

**NEW START/FINISH and TIME
ANNOUNCED FOR
UTS #12 - The CATSMACKER**

The ARKANSAS ULTRA RUNNER

June 2008- The Early Edition.

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

WWW.RUNARKANSAS.COM

Gentle Reader: If your newsletter label is highlighted, it is time to renew your AURA membership.



THE BIGSHOT'S PAPER TRAIL

The *AUR* is going to print early this month to alert you to the last minute changes with the start/finish and starting time of UTS #12, the Catsmacker. Information and driving directions can be seen on the AURA website, www.runarkansas.com, and on page (3) of this newsletter. In an abbreviated form the Catsmacker will start at the Lake Winona parking lot at 7:00 a.m. Saturday, May 31st. The distance will be approximately 24 miles. A 12 mile fun run will be also offered.

17 years ago our AURA brother, David Horton, from Marshall, Arkansas, now Lynchburg, Virginia, set the speed record for the Appalachian Trail. In 1995, He completed the Trans-American Foot Race and, in 2005, set the speed record on the Pacific Crest Trail (Mexico to Canada). This summer David will run from the Mexican border to the Canadian border on the Continental Divide Trail. David's progress can be followed on the website: www.eco-xsports.com.

Thank you all who turned out for the informal fun run on the Lake Ouachita Vista Trail on May 10th. If you are in the area this summer you need to check out this new trail which is being built on the south side of Lake Ouachita. It is presently 14/15 miles, point to point. The surface is excellent for running and mountain biking. More information as to the trailheads, camping and future goals of the trail developers can be seen on the website: www.lakeouachitavistatrail.com

National Trails Day is a go this year. Ultra friend, Jon Lucas, will take over the administration of this running event from the retiring David Samuel. The runs, 6 miles and 18 miles, will start at 8 a.m. from the pavilion at the Albert Pike Recreation Area near Langley, Arkansas. For more information, contact Jon at 501-342-1132(day) or

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501-329-0024(night) Email: Jon.Lucas@axiom.com(email) or
JonandSue@conwaycorp.net (home)

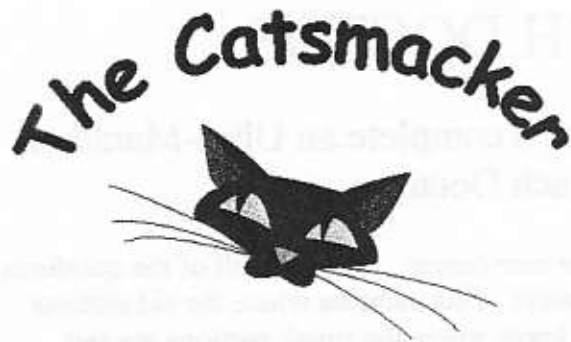
Driving directions to *National Trails Day*—From Little Rock, take I-30 through Benton. Past Benton do a right at Hwy 70 exit, the Hot Springs highway. Entering Hot Springs get on the bypass and follow to the Glenwood/Hwy 70 exit. Left onto Hwy 70 and go to Glenwood and continue six miles to the Salem Community and Hwy 84. Turn right onto highway 84 and it is 13 miles to Langley. At Langley turn right onto Hwy 369 and the Albert Pike Recreation Area is six miles.

Photo below is of AURA brother, Paul Mattocks, on the Lake Ouachita Vista Trail.



2008 Ultra Trail Series

7-21-07	Midnight 50K	UTS 1
8-11-07	Bartlett Park Ultras	UTS 2
8-25-07	Mt Nebo Trail Run	UTS 3
10-06-07	Arkansas Traveller 100	UTS 4
11-10-07	Gulpha Gorge Challenge	UTS 5
1-5-08	Athens-Big Fork Marathon	UTS 6
2-2-08	<i>White Rock Classic 50k</i>	UTS 7
2-16-08	Sylamore 50K	UTS 8
3-14/16-08	3Daysof Syllamo	UTS 9
3-22-08	Big Rock Mystery Run	UTS 10
4-19-08	Ouachita Trail 50k/50M	UTS 11
5-31-08	<i>The Catsmacker (20 mi)</i>	UTS 12



2008 Ultra Trail Series Finale

Saturday, May 31, 7:00 A.M.

***** New Location *****

Start and finish at Lake Winona day use park

Distance: 24 miles (+/-)

Also, a fun run of approximately 12 miles

Features:

- Terrain: Gentle hills
- Surface: Ouachita Trail, forest roads and 4-wheeler trails
- 2008 Ultra Trail Series race #12
- FUN!!

To get there: Take Lake Winona Rd off of Hwy 9 (this is 5.7 miles south of Williams Junction). Follow Lake Winona Rd for 4 miles to the intersection of FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. If arriving early, please limit noise so as to not bother the resident warden.

No entry fee, no frills; there will be a waiver to sign on race morning. Water will be available every 4 to 5 miles, and there will be one aid station with minimal aid near the halfway point.

You are encouraged to carry a water bottle and any snacks you want.

For more information, contact Chrissy or Stan at stanchrissy@earthlink.net or 501-329-6688.

RETREADS

(Retired Runners Eating Out). Join us the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. We line up at 11:30 a.m. sharp. Wear something to identify yourself. Pass the word. Remember, you are still somebody.

AURA X-TRAINERS

The date of the Morrilton Pig-Out 5K and 40 Mile Bike Ride has been moved this year. The new date is June 28th, 2008. The race and bike ride is assisted by AURA brothers Dave Cawein and Jim Schuler. The BS has participated in the 40 mile bike ride and highly recommends it. AURA Cross-trainers meet weekly at 100 P.M. on Sundays at Murry Lock and Dam for 25 to 30 miles of biking. Come and join us if you can. Info? chrlpytn@aol.com

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A Profit is never
Accepted in his
Home town.



THE COACH DOCTOR

Six Keys For Marginal Runners To complete an Ultra-Marathon By the Coach Doctor



Number One – Familiarize yourself with the race course. You want all of the questions and doubt out of your mind before the race starts. This includes where the aid stations are and how far they are apart. You want to know where the rough sections are and where the good sections of the course come in the race. Before the race starts you should be able to see in your mind the entire race. And don't forget that you will be in the dark for 12 hours. See Training Tip # 4 – Ask around about what light works best at the AT100

Number Two – Train on terrain that is similar to what you will be racing. This could be the AT100 race course or any place with lots of rocks and hills. Your running muscles need to adjust and strengthen to the up and down hills that are found at the AT100.

Hint: Running your mileage on the Ouachita Trail won't get you to the finish.

Number Three – Learn to eat and drink on the run. In the Coach Doctor's opinion, most ultra runners eat and drink too much at the AT100. Too many runners are getting sick: too much time is spent stopping to urinate. At the aid stations will be candy and sweets; salty chips and snacks and maybe sandwiches and such. In your practice training, find out if anything works for you. Take note if anything gives you a boost or maybe a bonk. Bonk is bad. At the aid stations don't be a compulsive eater; don't gorge yourself just because someone told you that you needed to eat. As a rule of thumb, if something at an aid station appeals to you take it in moderation. You will finish the AT100 on your training but lose it on your eating.

Number Four – Learn to power walk – Your finishing plan should include power walking any steep hill or rough section. Power walking at night is a good thing. Practice your power walking as you would practice your running and you will avoid those mile 15 blisters

Number Five – Be in good enough condition so that you could run a marathon. This does not mean run-walk a marathon. This implies that on any given weekend you could go out and cover the distance without too much depletion. Now the Coach Doctor won't call upon you to run a Marathon, he only wants you to be able to. What he will require of you is to train as if you were going to run one. Therefore, the cornerstone of your training will be the cornerstone of marathoning which is the 16 to 20 mile run. This run will be on surface and terrain that is similar to the AT100. Two examples come to mind: 1. The 20 mile Flatside Loop which starts at Lake Sylvia and does a loop around Flatside Pinnacle, 2. The 17 mile Lake-to-Lake run that starts at Lake Sylvia and goes to Lake Winona and back. You set your own pace-fast or slow but I repeat you must run. Under no circumstances can you mix in your power walking with running.

Number 5+ - Do the following: Wear a hat; buy shoes with a lot of fore-foot protection; dress in light colored clothing; put band aids on your nipples and grease your booty. If you don't grease up, you'll be walking like a cow with the scours by 50 miles and riding in on the aid truck by 60 miles.

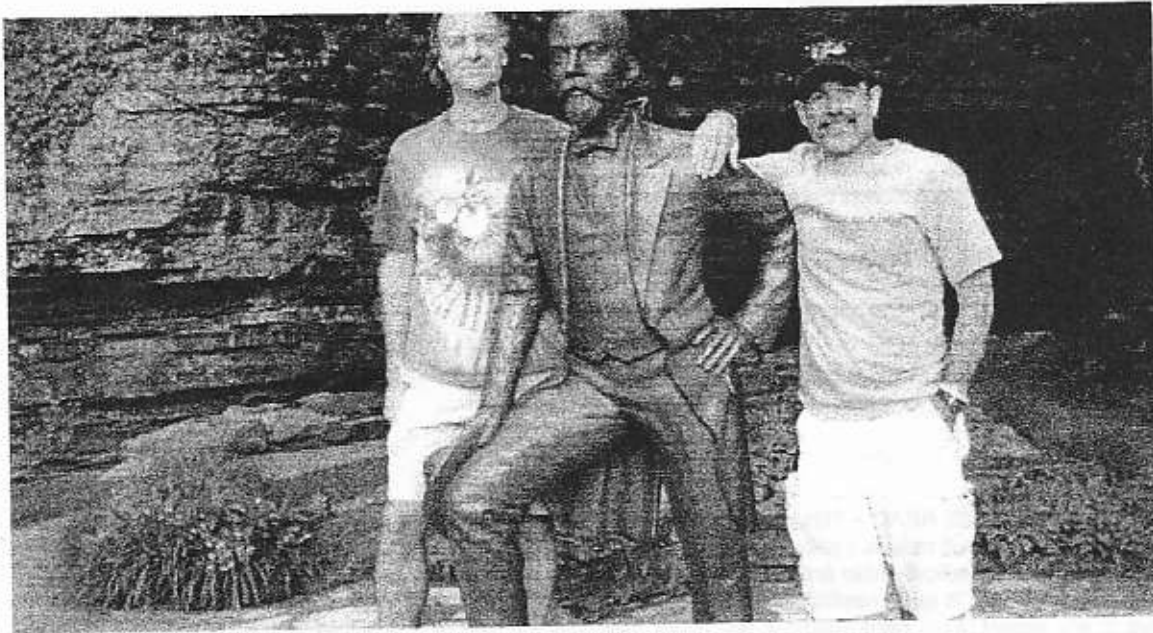
ULTRA CORNER

The Strolling Jim 40

May 3, 2008 - Wartrace, Tennessee

1 st	Kevin Dorsey	4:54:10
9 th	Stan Ferguson	5:36:02
20 th	Jeff Foes	6:13:23
27 th	Paul Turner	6:39:23
44 th	Chrissy Ferguson	7:27:39

84 starters



Strolling Jim participants, Stan Ferguson and Paul Turner standing with Jack Daniels as they visit the Jack Daniels Distillery near Wartrace, Tennessee.

Jemez Mountain Trail Runs

May 17, 2008, Los Alamos, New Mexico

50 Miles-92 finishers 16 th place	Tom Brennan	11:08:32
50 Km-70 finishers 3 rd place	John Muir	5:51:54
20 Km-	Kyle Baldwin	2:27:32

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ULTRA PROFILE

AURA's Johnny Eagles, Little Rock



AURA Johnny Eagles at the 2008 Ouachita Trail 50

Greetings Johnny, I have seen you at the Little Rock Marathon, the Ouachita Trail 50 and other Ultra runs in the area. Thanx for taking the time to answer a few questions for the BS.

Tell me when you started running and how did you get started.

I started running in 2003. I decided to see if I could run the Little Rock Half-Marathon. I ran it in two hours I almost died(felt like it). I did not train and had on the wrong shoes. I did enjoy that long run and running with other great runners in the race. The next year I ran the Little Rock Marathon and did better. I heard bout Mrs. Ferguson(Chrissy) through my sister and she told me about the Ouachita 50K in 2006. I did it and have been doing it each year. I love trail running.

A typical training week consist of---

I am not fast but I am strong. To be a strong runner you have to train. For me a week of training consists of 10 miles on Monday, Wednesday and Friday; Five miles fast walking on Tuesday and Thursday and 25 miles on Saturday. I rest on Sunday for a total of 65 miles a week. I always find time to cross train and am injury free. I don't race to bolster my ego. For me Ultra running is about self discovery. It doesn't matter whether I come in first, the middle or last. You can say, "I have finished".

Give us some Johnny Eagle Statistics and other info you'd like to share.
I am 56 years old and my ideal running weight is 155 - 160 lbs. I used to be 184 lbs. To prevent injury, I wear some custom made running shoes and wear special arch supports. I also have my back lined up(adjusted) every year.

What do you consider your best distance?
My best distance is the 50K; my favorite distance is 50 miles.

So how did the 2008 Ouachita Trail 50K go for you?
This year's OT50k was my best. I was a little faster this time. It is an honor to run with runners from all over this state. I love this race with all my heart and things went very good.

Would you mind sharing some of your running goals for the future?
One of my goals is to run the Great Wall Marathon in China. I am going to China May 12th through 19th and do the Great Wall Marathon. Another goal is to run my first 100 miler in 2009. Next is to run Kiehl's Badwater Ultramarathon in Death Valley, California. For the year 2009 I want to complete doing 1000 miles.

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