47:38	46.	Shane Slape	2:50:02
2.	Neal Andrews	1:53:37	47.	Bryan Newman	2:50:03
3.	Tyler Johnson	1:55:06	48.	Jim Schuler	2:52:30
4.	Joshua Sakon	2:00:49	49.	Carol Maxwell	2:53:18
5.	Mike Feldt	2:02:45	50.	Bryyan Grimsley	2:53:42
6.	Toby Thompson	2:03:33	51.	Jay Huneycutt	2:55:06
7.	Jon Bitler	2:03:58	52.	Ron Gill	2:55:07
8.	John Alewine	2:04:36	53.	Mike Ferrill	2:55:26
9.	Jeremy Maxwell	2:04:43	54.	Bob Butler	2:55:30
10.	Robert Cheek	2:08:00	55.	Ashley Weeks	2:56:00
11.	David Partridge	2:10:06	56.	Craig Carney	2:56:00
12.	Gary McLendon	2:10:30	57.	Becky Featherston	2:56:00
13.	Matt Quin	2:12:04	58.	Greg Lindley	2:58:00
14.	Bill Thornton	2:16:19	59.	Buddy Gibson	2:59:00
15.	Paxton Roberts	2:18:46	60.	Rodney Gordon	3:00:00
16.	Steve McBee	2:18:49	61.	Rick McWhortor	3:04:00
17.	John Gulley	2:19:20	62.	Gretchen Reinharat	3:06:00
18.	Iva White	2:19:45	63.	Tom Lale	3:06:00
19.	Scott Colfelt	2:23:23	64.	Shirley Hyman	3:07:00
20.	Michael Weller	2:24:06	65.	Tim Brayfield	3:07:00
21.	Beth Travis	2:24:07	66.	Steve Hobbs	3:10:00
22.	Lynn Thompson	2:25:14	67.	Darell Alberts	3:12:00
23.	Derek Gipson	2:26:00	68.	Heather Eason	3:12:15
24.	Lisa Mills	2:27:00	69.	Pete Ireland	3:13:35
25.	Rob Wistrand	2:28:20	70.	Brice Adib-Yacool	3:13:40
26.	Matt Cheqho	2:28:40	71.	Thomas Soerens	3:13:42
27.	Greg Scharlu	2:29:39	72.	Dan Scharbor	3:13:52
28.	Lindsey Musielak	2:30:03	73.	Chris Burton	3:15:53
29.	Carolyn Siker	2:30:22	74.	Jon Ulmer	3:15:58
30.	Clayton Geuriac	2:30:22	75.	Bart Beckman	3:16:38
31.	Natalie McBee	2:34:00	76.	Sharon Bishop	3:16:40
32.	Ryan Johnson	2:34:00	77.	Kyle Kruger	3:17:00
33.	Fred Sple	2:34:00	78.	Holly Larkin	3:19:00
34.	Larry Vernon	2:34:01	79.	Terryl Ortigo	3:24:00
35.	Jamie Hammons	2:43:00	80.	David Caillouet	3:24:00
36.	Pattsy Miller	2:44:00	81.	Tina Coutu	3:25:00
37.	David McMan	2:44:30	82.	Kevin Binnon	3:25:00
38.	Mike Smits	2:44:45	83.	Rhonda Ferguson	3:25:00
39.	David Cawein	2:44:53	84.	Dottie Rea	3:27:00
40.	Robert Stassen	2:45:18	85.	John Lindley	3:31:00
41.	Chris Garner	2:46:19	86.	Nancy Dalrymple	3:31:00
42.	Debbie Lashley	2:49:00	87.	Greg Bourns	3:40:00
43.	Zachary Asbury	2:49:00	88.	A. Baley	3:42:00
44.	Joel Kahe	2:49:10	89.	Cy Martin	3:50:00
45.	Dan Ryan	2:49:52	90.	David Samuel	3:51:30

Next Month see complete and official results of the 2004 Sylamore 50Km

## The AURA FAB-4

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Stan Ferguson President  
 Mike Dupriest-Vice-President  
 Charles Seyton-Treasurer/Newsletter Combo  
 Lou Peyton Secretary

## ULTRA CORNER

(Report your Ultra race times to [chrlypytn@aol.com](mailto:chrlypytn@aol.com) or (501)225-6609)

In January, Kimmy and Jesse Riley spoke to the *Saline County Striders* about their most recent adventure, *Across the Years 72, 48 and 24 Hour Runs* in Arizona on December 29<sup>th</sup>. Kimmy and Jesse are both accomplished ultra runners. Kimmy has returned to running following a serious auto accident. Jesse, in addition to running, has directed and organized many ultra runs including the *Trans-Am (Run across America) and Run Across Australia*. Together they painted a picture of a classic ultra weekend which was interlaced with "inside" ultra facts and tidbits on the ultra personalities that have shaped ultrarunning. Although they both did not do the mileage that they had hoped, the experience and time together made it a weekend to remember as well as a club meeting that you should have heard.



Kimmy and Jesse Riley address the Saline County Striders

### AURA HOROSCOPE (Generic)

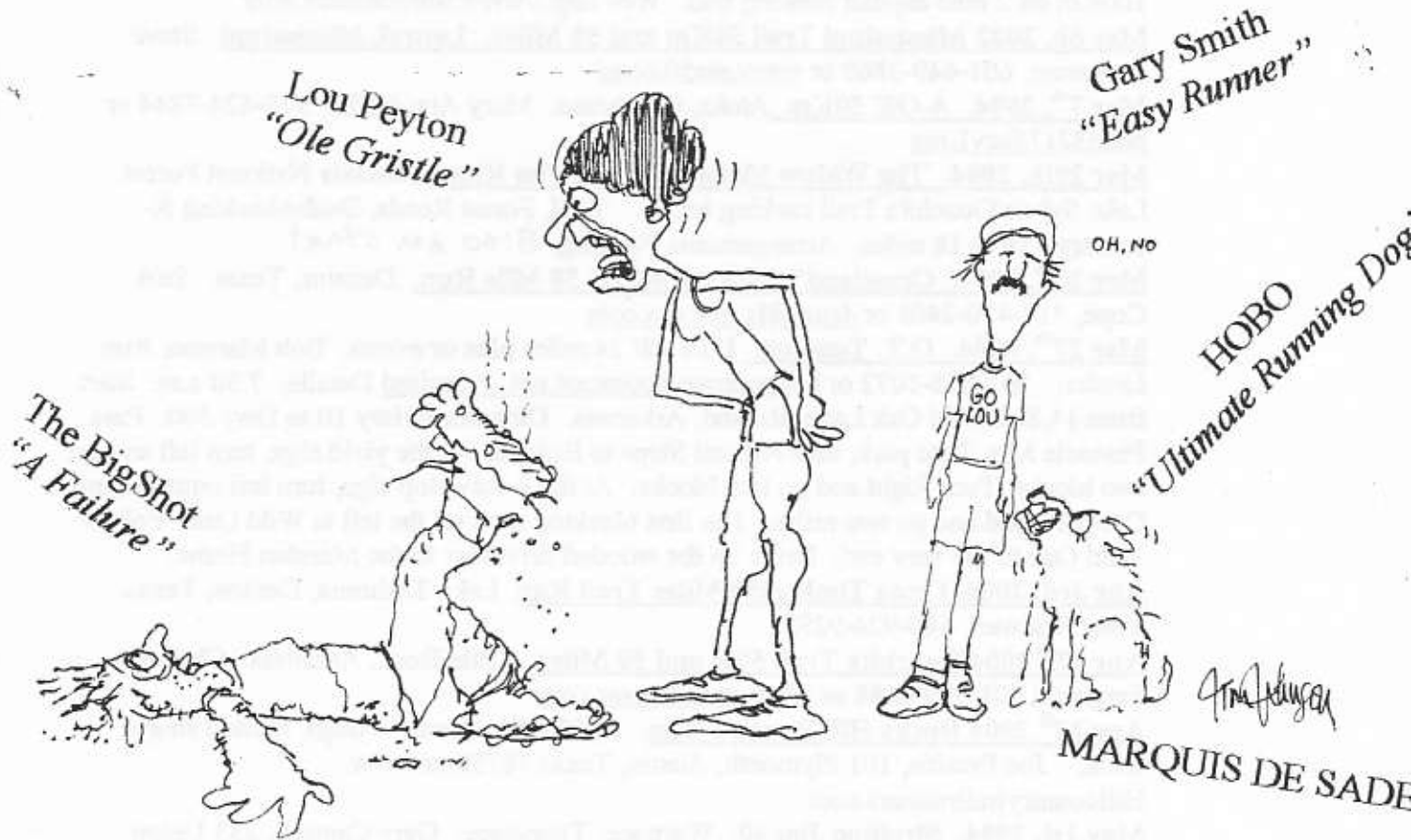
Your secret desire to live within walking distance of a Wal-Mart Supercenter might soon be realized. Without proper training now, you could be questioning your existence following your next ultra. Try playing your pity-card to received favorable treatment from a race director. During the death throws of a spring time Ultra, you will recall the hiding place of a long forgotten inheritance.

16<sup>TH</sup> EDITION; Number 2  
 The AURA -LUV FAB-FOUR  
 RRCA Sanctified.

# THE AURA SENIOR

A page devoted to the Has-been and Short-timer AURA brothers and sisters

RETREADS (Retired Runners Eating Out) meet monthly at Franke Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with a runner related items to identify ourselves; sometimes we bring old pictures or race results. We lament that nobody remembers us. In this AUR addition is a cartoon that was drawn in about 1987 following the BS's miserable failure at the Western States 100. I have written in the names to help you identify the characters.



What is this? Get your butt up. You mean I came all the way out here to have you crap out on me after a measley 62 miles? Who am I going to run with? What about me? What am I going to tell Sportstop? That I came out here to hold your feet? Get your lazy ass up and saddle up or I'll drag you to the finish line. I had my hair done for this run.

# ULTRA CALANDER

(If you have a favorite race you want listed let me [know-chrlypytn@aol.com](mailto:know-chrlypytn@aol.com))

**February 21<sup>st</sup>, 2004 UTS #6/ Sylamore Trail 50Km.** 7:00 a.m. start from the Angler's White River Resort, Allison, Arkansas. Entry and fee required. Race entry application in last issue of the AURA. Or, Randy Davidson, 501-868-5555 or [sylamore50k@excite.com](mailto:sylamore50k@excite.com)  
**Directions:** Hwy 65 to Conway, Clinton and Lesley. At Lesley, right turn on Hwy 66. Continue to Mountain View. At Mountain View, turn left onto Hwy 5. It is 6 miles to Allison and the start.

**Feb 27, 2004. Houston Ultra Event Weekend.** Houston, Texas. 6/12/24/48 hour and 100Km on 2 mile asphalt running trail. Web <http://www.ultrarunners.info/>

**Mar 6h, 2002 Mississippi Trail 50Km and 50 Miler. Laurel, Mississippi.** Steve Dereamer, 601-649-3860 or [www.ms50.com/](http://www.ms50.com/)

**Mar 7<sup>th</sup>, 2004. A-OK 50Km Atoka, Oklahoma.** Mary Ann Miller, 972-424-7844 or [mam3217@ev1.net](mailto:mam3217@ev1.net)

**Mar 20th, 2004. The Widow Maker. AURA Fun Run.** Ouachita National Forest. Lake Sylvia/Ouachita Trail parking lot. . . Trail, Forest Roads, Bushwhacking X-country. 16 to 18 miles. Arrangements Pending. **8:00 AM start**

**Mar 20<sup>th</sup>, 2004. Grassland's Marathon and 50 Mile Run.** Decatur, Texas. Suzi Cope, \*17-410-2401 or [4suzi@ix.netcom.com](mailto:4suzi@ix.netcom.com)

**Mar 27<sup>th</sup>, 2004. O.T. Tune-up.** UTS #8/ 24 miles plus or minus. Bob Marston, Run Leader. 501-868-1072 or [bobandrose@comcast.net](mailto:bobandrose@comcast.net) **Promised Details:** 7:30 a.m. Start from 14,801 Wild Oak Lane, Roland, Arkansas. **Directions-**Hwy 10 to Hwy 300. Pass Pinnacle Mtn State park, thru Natural Steps to Roland. At the yield sign, turn left and go two blocks. Turn Right and go two blocks. At the 4-way stop sign, turn left onto Roland Cut-off Road and go two miles. The first blacktop road on the left is Wild Oak. Follow Wild Oak to the very end. Drive up the wooded driveway to the Marston Home.

**Apr 3rd, 2004. Cross Timbers 50 Miles Trail Run.** Lake Texhoma, Denton, Texas. Tony Bridwell, 580-924-9293.

**Apr 17<sup>th</sup> 2004 Ouachita Trail 50K and 50 Miler.** Little Rock, Arkansas. Chrissy Ferguson 501-329-6688 or [www.runarkansas.com](http://www.runarkansas.com)

**Apr 24<sup>th</sup> 2004 Rocky Hill Ranch 50Km.** Smithville, Texas. Tough, twisted single track. . Joe Prusitis, 101 Plymouth, Austin, Texas 78758 or [www.hillcountrytrailrunners.com](http://www.hillcountrytrailrunners.com)

**May 1st, 2004. Strolling Jim 40.** Wartrace, Tennessee. Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183 or [email-drystoneman@hotmail.com](mailto:email-drystoneman@hotmail.com)

**May, TBA UTS #9-The Catsmacker.** Lake Sylvia Recreation Area. Stan and Chrissy Ferguson at 501-329-6688 or [www.runarkansas.com](http://www.runarkansas.com)

**May 29<sup>th</sup>, 2004. Berryman Trail Run.** 50 Mile and Marathon. Potosi, Missouri. David White 573-763-5704(h) or [Davidwhite465280@cs.com](mailto:Davidwhite465280@cs.com) or [www.sllouisultrarunnersgroup.net/](http://www.sllouisultrarunnersgroup.net/)

# The BS's PERSONALITY INVENTORY/PROFILE

Check the correct response; keep for future reference.

1. The Bigshot's will be remembered(think legacy) as a man who:
  - a. Built his house by the side of the road and became a friend to man.
  - b. Struck out on day to travel and meet people in need and make a difference in their lives.
  - c. Volunteered on a regular basis at a "soup kitchen" in the inner city.
  - d. Watched TV cartoons on Saturday morning.

When the AURA affiliated with the RRCA (Road Runner Club of America) in '01, one of the benefits was a quarterly running magazine from the RRCA. RRCA clubs were required to state on their applications that \$1.25 of our \$15.00 AURA prescription was for this quarterly. Shortly after joining, the RRCA fell upon hard times and was forced to restructure. In cutting expenses, the quarterly running magazine was discontinued. Apologies for not removing this statement from the AURA membership subscription.



## Arkansas UltraRunning Association, RRCA Club MEMBERSHIP APPLICATION

Dues are \$15 per year and include all family members.

Make checks payable to: Arkansas Ultra Running Association  
41 White Oak Ln  
Little Rock, AR 72227



Please print

Name \_\_\_\_\_ Sex: M F

Home phone \_\_\_\_\_ Work \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Other family members:

\_\_\_\_\_

**WAIVER:** I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas UltraRunning Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.

\_\_\_\_\_

Signature(s) of adult member(s) / Date