

16th Arkansas Traveller 100 Miler

NOW!

The ARKANSAS ULTRA RUNNER

October 2006– The Pre-race Edition

A Newsletter for Members and Friends of the *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your membership.
Don't be an AURA Limbo Member.

Arkansas Traveller Post Race Picnic

Attention Runners and Volunteers and Family

October 28th, 2006 – 3:30 p.m.

Maumelle Park, Pavillion #8

Serving Hot Dogs, Hamburgers, Chips, Potato Salad, Beans and Sodas.

MESSAGE FROM THE BIGSHOT – The following words of inspiration were sent to me this month by AURA sister, Jamie Huneycutt.

“Without training, they lacked knowledge. Without knowledge, they lacked confidence. Without confidence, they lacked victory” --Julius Caesar

AURA brothers and sisters entered in the 2006 Arkansas Traveller 100. You have your training; show us victory!

RETREADS(*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Dress up with runner related items to identify yourself. Everyone bring a medallion this month..

18th EDITION; Number 7

The AURA – Where Running Never Stops!

Founded 1989; RRCA Sanctified in 2001

ULTRA CORNER

On September 10th, 2006, AURA's Mike Samuelson completed the Wasatch Front 100 Miler in Utah. With his Wasatch completion, Mike was awarded the **Grand Slam of Ultra-Running**. To finish the Grand Slam, Mike completed the 2006 Vermont 100, Western States 100, Leadville 100 and the Wasatch 100. Sadly we report that our brother Kevin Dorsey who was also attempting to do the Slam was unable to complete Wasatch. Kevin and Mike will be at the Arkansas Traveller and both deserve a "hand" for their efforts.

From the AURA archives I will list the AURA's and/or Arkies who are members of the Grand Slam fraternity.

September 9th --2006 Wasatch Front 100 Mile Endurance Run

128th Place--Mike Samuelson 34:43:50 151 finishers; 36 Hour Time limit.

AURA/Arkansans who have completed the Wasatch 100

Ray Bailey(97)	25:41	
Ray Bailey(98)	30:50:56	
<u>Roy Haley(90)</u>	<u>32:14:21</u>	<u>Grand Slam Finisher(AURA-Texarkana, Tx)</u>
William Gilli(89)	32:43:37	
Stan Ferguson(02)	32:51:59	
<u>Roy Haley(91)</u>	<u>33:08</u>	<u>Grand Slam Finisher(AURA-Texarkana, Tx)</u>
Tamara Zagustin(05)	33:26:04	
<u>Max Hooper(89)</u>	<u>34:01:17</u>	<u>Grand Slam Finisher</u>
Nick Williams(89)	34:01:17	
<u>Bob Marston(97)</u>	<u>34:12</u>	<u>Grand Slam Finisher</u>
<u>Larry Mabry(89)</u>	<u>34:12:27</u>	<u>Grand Slam Finisher</u>
<u>Mike Samuelson(06)</u>	<u>34:43:50</u>	<u>Grand Slam Finisher(AURA-Lakeland, Tn)</u>
<u>Lou Peyton(89)</u>	<u>35:14:39</u>	<u>Grand Slam Finisher</u>

September 9th --2006 Superior Sawtooth 100 Miler Lutsen, Mn

17th Place Stuart Johnsson 37:17:40 19 Finisher: 38 Hour Time Limit

AURA OCTOBER HOROSCOPEU

Libra-You will make a bold move in your next ultra marathon and it will make the difference between good and bad. **Leo**-Living in the shadows will not get you the recognition you deserve. **Gemini**-A robust finish at the Arkansas Traveller 100 could have serendipitous advantages. **Aquarius** -Your fantasy companion might be laying the ground work for an ultra surprise.

Ultra Calendar

The BS will be attempting to build an Ultra Calendar from ultra-marathons of interest. If you have a favorite you wish listed., e-mail it to me.(chrlypytn@aol.com)

The following race was given to me recently by AURA friend, Steven Tucker

Nov 11, 2006 Blue Ridge Mountain Master 50K Trail Run(age 40 and over)
Blue Ridge, GA Ron Zadroga, RD. Email-ronzadroga@tds.net

Mar 10, 2007 Carl Touchstone Mississippi Trail 50(50 mi, 50 k, 20 k)
Laurel, Mississippi. Contact: Dennis Bisnette(info@ms50.com)
Website is MS50.com

ULTRA TRAIL SERIES

I recently received the following E-mail from AURA brother David Samuels:

*"Greetings from Hempwallace, home of the new four-lane US 70 from Lake Hamilton High School to Hot Springs. You will appreciate it on your early morning trips to Big Fork and Albert Pike. Do you get the **Running Journal** magazine? If not, you need to check out the current issue. They have inserted their annual "Marathon" calendar for 2007 and the 2006 Athens-Big fork Trail Marathon"start" photo is featured for July, 2007. Yes, the smiling faces of Lou Peyton, Maurice Robinson, Patty Groth and in front, Carrie Dupriest."*

Happy Trails—David

While David still has the podium, I want to give you a "heads up" on the big event that will take place first Saturday in June.(2nd) He is the coordinator of National Trails Day that will include running, biking and hiking activities at the Albert Pike Campground near Langley, Arkansas. The run will be the final race of the Ultra Trail Series –**The Big Tom Challenge**. There is a lot of planning going on already for National Trail Day and I will keep you informed as we move into the new year.

2006-2007 Ultra Trail Series Schedule

7-22-06	1. Midnight 50K	8. 2-3-07 White Rock Classic 50K
8-26-06	2. Mt Nebo Trail Run(14 Mi)	9. 2-?-07 Sylamore Trail 50K
10-7-06	3. Arkansas Traveller 100	10. 3-?-07 Big Rock Mystry Run(12-13)
10:28:06	4. Devil's Den Trail Run(15 mi)	11. 3-16/18-07 3DaysofSyllamo
11-11-06	5. Gulpha Gorge Challenge(16/18 mi)	12. 4-21-07 Ouachita Trail 50K/50mi)
12-9-06	6. Buffalo RiverTrails Run	13. 5-?-07The Catsmacker
1-6-07	7. Athens-Big Fork Marathon	14. 6-2-07 National Trails Day

UTS point totals can be seen at runarkansas.com

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Mount Nebo Trails Run

August 26, 2006

Dardanelle, Arkansas

14 Miles (2006-2007 UTS Race #2)

Pl	Name	Sex	Age	City	Time
1.	Darby Benson	36	M	Fayetteville	1:38:31
2.	Chuck Campbell	43	M	Russellville	1:45:46
3.	Chris Harper	29	M	Russellville	1:46:59
4.	Stan Ferguson	42	M	Conway	1:48:49
5.	Robert Vogler	40	M	Russellville	1:50:12
6.	David Partridge	45	M	New Blaine	1:50:34
7.	Tom Aspel	51	M	Russellville	1:52:57
8.	Billy Mills	44	M	Russellville	1:57:58
9.	Jessie Abbott	21	M	Hot Springs	1:59:38
10.	John Tolan	42	M	Bentonville	2:00:45
11.	Natalie McBee	33	F	Fayetteville	2:04:25
12.	Israel Holby	27	M	China	2:04:26
13.	Bill Maze	38	M	Russellville	2:07:05
14.	Kyle Kruger	24	M	Fayetteville	2:08:35
15.	Aoife Cooke	19	F	Ireland	2:08:18
16.	Erin Combs	25	F	Russellville	2:16:53
17.	Kayla Waldrup	20	F	El Dorado	2:18:27
18.	Brianna Greene	20	F	Harrison	2:20:27
19.	Ken Barton	47	M	Greenwood	2:20:44
20.	Shirley Hymen	38	F	Fort Smith	2:21:33
21.	Kristen Smith	39	F	Russellville	2:23:30
22.	George Peterka	46	M	Hot Springs	2:24:25
23.	Susy Philips	27	F	Maumelle	2:27:58
24.	Stephanie Parker	22	F	Russellville	2:30:49
25.	Andrea Greasy	25	F	Memphis	2:32:12
26.	Paul Hernes	65	M	Russellville	2:33:59
27.	Josh Bornharst	31	M	Little Rock	2:35:07
28.	Debbie Lashley	46	F	Fort Smith	2:36:25
29.	Eunika Rogers	35	F	Memphis	2:42:32
30.	Rick Zachery	36	M	Russellville	2:42:54
31.	James Crabill	46	M	Dardanelle	2:47:16
32.	Ronnie Adkison	48	M	Dardanelle	2:47:55
33.	Paul Mattocks	58	M	El Dorado	2:56:40
34.	Molly Fleming	20	F	Cabot	2:57:05
35.	David Caillouet	48	M	Little Rock	3:00:53
36.	Lou Peyton	62	F	Little Rock	3:04:57
37.	Carol Adkison	48	F	Dardanelle	3:06:35
38.	Dottie Rea	54	F	Vilonia	3:19:30
39.	David Samuel	63	M	Pearcy	3:22:03
40.	Bob McKinney	63	M	Little Rock	3:44:40
41.	Linda Gibson	50	F	Dardanelle	4:16:42
42.	Charlotte Petrick	42	F	Russellville	4:16:42
43.	Theresa Motley	48	F	Russellville	4:17:33

Other Distance (19 Miles)

Salli Scott Young 33 F Memphis 3:22:03

2006/2007 UTS Points Standings(after two races)

WOMEN

Rank	Name	Age	Midnight	Nebo	Total
1	Natalie McBee	32	72	70	142
2	Susy Phillips	27	50	20	70
3	Tamara Zagustin	39	61		61
4	Aoife Cooke	19		59	59
5	Erin Combs	25		48	48
6	Deb Johnson	46	44		44
7	Kayla Waldrup	20		42	42
8	Shirley Hyman	38	11	30	41
9	Andrea Creasy	25	38		38
10	Brianna Greene	20		36	36
11	Eunika Rogers	35	22	10	32
12	Kathy Sager	46	32		32
13	Diane Seager	49	26		26
14	Kristen Smith	39		24	24
15	Debbie Lashley	46	12	11	23
16	Carla Branch	54	19		19
17	Stephanie Parker	22		17	17
18	Emily Hartman	38	16		16
19	Salli Scott Young	33	10	5	15
20	Andrea Greasy	25		14	14
21	Adrienne Shelton	41	13		13
22	Lou Peyton	62	3	8	11
23	Molly Fleming	20		9	9
24	Mona Mizell	55	9		9
25	Rhonda Ferguson	51	8		8
26	Carol Adkison	48		7	7
27	Kim Johnson	37	7		7
28	Dottie Rea	54		6	6
29	Patty Groth	50	6		6
30	Carrie DuPriest	49	5		5
31	Erin Eckman		4		4
32	Charlotte Petrick	42		3.5	3.5
33	Linda Gibson	50		3.5	3.5
34	Jessica Robinson	21	2		2
35	Theresa Motley	48		2	2

2006/2007 UTS Points Standings(after two races)

MEN

Rank	Name	Age	Midnight	Nebo	Total
1	Stan Ferguson	42	80	46	126
2	Chuck Campbell	43	51	63	114
3	David Wakefield	31	91		91
4	Po Dog Vogler	40	41	40	81
5	Darby Benson	36		74	74
6	Kevin Dorsey	35	69		69
7	Paul Schoenlaub	47	63		63
8	Rick Howton	32	57		57
9	Chris Harper	29		52	52
10	George Peterka	46	38	11	49
11	Kyle Baldwin	34	45		45
12	Jason Thomas	32	35		35
13	David Partridge	45		34	34
14	Rodney DeClue	41	32		32
15	Kenny Royster	57	31		31
16	Randy Ellis	54	30		30
17	Gary Gehrki	52	29		29
18	Alex Eaton	23	28		28
19	Tom Aspel	51		28	28
20	Jon Perez	44	27		27
21	Jacob Wells	37	26		26
22	Kyle Kruger	24	13	13	26
23	Todd Porter	34	25		25
24	Billy Mills	44		24	24
25	Herb Jarrell	62	24		24
26	Steve Hobbs	50	23		23
27	John Kelly	40	22		22
28	Jessie Abbott	21		21	21
29	Maurice Robinson	64	21		21
30	Jay Hansen	32	20		20
31	Stuart Johnson	47	19		19
32	John Tolan	42		18	18
33	Todd Matthews	33	18		18
34	Mike Smets	50	17		17
35	Brian Hoover	39	16		16
36	Israel Holby	27		15	15
37	Mike Snyder	39	15		15
38	Bill Maze	38		14	14
39	Dale Powell	55	14		14
40	Johnny Mitchum	59	12		12
41	Ken Barton	47		12	12
42	Pete Ireland	66	11		11
43	George McDonald	53	10		10
44	Paul Hernes	65		10	10
45	Josh Bornharst	31		9	9
46	Michael Thames	32	9		9
47	Brad Knight	36	8		8
48	Rick Zachery	36		8	8
49	James Crabill	46		7	7
50	Kenny Childress	46	6.5		6.5
51	Kenny Simpson	52	6.5		6.5
52	Ronnie Adkison	48		6	6
53	John Hubanks	36	5		5
54	Paul Mattocks	58		5	5
55	David Caillouet	48		4	4
56	Jim Sweatt	50	4		4

57	Alston Jennings	58	3	3
58	David Samuel	63	3	3
59	Bob McKinney	63	2	2
60	Greg Bourns	66	2	2

DEVIL'S DEN TRAIL RUN – UTS # 4

Saturday, October 28, 2006

Start: 8:00 a.m.

Race #4 of the 2006-2007 Ultra Trail Series

Distance: 15-18 miles

Map: Available at the start or Ranger Station

Start Area: Parking area just past the Pool/Pavilion/Playground (look for the white pop-up tent)

Location: 8 miles south of Fayetteville on I-540 (Exit 53), then 18 miles southwest on Hwy. 170, or 7 miles west of I-540 (Exit 45) at Winslow on Hwy. 74.

No frills, No fees, No whining.

Donations to AURA welcome and strongly encouraged.

Prizes for the best Costumes.

Tricks & Treats at the finish.

Official Description: The Butterfield Hiking Trail gets its name from the Butterfield Stagecoach which ran in the area between 1858-1861. The Butterfield Trail is one of the few looped backpacking trails in the state. Beginning in Devil's Den State Park near the park's pavilion, the trail crosses Hwy. 74 and passes near Mount Olive. Scenic views, such as Blackburn Creek and Vista Point, are plentiful. Rock formations and mountainous outcroppings provide photographers with dramatic subjects.

Real Description: Rocky and technical. The trail is somewhat hard to follow but, marked with blue blazes and mile markers.

This run is not for the faint of heart and not recommended for novice trail runners. Be prepared to run over and through rock gardens, carry plenty of water and watch for trail makers.

Links to Butterfield Trail maps:

<http://www.arkansasstateparks.com/images/pdfs/DD-BFHTRLside1.pdf>

<http://www.arkansasstateparks.com/images/pdfs/DD-BFHTRLside2.pdf>

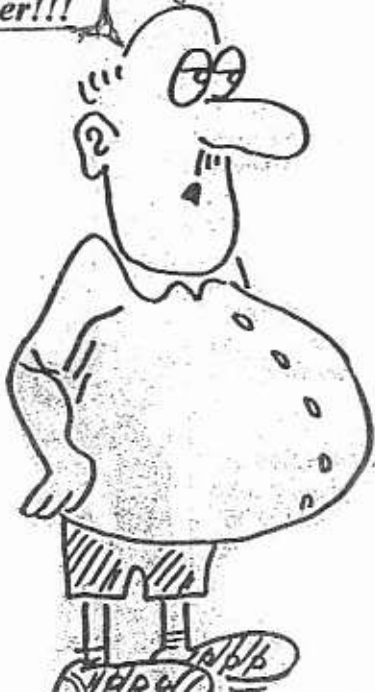
There are four Ferguson entered in the 2006 Arkansas Traveller 100
Chrissy, Mark(nephew) and pictured sisters Rhonda and Kim



The Bigshot
and the
Coach Doctor
*An AURA Cartoon.**

Help Me Coach Doctor!
Want To Be Fast Again!!
I Want To Be A Player!!!

BigShot, This Calls For An
Extreme Makeover. We'll send
Out For The Specialists.



As a service to AURA's "marginal" Arkansas Traveller aspirants, the BS is printing his favorite inspirational poem. I hope it eases ones transition to the finish line.

IT COULDN'T BE DONE.

By Edgar A. Guest

Somebody said that it couldn't be done.
But he with a chuckle replied,
that maybe it couldn't but he would be one
who wouldn't say so 'til he'd tried.
So he buckled right in with a trace of a grin
on his face. If he worried, he hid it.
He started to sing as he tackled the thing
that couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
at least, no one ever has done it".
But he took off his coat, and he took off his hat
and the first thing he knew he'd begun it.
With a lift of his chin and a bit of a grin,
without any doubting or quiddit,
he started to sing as he tackled the thing
that couldn't be done, and he did it.

There are thousands to tell you it cannot be done.
There are thousands to prophesy failure.
There are thousands to point out to you one by one
the dangers that wait to assail you.
But just buckle in with a bit of a grin,
take off your coat and go to it.
Just start to sing as you tackle the thing
that "couldn't be done", and you'll do it.