

**AURA ~ GNO Potluck and Talent Show  
Maumelle Park –Pavilion #7-Little Rock  
5:30 pm-August 8th**

**THE (e)ARKANSAS ULTRA RUNNER**

August 2010 – The Dead of Summer II Edition

*The Internet Newsletter For Members and Friends of the Arkansas Ultra Running Association*

Website [www.RunArkansas.com](http://www.RunArkansas.com)



**The Big Shot's Paper Trail**

The BS looked and listened in disbelief last month when news of the catastrophic flood that swept through the Albert Pike Camp Ground was first reported. 20 campers, mostly from Texas and Louisiana, lost their lives on the night of June 10th when the Little Missouri River overflowed its banks and rushed through the campgrounds. Some reports said that as much as 9 inches of rain fell through the night. My first reaction was to think, “**I have been there many times on the first Saturday in June as well as other AURA training runs.**” Our AURA brother, David Samuel, started the National Trails Day Runs from Albert Pike in 1993 and continued until 3 years ago when Jon Lucas took it over and it became part of the Ultra Trail Series in 2009. 2010 was the first time in 17 years that we did not have a NTD Run the first Saturday in June. Some of the other fun runs in the area included the Tall Peak Marathon, the Eagle Rock Loop and, does anyone remember, the Eagle Rock Double Loop. The Athens Big Fork Trail Marathon does not use the Albert Pike Recreation Area but it is related to the story in that it does cross the headwaters of the Little Missouri and Blaylock Creek, a contributor of the flooding down stream.

***First Call!***

**The 20th Annual Heart O' Traveller Training Runs**

The following information provided by AT100 Race Director – Chrissy Ferguson

**Saturday, September 4th – 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 6th, 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.

We hope to see everyone at the AURA~GNO (Girls Night Out) potluck and talent show on August 8th. You don't have to have an "act" to attend. The important thing is that you do come. Great fun and food await your enjoyment



**AURA and the GNO's Present Potluck/Talent Show**

August 08, 2010 - Sunday

Maumelle Park, Pavilion #7, 5:30 pm.

Bring your favorite dish, lawn chair and your talent!

For more information contact **Chrissy Ferguson** at  
[stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net) or call **501-472-9162**

-SIMON



-RANDY



-BLEN



-KARA



## Mo BS

AURA Confidential -Attention AURA Number 45 – Whining and whimpering is not the AURA way. Buck up!

A change of subject since the BS does not like to dwell on negatives. Can you tell me who Albert Pike was? Have you heard of Pike County, Pike Avenue in Argenta, Camp Pike in North Little Rock and the Albert Pike Hotel in Little Rock?

Briefly, Albert Pike was born in 1809 in Massachusetts. He served in the Civil War as a Confederate Soldier, Brigadier General. After the war he was the founder of a secretive organization known as the Knights **of the Golden Circle**. This mysterious Masonic organization's goal was to reestablish the Confederacy in Mexico and Central America. Moving to Arkansas after the **war**, he reportedly raised money for this **cause**. It is rumored that he and his co-conspirators stashed their gold and loot in the mountains of the lower Ouachitas. Namely in the Blaylock Creek area. To safeguard the location of the booty and to locate it a later date, he and his followers carved cryptic inscription on the bark of Beech trees that flourish along Blaylock Creek. It is also rumored that the outlaw, Jessie James, was a sympathizer with Albert Pike and visited the area regularly to stash his purloined robbery money in the area.

Now this is where you come in. Why don't you and I, when the leaves drop from the trees, go down to the Albert Pike area and scour the countryside and try to find some of these ancient Beech trees. If we can decipher the code, we could be rich. 50/50. I'm not BS'ing.

### *Etiquette Lesson Number Two*

**A continuing series on AURA Etiquette. The following lesson appeared in this newsletter several years ago.**

#### *How to share your experience!*

Mr. Manners has observed a disturbing trend pertaining to the utterances of a veteran AURA sister. When approached by a curious, non-runner and queried about her fabled ultra exploits, she dismisses her performances at a 100 miler as nothing more than walking and eating with a 30 hour time limit. A holiday picnic is the implication. Although Mr. Manners fully understands that our sister is most modest and wishes to avoid attracting attention to one's self, describing a 100 mile experience as a mere parade diminishes our brethren who have endured the struggle in their own 100 miler and, further more, it disappoints the non-runner who is asking you questions about the experience. You have done something worthy and the questioner wants to be impressed by your performances. Don't disappoint them. At the least one should respond with "yes, I did finish a 100 miler and, yes, it was as tough as you can imagine it could be. When in doubt, the truth will always suffice.

*In the Service of Truth*

**Gentle Reader-** When your reenlistment is due, the BS will highlight your address label, if you are a Hard Copy recipient. If you receive the (e) AURA, you will be sent a Friendly Reminder application plus an addressed envelope. **This will be your only reminder.** Although the BS will always consider you an AURA brother or sister if you choose not to renew, one must be an active member of an RRCA club to be considered for the awards given by the Arkansas/Road Runners Club of America.

# ULTRA CORNER

Report your ultra finishes to [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com). Race reports are always welcome.

## *Western States 100 Mile Endurance Run*

June 27th, 2010

Squaw Valley, California

Jen Foster 29:50:38

Karen Martin 29:29:22

## *Hardrock 100 Mile Run*

July 9th, 2010

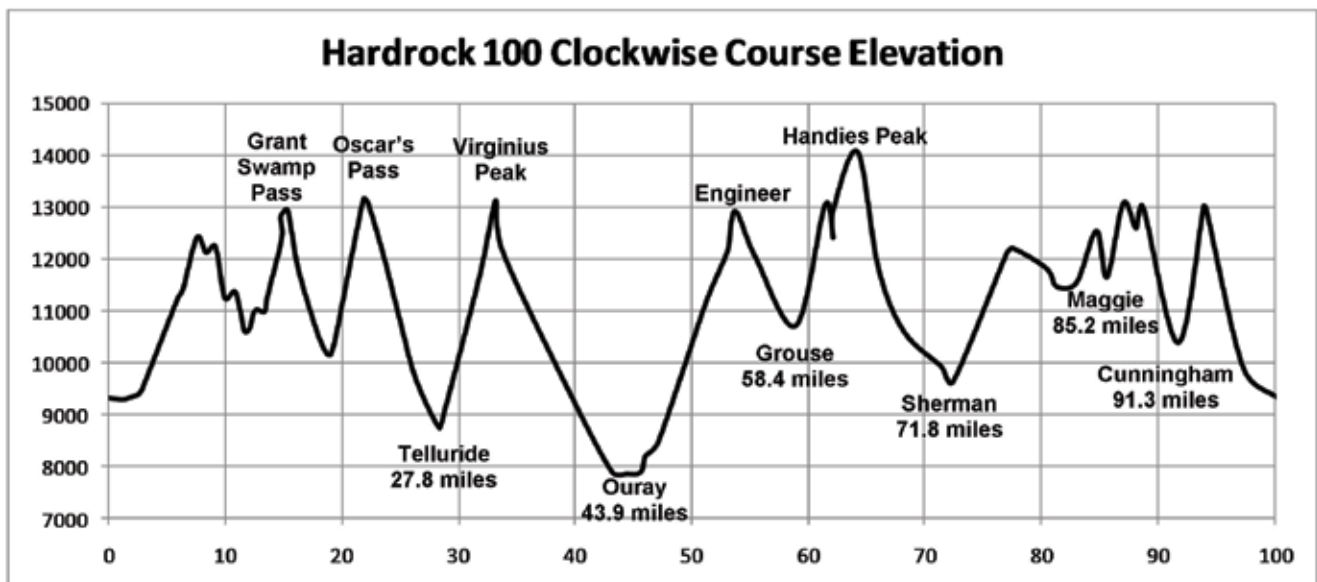
Silverton, Colorado

Stan Ferguson 42:46:09

## Hardrock 100 Report by Stan Ferguson

Late last year after the Hardrock 100 application was posted, for some reason I filled it out and submitted my entry. –Mostly just on a lark. I'd heard a fair amount of whining in recent years from people who didn't get pulled in the lottery, so maybe I thought this would give me a fair opportunity to bitch also. With one ticket and about an 8% chance (as I heard from one source) of getting pulled, it's not like I expected to run the race. Imagine my surprise when my name showed up on the list of accepted runners.

Looking at how some other runners I know had done there, I thought I had a pretty good shot at finishing under 40 hours, and possibly even close to 36. That range (which would mean finishing between 6pm and 10pm) was certainly what I hoped for--as I did not relish the idea of running during a second night. I prepared and carried a small information card with a few course notes, the maximum time I expected to be in between each aid station, and an estimated time period for arrival at each station based on splits of previous clockwise runners who finished in 38-40 hours.



I won't devote a lot of space to describing the course, but in general it could be defined as somewhere between nine and twelve significant climbs—depending on how you define a climb. Beforehand I had been trying to correlate it to Wasatch, but a better comparison might start with Leadville—if you did Hope Pass nine times instead of two, with both the ups and downs being on the steep side, with worse footing, and at least a couple of opportunities for falling to your death on each one. Oh, and with much more gorgeous views.

It should be obvious that trying to digest the whole race would be too depressing. My mental approach was that after I got to Telluride—where I would see my crew (Chrissy and our good friend Frank Ives) for the first time, there would just be three remaining “big climbs” to get to the top of Handies Peak. Some other runners had said that generally it was at that point when they knew they could finish. That would also get me into the second day. This in itself was something that required a little bit of a mental adjustment—looking forward to just making it into the day on which I hoped to finish.

For the first day and even into Grouse, at 58 miles, I came into the checkpoints towards the front end of my expected arrival times. Some second day drudgery and a few tactical mistakes had put me towards the tail end by the last few, though. I'd say my first error was going with wool socks (I won't say the brand) as I entered the first night. I've had experience getting blisters with that type of sock when running hills before, but thought that since I was primarily walking it would not be an issue—and it would be good to keep my feet warm. Unfortunately I guess the friction from hiking the steep ups and downs was essentially the same as running, as I soon lost time due to foot care. A particularly bad period of low energy between Pole Creek and Maggie Gulch, and a costly off-course error (adding 20-30 minutes) during the next section put me out of sub-40 contention for all practical purposes. My intention was to do the race without a pacer, but I had told Chrissy that if I was going to go into the second night I would like her to join me for the last section. Dragging into Cunningham (91.3 miles) at 6:45pm, she was suited up and ready to go. The last climb (2600 feet in two miles) took two hours, but that went well compared to the remaining miles. I had developed blisters underneath the calluses on my feet, and even the least friction I could manage with a slow walk yielded burning pain with each step. Running on the rock road for the several miles downhill towards Silverton did not seem worth the additional agony. Possibly the most surprising thing during my final seven mile, 3 hour and 45 minute walk to the finish is that only two more runners passed me—not that it mattered. The clock doesn't stop 'til you kiss the Hardrock. I trotted in the last block, through the nice flag-lined finish chute, paid homage to the painted four-ton Hardrock, and happily shook hands with RD Dale Garland—who I guess is on duty at the finish for about 22 hours straight. At Hardrock there are different finishing awards, but belt buckles are available for purchase. Chrissy had instructed Frank to buy one for me after I left the last aid station, so I was presented with this at the finish as a nice touch!

Miscellaneous items and recognition: I had a lot of anxiety going into the run about staying on course. Going out on the trail marking crews for four days helped in some ways, but the stated strategy of “less intense course marking” was a significant worry to me. I suspect this aspect of the race would really bother some people. Jimmy Sweatt was an enormous help in briefing me on various aspects of the event and helping me get integrated. It was heartbreaking for a bunch of people who were pulling for him when he made it to Cunningham after the cut-off time for continuing. Also, Deb and Steve Pero—who Chrissy and I had met before, were great in making me feel like part of the “Hardrock family”. Answer to the most often asked question: I don't know; we'll see.

AURA's FAB-4

Stan Ferguson – President/Web Master/UTS Administrator/(e)AURA Facilitator

Mike DuPriest –Vice President

Lou Peyton – Secretary

Charley Peyton –Treasurer/Newsletter/BS



Lock n'Load – Jimmy Sweatt and Stan ready for two days in the San Juan's



Chrissy and Stan begin the trek out of Cunningham aid station, 91.3 miles

## 2010-2011 ULTRA TRAIL SERIES

UTS Applications and current participant list can be viewed at [www.runarkansas.com](http://www.runarkansas.com)

### 2010-2011 UTS Schedule\*

#1	7-24-10	Full mOOn 50K	8:00 p.m. start. Lake Sylvia
#2	8-21-10	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park
#3	9-11-10	Bartlet Park Ultras(50K,40M,50M)	Memphis area
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-?-10	<i>TBD</i>	<i>Arrangements Incomplete</i>
#6	12-11-10	Lake Vista Trail Run	Mt Ida, Arkansas
#7.	1-8-11	Athens-Big Fork Trail Marathon	Big Fork, Arkansas
#8	2-5-11	White Rock 50K	Cass, Arkansas
#9.	2-19-11	Sylamore 50K	Allison, Arkansas
#10.	3-11/13-11	3 Days of Syllamo	Mountain View, Arkansas
#11	TBA	Big Rock Mystery Run	<i>Arrangements Incomplete</i>
#12	4-16- 11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

\* Schedule is subject to changes

### Mount Nebo Trails Run – UTS #2

Saturday, August 21st, 2010 -7:00 a.m.

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

Race contact: Tom Aspel 479-857-4527

Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks.

Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

Camping and Lodging Information:

Campsites with water and electricity - \$18; Bench trail camping with no facilities - \$6.

Cabins are also available, \$85 to \$130. Capacities from 4 to 8 people.

Contact Mt. Nebo: [mountnebo@arkansas.com](mailto:mountnebo@arkansas.com) or 1-800-264-2458 or (479) 229-3655

# Full mOOn Run Results

July 24, 2010 – Lake Sylvia

## 50K Men

1	Scott Eason	3:55:29
2	Justin Radke	4:02:36
3	Mark Riley	4:02:36
4	Po Dog Vogler	4:03:16
5	Darby Benson	4:18:24
6	Mark DenHerder	4:58:52
7	Stan Ferguson	5:01:52
8	Evan Bone	5:02:27
9	Kevin Griffith	5:03:02
10	Stan Berry	5:05:24
11	Allen Plack	5:07:33
12	James Holland	5:10:10
13	Steve Appleton	5:11:03
14	Jeff Graham	5:12:42
15	John Krillenberger	5:19:44
16	Alan Hunnicutt	5:27:00
17	Matt Kirkpatrick	5:28:14
18	Shannon McFarland	5:28:14
19	Paul Turner	5:33:26
20	Steve Preston	5:33:26
21	Gary Kowalski	5:34:50
22	Randy Ellis	5:34:50
23	Don Morgan	5:40:02
24	Joel Perez	5:40:02
25	Todd Porter	5:45:23
26	Kevin Dorsey	5:47:48
27	Andrew Graham	5:49:55
28	Jason Auer	6:00:30
29	Patrick Riley	6:02:51
30	Murry Chappelle	6:04:11
31	George Peterka	6:06:55
32	Reid Landes	6:09:21
33	Maurice Robinson	6:20:50
34	Matthew Jackson	6:22:14
35	David Reagler	6:36:42
36	Paul Schoenlaub	6:36:42
37	Robert Chandler	6:48:24
38	Mark Thonpson	6:52:40
39	Dennis Baas	6:58:14
40	Mark Roth	6:58:48

41	Herb Jarrell	7:09:20
42	Pete Ireland	7:09:59
43	Arland Blanton	7:17:09
44	Dale Cognot	7:20:40 *
45	Dale Powell	7:26:40 *
46	Russell Bennett	7:28:35
47	Sam Barnes	7:28:35
48	Patrick Barker	7:42:13
49	John McKee	7:48:10
50	Gary Ingram	7:48:10
51	Greg Bourns	7:50:01 *
52	Kyle Heflin	8:01:47
53	Bill Brass	8:20:40 *
54	Jay Miller	9:02:05 *

## 50K Women

1	Leah Thorvilson	3:55:29!
2	Veronica Battaglia	5:13:40
3	Alison Jumper	5:40:02
4	Kimmy Riley	6:04:00
5	Jamie Huneycutt	6:17:31
6	Katie Helms	6:20:05
7	Karen Hayes	6:30:48
8	Chrissy Ferguson	6:36:42
9	Hillary Looney	6:41:22
10	Jodi Magnetti	6:48:24
11	Tammy Walther	6:58:54
12	Judy Massingill	7:25:24
13	Christina Grisham	8:20:26 *

! – New Female Course Record

## 25K Men

1	Will Taggart	1:57:00
2	Carter Whitt	2:00:00
3	Mike Whitt	2:05:21
4	Scott Sander	2:15:34
5	David Joseph	2:19:30
6	Ken Barton	2:22:30
7	Justin Morden	2:23:40



8	Jel Bramlett	2:23:41
9	David McCormick	2:24:47
10	Malcolm Smith	2:28:00
11	Chad Yocum	2:32:27
12	Brandon Prichard	2:33:45
13	Brent Nguyen	2:40:16
14	Cameron Hardwick	2:43:11
15	Austin Chathey	2:43:26
16	Guy Patteson	2:43:48
17	Robert Williamson	2:43:50
18	Lovemore Gororo	2:45:31
19	Dane Justice	2:45:52
20	Don Pucik	2:48:58
21	Michael DuPriest	2:49:24
22	Chris Black	2:49:30
23	Carl Henneberg	2:51:16
24	Scott Smith	2:53:40
25	Matthew Bell	2:53:41
26	Stephen Harrison	2:54:09
27	Joe Milligan	2:57:29
28	Jim Sweatt	2:59:05
29	Brad Rodgers	2:59:27
30	Drew Tangren	3:02:05
31	Andy Janssen	3:02:05 *
32	Zach Godwin	3:05:08
33	Gary Speas	3:08:46
34	John Hazen	3:09:26
35	John Block	3:09:31
36	Ron McCafferty	3:10:41
37	Ryan Cook	3:10:42
38	Cody Johnston	3:11:36
39	Chris Cauthen	3:13:40
40	Earl Simpson	3:13:42
41	Tom Singleton	3:14:00
42	David Meroney	3:16:05
43	Colin Fultz	3:18:56
44	Jim Jones	3:18:56
45	Blake Talbot	3:21:45
46	Roger Williams	3:15:00
47	Michael Erwin	3:24:14
48	Ron Gimblet	3:27:01
49	RC Fason	3:32:35
50	Bruce Simmons	3:35:55
51	Dan Belanger	3:45:15
52	Phil Brown	4:06:09 *
53	Johnny Mitchum	4:40:00 *

**25K Women**

1	Jen Freilino	2:28:06
2	Rosie Aguliar	2:30:00
3	Deb Baker	2:33:46
4	Debbie Lashley	2:49:14
5	Tina Coutu	2:50:28
6	LaRhonda Apata	2:59:26
7	Marlene McCormick	3:05:07
8	Chris Bettis	3:14:01
9	Lynn Wooley	3:21:16
10	Charity Ashworth	3:21:17
11	Michelle Trevino	3:21:46
12	Shirley Hyman	3:22:04
13	Cheryl Hicks	3:25:20
14	Kim Whasburn	3:25:21
15	Marie Gardner	3:26:00 *
16	Cindy Schoenlaub	3:29:32
17	Adiel Looney	3:33:00
18	Patty Groth	3:45:30
19	Carrie DuPriest	3:45:55
20	Rhonda Ferguson	3:46:00
21	Robin Ballheimer	3:50:51 *
22	Dottie Rea	3:50:51 *
23	Becky Humes	3:53:15
24	Leah Pearce	3:53:16
25	Misty Brown	4:06:09 *
26	Elaine Gimblet	4:34:30 *
27	Donna Duerr	4:34:30 *
28	Becky Mitchum	4:40:00 *

\* - denotes early starter

**Other Distances**

Bob Hayes	1:50:00	7 miles
Linda Fason	2:17:30	7 miles
Frances Barger	2:17:30	7 miles
Hobbit Singleton	2:32:00	7.42 miles
Mike Metzler	2:32:00	7.42 miles
Frank Massingill	4:46:33	19.4 miles
Lisa Gunnoe	6:30:22	21.8 miles
Deanna Siria	4:50:30	23-ish miles
Dianne Seager	7:08:00	29.5 miles
Kim Johnson	Unknown	Buncha miles
Trina Bright	Unknown	Buncha miles

**(e)AURA Bonus Photo**

Stan congratulates 2009-2010 UTS Masters King of the Trail - Mark DenHerder

**UTS Continued****UTS #3 –Bartlet Park Ultras – 50k, 40 Mile and 50 Mile**

September 11, 2010- Memphis, Tennessee area

Application and information online at [www.runarkansas.com](http://www.runarkansas.com) and link to Bartlet Park Ultras.

Entry fee escalates to \$40.00 on August 16th

**Ultra Corner Continued****Hot Flash!*****FANS 24 and 12 Hour Run***

June 5 and 6th, 2010

Minneapolis, Minnesota

6th Place	Jamie Huneycutt	104.19 Miles	24 Hour Run	90 entered
27th place	Jay Huneycutt	45.48 miles	12 Hour Run	44 entered

From the AURA Secretary: The AURA welcomes five new members this month. Steve Appleton (Little Rock), Jason Auer (Fayetteville), James Kielma (Malvern), Joe Milligan (North Little Rock), and Don Preston (Bigelow).

22nd Edition: Number Seven  
 The AURA – The Land of Opportunity.  
 A Member of the Road Runners Club of America

**It is finished!**