

The Arkansas Ultra Runner

AURAgust 2009-The Memory Book Edition
A Newsletter for Members and Friends of the Arkansas Ultra Running Association

ANNOUNCING.....Number One



AURA and the GNO's Present Potluck/Talent Show

August 29, 2009

Maumelle Park, Pavilion #3, 5:30 pm.

Bring your favorite dish, lawn chair and your talent!

For more information contact **Chrissy Ferguson** at
stanchrissy@earthlink.net or call 501-472-9162



Note from the Editor: The AURA's Power Room is in the process of switching email addresses. The new address is chrlypytn@gmail.com. As a result I am developing a new "group mail". I sent out a test run of the new group a short while back and about 1/4th were returned as undeliverable. The purpose of this group is to alert AURA members on items that are too late, or too early, for this newsletter. An example would be a Trail Series race being postponed due to weather or other unforeseen developments. If you want to be included in these updates and I have you in the group, you do not need to do anything. If you do not want to be included, notify me at chrlypytn@gmail.com. To correct my problem of "undeliverable mail: I am taking my pen and circling "undeliverable mail" in your newsletter and it will be up to you to notify me of your email address.

ANNOUNCINGNumber Two

The 19th Annual Heart O' Traveller Training Runs

The following information provided by AT100 Race Director – Chrissy Ferguson

Saturday, September 5th – 6:30 a.m. Distance will be 25 + miles

Course is same as last year. Starting from the Lake Winona Park, just above the intersection of FR 114 (Lake Winona Road) and FR 778. This out and back run starts out on FR 114 going North, following the AT100 course through the Rocky Gap (FR 212, Electronic Tower and Pumpkin Patch Aid Stations and continuing to the intersection of FR 132c, 132 and 152. You will turn around here and retrace your route. There will be water placed every several miles. Lunch will be provided at the finish.

Rules for Lake Winona Park

1. Do not park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate form FR 114.
2. Keep off the spillway and levy.
3. No bike riding is allowed in the park except in the parking lot and drive.

Directions: Meet at Lake Winona Park. Please keep noise to a minimum when you arrive to not bother the park superintendent. Driving direction from Williams Junction at the intersection of Hwyways 10 and Hwy 9: Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road. Follow Lake Winona Road for 4 miles to intersection with FR 114(right) and FR 778(straight). Go right up the hill and turn left into the Park. Be quiet when you arrive.

Smith Mountain Loop

Monday, September 7th, 6:30 am. Distance 23 to 24 miles.

Course: The start is near the Turnaround Aid Station of the AT100, mile 58. The route covers approximately 15 distinct miles of the race course including about four miles on unmaintained 4-wheeler roads over Smith Mountain. The remainder of the run is on well maintained forest roads. Support: Water will be placed every several miles.

Directions: The run starts at the intersection of FR 114 and FR 2. Recommended driving direction to this location from Williams Junction intersection of Hwy 10 and Hwy 9. Go west on Hwy 10 and 9 for approximately 3 miles. Right on FR 132 (aka Winona Scenic Drive.) Follow approximately 11 miles. Go left on FR 75. Follow about 2 miles and turn left at the intersection with FR 114. It less than a quarter mile to FR 2 intersection. Plenty of free parking there. If you look at the map, taking FR 114 looks inviting. but many people have been trained not to take that road because of the odds of winding up with a flat tire.

Sign up for the eNesletter by using chrlypytn@gmail.com and say “Yes, I’ll have a dose of the of the new AURA eNewsletter. “

ULTRA CORNER

The 2009 Kettle Moraine 100K

June 6 and 7, 2009

Eagle, Wisconsin

George Peterka 14:40

The Western States 100 Mile Endurance Run

June 27-28, 2009

Squaw Valley to Auburn, California

98th	Stan Ferguson	26:22:16
124th	John Muir	27:31:58
190th	James Holland	29:09:00
204th	Chrissy Ferguson	29:29:00
	Jeff Genova	See his race report on Page 5

238 finishers

The Vermont 100 Mile Endurance Run

July 18th, 2009

West Windsor, Vermont

13th	Stan Ferguson	19:36:09
65th	Chrissy Ferguson	23:27:11
119th	Paul Turner	26:54:33
152nd	Tammy Walther	28:49:28

173 finishers

ULTRA CORNER RACE REPORTS

Your race reports are always welcomed. MS Word format if possible.

“Western States”

By Chrissy Ferguson

As most of you know wild fires in 2008 cancelled Western States and our hopes to complete the original Grand Slam. The good news from this unfortunate cancellation was, The Arkansas Traveller 100 mile replaced Western States as the last leg of the Grand Slam and Stan was one of only six that finished all four races. After two long years of waiting and anticipation we packed our drop bags, gathered our pacers and crew and off we went to Tahoe. The forecast for the weekend was HOT - and hot it was! The temp at the start in years past has been in the high 30s to low 40s. This year's temp was in the 50s, and it was only going to get warmer - or should I say hotter. Between Lyon's Ridge and Red Star Ridge is a rock formation called Cougar Rock and as the runners climb the rock a photographer takes your picture with the valley and mountains in the back ground. A long-time ultrarunner and dear friend, Red Spicer, passed away last August and his daughter Revell gave a portion of the ashes to Lou Myers to spread where he thought fit. Lou asked me to take the ashes with me to Western States and spread them at Cougar Rock since Red had run Western States and

had a poster-size picture climbing Cougar Rock in his home. The morning of the race I packed Red's ashes in my pack and carried them to the rock where I spread them and wished Red well in heaven. After shedding a few tears I started down the trail again. At mile 25 you climb out of Duncan's Canyon to Robinson Flat (mile 31). This is the first aid station after the start where your crew can meet you. About a mile from the aid station I was already out of water, and I was carrying two water bottles! At Robinson Flat I met Frank, Harold, Joyce and PT. I picked up my double pack and another water bottle. Just before the 35 mile aid station, Miller's Defeat, I started to feel nauseous. I'm sure it was from the lack of water while climbing out of Duncan's Canyon. At the aid station I drank lots of ice water, took a couple of electrolytes and tried to eat something. All I did was gag on the food. I started slowly down the trail forcing myself to eat. One of the runners I know passed and asked if I was alright. I said no my stomach was bad. He gave me a ginger hard candy to settle my stomach. I sucked on the candy as I walked. I thought how horrible it would be to run the next 65 miles feeling sick. That was just too much to bear! Kristina Irwin, one of the six Grand Slam finishers from 2008, came running by and asked how I was. I was starting to feel a little better and asked if she would mind having company for awhile till I felt better. Kristina and I ran pretty much together till Deep Canyon 2, also known as El Dorado Canyon. From the bottom of the canyon before the Devil's Thumb (48 miles) aid station to Michigan's Bluff it was like being in the movie "Night of the Living Dead" but during the day! Coming out of Deep Canyon one into Devil's Thumb there where three runners either sitting or lying in the fetal position along the trail. At the Devil's Thumb aid station there were many cots with runners and more sitting in chairs looking like burnt toast. On the way down El Dorado Canyon even more runners lined the trail needing help. Coming into the aid station at Michigan's Bluff (55 miles) it looked like a mini hospital with runners stretched out on cots with IVs and very pale faces. I meet up with my crew here and picked up my main flash light knowing it would be dark before I would get into Foresthill (62 miles) where I would pick up Joyce Taylor (my pacer). The night before the race I had set a schedule of times I planned to be in each aid station that the crew could meet me at. See below:

Robinson Flat, 31 miles - projected time 12:30pm, actual time 12:45pm

Michigan's Bluff, 55 miles - projected time 8:30pm, actual time 8:33pm

Foresthill, 62 miles – projected time 10:30pm, actual time 10:24pm

Meeting Joyce was like getting a battery charge knowing that I didn't have to run by myself. And it took a lot of pressure off knowing that no matter what I couldn't quit because there's no way she would let me. As we ran down Cal Street I realized that I had not set any times or goals after Foresthill. Joyce and I had to do the math and figure what times I needed to be at the river crossing (78 miles) and Hwy 49 (93 miles). After running 62 miles and being on my feet for over 18 hours it was kind of hard to do! We reached the river crossing at 3:36am Sunday morning. The water was about waist high and cold. Joyce loved the crossing; I hated it! Mile 80, Green Gate, it was 4:15am. Knowing that in less than an hour and half the sun would be coming up gave me strength to move on slowly walking and running toward the finish. Just before Auburn Lake Trails (85 miles) the sun came up and we picked up the pace. I told Joyce that I had nightmares of having to run hard the last 5 miles of the race so that we would be under the official cut-off time of 30 hours. Joyce felt my fear and picked up the pace running ahead of me and making me chase her down. When we reached the Hwy 49 aid station (93 Miles) it was 8:35am. Joyce turned and asked me if I could run the last 7 miles in under 2 ½ hours? I said I could for sure with time to spare! The last down hill was into No Hands Bridge. By now my quads and feet were killing me. Joyce was even

complaining about all of the down hill and how ready she was to walk an up hill for a change. The climb to Robie Point was bittersweet. It was wonderful to know that I was so close to the finish, but boy was it getting hot again! As we ran down the road to the finish and onto the track I ran as hard I as could. It seemed like I was running 6 minute miles, but I know it was closer to 11 or 12 minute miles. My finishing time was 29:29:00. I couldn't have done it without the help from Frank, Harold and Joyce. I thank you all from the bottom of my heart for your time, support and love!

**Stats: Starters 399, Finishers 238, Finishing Rate 60%,
Temperature Saturday in Auburn 104F, Temperature Sunday in Auburn 109F, Fifth
Western States Finish**

“One More Mile”- My Race Report on the 2009 Western States 100

By Jeff Genova, Bentonville, Arkansas, AURA

My race report on the 2009 Western States Endurance Run. I have been waiting to do this race for 4 years. The first year I applied for the lottery like most I did not make it into the race. So the next year I applied for the lottery and was lucky enough to be selected but once the race day arrived so had the smoke and fires. The race had to be cancelled due to safety concerns. But finally this year was the year. I had done all of the training built my speed, lost some weight, cross trained, heat trained did everything I thought to get ready for the big race. I was ready, travel was scheduled, and I was ready to run.

The race is a wonderfully orchestrated event with tremendous volunteers like no other. I found this out first hand. The registration was well run and very efficient. I quickly made it through the process and the pre-race briefing was informative and held to one hour as promised.

The race morning start was full of tension and anxiety for me as well as the other racers. Then at the stroke of 5 with a blast from the shotgun we were off up the slope into the darkness. As I ran up the slope I passed friends new and old.. Halfway up the slope there is Andy and Catra cheering us on. Wow, I thought they must have gotten up early to get way up here this early.

Finally I make it to the top and the Escarpment Aid Station, wait that is not the top the top is a hand over fist vertical climb and a short run to the top. Then it is down to Lyon Ridge along some beautiful single track trails. All along the way I am thinking about how I am going to describe these hills to everyone back home in Arkansas. We just don't have anything this long anywhere. We have the steep inclines and declines but not the length.

I arrive into the Lyon Ridge Aid Station feeling good but wishing that I had worn my Cascadias since the start and not the Inov-8s that I had on. After a refill of the bottles I am off through a rolling section to Red Star Ridge Aid Station where my first drop bag is located. Along this section I get to talk to one of the HURT runners. She is very lovely and I realize that I like running with people way more than the solo thing. So, I decide to try to find someone to talk to during each section until I get to Foresthill and my pacer, Tom.

My long toes are already sore from the down hills so I walk the last downhill section into the Red Star Aid Station. I hear the guy on the PA say walk the down hills that is what I teach all of my protégé runners. Ha Ha I laugh but don't tell them the reason for the walk. I restock my fuels in my belt and filled the bottles then off to the next aid station.

Down, down, down into the Duncan Canyon, wide open to the sun and steep down hills again. I am beginning to wonder if my toes are going to hold out for the next 70 some miles... Then it is up to Robinson Flat and the first time that I get to see my crew (my wife and youngest daughter) who have pushed me to the finish of all of my other 100 mile attempts. But, before I get to see them I have to climb out of this crazy steep canyon. Little do I know it is only the start of even steeper and longer canyons. Once, I get close to the top of the climb there is a runner on the ground with medical and aid station volunteers assisting him. The heat and the climb had taken its toll on many along the way.

When I emerge out of the woods I see medical check. My weight is right on .5 lb under. Then I see my crew who are happy to fill my every need except the one to stop. My feet are killing me. I tell them I need my other shoes and that it is crazy hot out there. They get my shoes and help me cool down with some ice and sponges. I want to just stay with them but they tell me that I have bothered them about that damn buckle for three years. Get up and get back out there.

The next 15 miles to the top of the canyon is a big blur of rolling trail and aid stations filled with runners in the medical tents, feet destroyed, and glazed looks from the sun sucking the life out of them. Then at the top of the Devils Thumb Canyon I think, wow, this is going to hurt and it is steep! I found that the biggest thing that I will need to work on for future mountain races is how to protect that damn long second toe on the down hills. I finally make it to the bottom and then it is the big climb to the top. The climbs I can do well they don't hurt my toes very much and I can pick up some of the time lost from the down hills.

Then out of that crazy climb to another mash unit aid station. I try to spend as little time as possible in these aid stations for fear of being sucked into them.

Another canyon and I make it to Michigan Bluff and my crew again. They lift my spirits when I see them and then they tell me I need to pick up the pace I am getting close to some of the cut offs. "This is not what I had planned. I was suppose to be faster than this", I tell myself. It is a moral blow but the crew gives me the spare headlight that I put in for Michigan Bluff as a worst case scenario that I would be that late I might need it. Leaving Michigan Bluff I pick up the pace and start talking to a runner from Illinois who tells me that he would be surprised if he made the 30 hour cut off at this pace. "Holy Crap, what is going on, how am I racing the absolute cut offs", I think to myself. I have to pick up the pace. I am almost to Tom, my pacer, he can help me pick up some time.

I do pick up pace through the volcano canyon and up to Bath Road where in the dark I can not see the small sign and do not know which way to turn at the street, left or right, how am I losing more time, CRAP! Finally, after a minute, a runner comes up and shows me the way. Then about a ¼ mile down the road I meet up with Tom.

What a lift, Tom gives me a red bull shot which my team has sent to me as a pick up. It tastes good but doesn't last long, I throw it back up. This is the start of the downfall, from this point on I cannot keep anything down except plain water the rest of the night. We make it in to Foresthill School, the crew is there and ready to please. They give me some fruit (which I do keep down) and my good headlight. Tom gets the bottles filled and with the same words of encouragement from the running store at home, "Finish no matter what!" (I guess that puts no stress on me but it does become my mantra when the low points come). Tom and I are off to Cal Street into the night.

Once we make it onto the trail I tell Tom I have to pee and when I get back he is laughing. He tells me that there is a baggie of urine on the trail. I tell him that they are everywhere, some kind of study. He still thinks it is funny.

The next 8 miles to Peachstone went by fairly quickly it was dark and hilly. My feet started to hurt more and the vomiting started to pick up. Once at Peachstone I let the podiatrist look at my feet and there were blisters coming out from under the first two toe nails on each foot. He said that he could lance the blisters and give me instant relief. I told him, "what are you waiting for, do it!" The lancing helped as far as instant relief but it was not a long term fix. From then on when we left an aid station I had to walk almost a quarter mile so that I could get used to the pain in my feet and could run again.

We started to pick up some time on the clock through the night from here to the Rucky Chucky Crossing. I told Tom that if we had time once we got across the river I would like for a podiatrist to look at my feet again. He said we had gained some time and that we could. We made it to Rucky Chucky with 45 minutes of time between us and the cutoff. I got onto the scale and my weight was .5 lb. under. After all of the puking and running I was amazed that I had kept my weight up.

We went down to the water and as soon as I put my feet in the water they were on fire. I knew they were bad but not this bad. Once out of the water, I found a chair and a podiatrist who basically wiped off my feet and put a small bandage on my right foot and said, "That is all I can do". I felt this was a bad decision and a great loss of time for us. We left the aid station and ran up the hill to the Green Gate Aid Station and sunrise. Tom and I both thought that the sun might give me a second wind. I hoped it would, too. We were supposed to meet the crew here with dry socks but they did not make it down the hill in time to meet us. So off to the next aid station with the sun rising we pick up the pace a little once I get past the sore feet from the stop.

When we get to Auburn Lake Trails aid station I have lost 5 lbs. and the medical team makes me sit and drink (and hold it down) until I gain some of the weight back. Well, by the time I do this it is 6:55 and the absolute cut off is 7:00. Five minutes ahead of the cut off we need to pick up speed.

Just before we make it to the Hwy 49 Crossing I hear the PA announce 14 minutes to cutoff. We picked up a couple of minutes and I have kept my weight up, it is back to .5 lb. down. They let us through the aid station with no delay and there is my crew screaming at me to "go, go, go." They know I can do it.

Tom and I push up the big hill, out of the aid station and the sun starts beating down on us, now. We make it to No Hands Bridge with 25 minutes ahead of the 30 hour limit. Tom fills our bottles and I have to walk across the bridge to get past the pain in my feet to start running, again.

Just after the end of the bridge we are passed by Tim Twietmeyer and another runner going the other way. They give words of encouragement and head on. Tom says, "If that doesn't get you moving, nothing will". It did and we picked up the pace a little but by this time the sun was really baking me good. I could feel the waifs of heat sucking the life out of me.

We made it to the top of the hill so we thought at Robbie Point. Tim was there offering water to drink or he would pour it on you, I said, "Over the top, please". Tim, said, "You have made it, it is in the books". I wish. The road from this point has orange feet on it leading to the finish line at the track. But, it seemed like the road was all uphill to the track, I was getting hot. I could see a group of runners ahead of us and they just kept going and going. I told Tom I thought we only had a mile to go. He said, "less than that and we're done".

From this point I don't remember much but Tom tells me that I told him I had to sit down and did on a curb next to a driveway about $\frac{3}{4}$ mile from the finish line. That driveway is where my race and a three year dream ended. I remember Tom trying to get me to stay

awake and talk to him. I remember trying to get up but I couldn't make my muscles work. I felt as though I had no bones in my body. I finally told Tom I just wanted to go to sleep and he wouldn't let me. Tom tells me that Tim Twietmeyer who had been running with us took off for the medical tent at the finish line when I collapsed and sent back a truck to get me. My wife tells me that Tim when he ran past them near the finish he yelled at them that their runner was in trouble. This upset her and my daughter started to run back to see what was the matter with her dad but my wife stopped her for fear of the worst.

The medical personnel arrived and loaded me in the truck. They drove me to the finish line and then carried me across the finish line and I remember hearing my chip going off as I crossed it. Once in the medical tent, Randy, the medical person who I remember took vitals and started packing me in ice. Then a female nurse hooked up an IV to me and then another.

I remember seeing my daughter crying and telling her, "Don't cry baby it will be okay". She said she knew it would be okay but she couldn't help being scared and sad.

After a couple of hours the medical staff finally let me go back to the hotel to get a shower and rest. I felt a lot better after that. Since our flight was out of SFO early in the morning I made my wife drive us to the hotel near the airport. She tells me this because I do not remember the 4 hour drive back to Auburn to get my drop bags and then to San Fran. All I remember is throwing up non stop into a bag for the first 30 min. I guess I threw up the whole way and my daughter fed me ice chips to try to keep me hydrated, she tells me. Once we got to San Francisco the bellman wheeled me to our room in a wheel chair and I went to sleep. In the morning we returned the car and flew home to Arkansas. I don't remember much of these travels, either. According to my wife I started turning a yellow color and looked really bad so she tricked me into going to the hospital straight from the airport. She said I needed to get some real wound care for my feet. I'm glad she did. Once in the ER the doctor read me the riot act about my "100 mile run to your death", race that I did. He was mad that he had to deal with me and let me sit for over 2 hours in a room with no orders. Finally the nurse got mad at him and he ordered some lab work which came back "BAD", according to him. I was turned over to an internist and a nephrologist. They told me my labs showed Acute Tubular Necrosis with kidney function of 20% and a CPK count of 26,000 and it should be 150. They sent me to the ICU and over the next 4 days ran 13 bags of IV fluid through me. I am getting better now and according to the doctors I will recover fully. I want to thank again everyone who helped me through this ordeal. I want to thank all of the people who wished me well and had me in their thoughts the past couple of weeks. Also, I want to apologize to all of those that I may have let down or scared these past weeks. I am going to take a couple of weeks off and then start back running slowly. I already miss the running. Just remember when you are out there running be careful we think we are invincible but I found out at least, I am not.

AURA Fab 4

Stan Ferguson President
 Michael DuPriest Vice president
 Lou Peyton Secretary
 Charley Peyton Newsletter/Treasurer

ULTRA TRAIL SERIES

2009-2010 UTS Schedule

For complete schedule information and rules, go to www.Runarkansas.com and link to 2009/2010 Ultra Trail Series.

7-18-09	UTS #1	Midnight 50K
8-8-09	UTS #2	Bartlett Park Ultras
8-22-09	UTS #3	Mt Nebo Trail Run(14 miles)
10-3-09	UTS #4	Arkansas Traveller 100 Miler
10-23-09	UTS#5	Syllamo 100
11-14-09	UTS#6	Gulpha Gorge Challenge(17.2 miles)
12-05-09	UTS#7	Lake Ouachita Vista Trail Run
1-?-10	UTS#8	Athens-Big Fork Trail Maeathon
1-?-10	UTS#9	Swampstomper
2-?-10	UTS #10	White Rock Classic 50K
2-21-10	UTS# 11	Sylamore Trail 50K
3-??-10	UTS #12	3daysofsyllamo
3-??-10	UTS #13	Big Rock Mystery Run
4-?-10	UTS #14	Ouachita Trail 50Mile/50K

About AURA Race Applications

Bartlett Park Ultras	www.runarkansas.com	link to Bartlett Park Ultras
Arkansas Traveller 100	www.runarkansas.com	
Sylamore 50k	www.Sylamore50k.com	
Syllamo 100 Miler	www.3daysofsyllamo.org	Link to Syllamo 100
Swampstomper 50K	www.swampstomper.com	
Ouachita Trail 50	www.runarkansas.com	

2009 Midnight 50K and Full mOOn 25k Run Results

July 18, 2009

Lake Sylvia Recreation Area

Men

1. Nick Lewis	3:47:55!	23. Steve Pomerleau	6:00:08*
2. Jamie Anderson	4:05:26	24. Dennis Bass	6:07:37
3. Paul Schoenlaub	4:25:00	25. Jim Sweatt	6:08:56
4. Darby Benson	4:31:01	26. Robert Williamson	6:16:08
5. Justin Day	4:43:13	27. Sam Barnes	6:16:27
6. Thomas Chapin	5:08:59	28. Herb Jarrell	6:19:00
7. Rai Rhamot	5:11:14	29. Randy Davidson	6:24:13
8. Jacob Wells	5:12:10	30. Mike Tibbit	6:40:36
9. Dustin Spear	5:14:19	31. Mark Roth	6:40:36
10. Murry Chappelle	5:14:30	32. Phillip hall	6:48:55
11. Ken Barton	5:17:43	33. Kenny Simpson	6:53:44

12. Randy Ellis	5:18:55	34. Mark Denherder	6:57:02(50k+)
13. Brian Hoover	5:18:57	35. Jonathon House	7:06:57
14. Maurice Robinson	5:20:38	36. Johnny Eagles	7:11:40*
15. Stuart Johnson	5:33:13	37. Phil Brown	7:13:13*
16. Mike Samuelson	5:35:58	38. Greg Burns	7:20:59*
17. George Peterka	5:37:32	39. Alston Jennings	7:33:00*
18. Reid Landers	5:41:28	40. Ken Childerss	7:38:39
19. Charles Hurst	5:49:35	41. George Higgs	7:53:30
20. Brett Nguyen	5:50:04	42. Roman Broyles	7:58:31
21. Jason McGinnis	5:52:51	43. Bill Brass	8:23:28*
22. Guy Patteson	5:55:40		

Women

1. Christina Carr	5:00:00(50k+)	12. Shirley Hyman	6:16:33
2. Karen Martin	5:10:31(50k+)	13. Debbie Lashley	6:16:33
3. Jen Foster	5:27:07	14. Kimmy Riley	6:20:20
4. Eunika Rogers	5:34:05	15. Diane Seager	6:25:14
5. Helena Baert	5:42:38	16. Kim Johnson	6:45:56
6. Kerrie Anderson	5:42:42	17. Zacil Nash	7:35:16
7. Hillary Looney	5:48:30	18. Gwen Hewitt	7:53:00
8. Teresa Cox	5:51:03	19. Lisa McGinnis	7:58:32
9. Kathy Hoover	5:52:50	20. Rosemary Rogers	8:05:18*
10. Blair Dean	5:55:40	21. Hilde Haynes	8:08:39*
11. Leslie Tucker	5:55:40	22. Ann M. Moore	9:11:49*

25K

Men

1. Tom Brennan	1:52:45(25k+)	20. Gary Speas	3:04:30
2. Billy Mills	1:58:12	21. Pete Perkins	3:05:39
3. David Partidge	2:01:14	22. Russell Bennett	3:08:09
4. Matt Godbehere	2:04:14	23. Gordon Koops	3:09:06
5. John Krillenberger	2:27:50	24. Bruce Birkheimer	3:10:44
6. George McDonald	2:28:25	25. R.C. Fason	3:11:30
7. Marvin Lee	2:28:48	26. Roger Williams	3:13:08
8. Tim Harrington	2:30:57	27. John Page	3:13:55
9. Dane Justice	2:33:07	28. Tom Aspel	3:24:11
10. Dale Cougot	2:37:00	29. Jay Miller	3:27:17
11. Tony Serra	2:39:18	30. Robert Michaels	3:35:03
12. Erick Yates	2:39:18	31. Ron Gimblet	3:38:01*
13. Zach Turney	2:42:38	32.. Bob Marston	3:40:03
14. Rick Zachary	2:42:59	33. Rea Hanabey	3:41:00
15. Mike Dupriest	2:45:40	34. Pete Ireland	3:42:10
16. John Lucas	2:45:49	35. John Bomez	3:52:00
17. Joel Perez	2:48:22	36. Bob McKinney	4:14:25*
18. John Hazen	2:50:43	37. Tyler Mann	4:40:49*
19. David McCormick	3:02:00	38. Travis Mann	4:40:49*

Women

1. Vernioica Battaglia	2:26:01	12. Ashley Miller	3:27:17
2. Tina Coutu	2:28:48	13. Lisa Gunnoe	3:35:17
3. Becky Humes	2:48:22	14. Sherry Rogers	3:36:33
4. Jen Freilino	2:50:43	15. Dottie Rea	3:48:54*
5. Mary Wells	2:54:16	16. Patty Groth	3:48:55
6. Sarah Olney	2:54:18	17. Carrie DuPriest	3:48:55
7. Karen Hays	2:55:01	18. Nicci Fillinger	3:52:00
8. Cindy Schoenlaub	3:01:01	19. Lou Peyton	4:08:02
9. Emily Hartman	3:03:43	20. Donna Duerr	4:22:49
10. Nicki Riley	3:05:15	21. Darby Parham	4:42:49(25k+)
11. Katie Helms	3:14:38		

Other Distances

Diann Hanley	7 Miles	Debbie Koops	7 Miles
Vicki Buckley	7 Miles	J.D. Hanley	8 Miles

121 Starters; 119 Finishers / (*)denotes Early Starters

AURA Picnic and Meeting

Pinnacle Mountain State Park

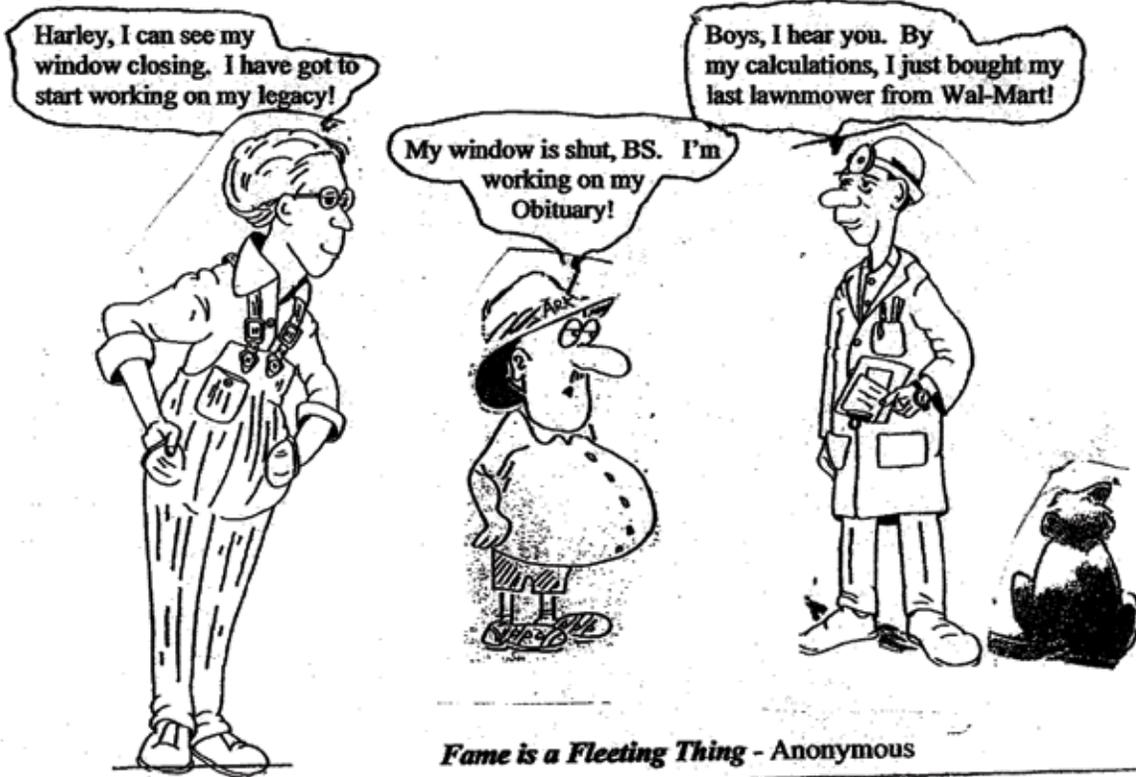
July 7th, 2009



**2008/2009 Ultra Trail Series Kings and Queens of the Trail
(L to R) Pete Ireland, Rosemary Rogers, Paul Turner, Chrissy Ferguson,
PoDog Vogler and Teresa Cox**

21st EDITION; Number Five
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The Bigshot and the Coach Doctor
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