

UTS # 9 – White Rock 50 Km
February 6th, 2010 – 9:00 a.m.
Cass, Arkansas

THE (e)ARKANSAS ULTRA RUNNER

February 2010 – The Hope for Spring Edition

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



The Big Shot's Paper Trail

AURA Potluck/Meeting

February 28th, 2010 – 4:00 p.m.

Broadmore Subdivision Clubhouse at 19 ½ Belmont Drive, Little Rock

With regards to the Potluck there are several approaches that we can do. If your last name begins with A thru O, consider desserts or hors d'oeuvres; P thru Z, a casserole dish. But, if you wish, bring whatever you do best. The AURA will provide napkins, plates, flatware and drinks. If you would prefer something stronger to sip on, please be my guest. Following the meal, Stan will convene our meeting with the election of officers and other topics of discussion pertaining to our club. It is always great to get AURA members and guest together. I hope to see you there.

Directions: South on University Avenue to 21st street. Turn right at the light onto Broadmore Drive. Go a short distance (1/4 mile +/-) and turn left onto Belmont Drive. 19 ½ will be on the left and the Clubhouse is down a sidewalk near the lake.

Applications for the Ouachita Trail 50 Mile/50K and the Arkansas Traveller 100 Miler are out. There is an application for the OT50 in this newsletter. This year, if you wish to, you can go to the AURA website <www.runarkansas.com> and register online.

One must always be on guard for misprints attributed to the BS. In last month's Hardcopy, it was misprinted that that the Sylamore 50 K was on February 21st, a Sunday. This was incorrect and the BS tried to correct all of the newsletters manually before mailing. He was able to get the (e)AUR in time. So to all of you "nit-pickers", who thrive on my mistakes, the correct date of the 2010 Sylamore 50/25 Km is Saturday, February 20th.

Speaking of this *Newsletter*, the BS was caught trying to slip in an article and photos into the (e)AUR that were not included in the hardcopy. So the question has come up: *Are the (e)AUR and the hardcopy the same thing?* The answer is, "sometimes they are". Due to financial constraints last month, I felt it necessary to hold off putting out three bulbous newsletters in a row. So January's newsletter was the standard length issue. 9 ½ pages of print. However, since the (e) version does not have to have space for the address label, etc, that opened a ½ page for a photo. But since I had three photos, who would notice? Then an article on the Ozark Trail 100 came in and, "Walla", there goes the ball game. So bottom line- One of the topics of the AURA meeting to be discussed will be under what circumstances do the two newsletters differ.

The AURA welcomes five new members this month: applications for Nancy Collins, Celia Storey, Hillary Looney and Lynette Watts of Little Rock and Jake Anderson of Jonesboro have been accepted and their numbers have been awarded. Welcome to the world of *Ultra* running.

Paper Trails received an email from AURA brother, Steve Kirk. Steve and wife, Liz, are looking for all who want to volunteer to help them with the 3 Days of Syllamo, March 12-14 and, also, the 24 Hours of Syllamo Mountain Bike Race on April 10th. The 3 Days of Syllamo which is UTS #11 this year is where most volunteers are needed. Contact Steve through the 3 Days of Syllamo website which is www.3daysofsyllamo.org

Confidential to AURA #232 –To ask what the meaning of one’s number is like asking about the meaning of life. Due to a technical problem, the BS is unable to supply you with that information. It is in the computer some place and my goal this month is to find it. In the mean time you can think of it as a “big bang” thing.

In the Service of Truth-**BS**

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
11-14-09	UTS#5	Gulpha Gorge Challenge(17.2 miles)
12-05-09	UTS#6	Lake Ouachita Vista Trail Run
1-2-10	UTS#7	Athens-Big Fork Trail Maeathon
1-17-10	UTS#8	Swampstomper
2-6-10	UTS #9	White Rock Classic 50K
2-20-10	UTS# 10	Sylamore Trail 50K
3-12/14-10	UTS #11	3daysofsyllamo
3-27-10	UTS #12	Big Rock Mystery Run – Fun Run
4-17-10	UTS #13	Ouachita Trail 50M/50K(UTS both events)

Important Notices/Reminders

UTS #9, The White Rock Classic 50K February 6th, 2010. 9:00 a.m. start time. I-40 to Ozark exit #35. Turn onto Hwy 23 and 13 miles north to Cass, Arkansas. Sign your waiver at the Turner Bend Grocery Store at the Mulberry River. More details at www.runarkansas.com and link to the Ultra Trail Series.

UTS #10-The Sylamore 25 and 50 K. February 20th. 7:00 a.m. start from the Anglers Motel at Allison, Arkansas. Complete information plus application from the Sylamore 50 Km website www.Sylamore50K.com

In case of *Winter Storm Warnings* and /or unsafe driving conditions, always check your email or www.runarkansas.com for word on cancellations or rescheduling information.

UTS #7 – Athens-Bog Fork Trail Marathon (and Blaylock Creek 17 –mile Fun Run)

January 2nd, 2010
Ouachita National Forest
Big Fork, Arkansas

Marathon (UTS Race #7)

OVERALL MALE

1	Tom Brennan	38	4:26:30**
2	Josh Snyder	27	4:50:33
3	Jeffrey Shaw	40	4:51:47
4	Darby Benson	38	5:00:03
5	Steve McBee	44	5:00:03
6	Stan Ferguson	46	5:13:14
7	Ben Yates	35	5:20
8	Paul Turner	46	5:22:10
9	Tim Norwood	31	5:23:55
10	Chris Block	29	5:31
11	Paul Shoenlaub	50	5:28:07
12	Mike Rush	33	5:35
13	David Wilgus	38	5:44:12
14	Bill Richardson	49	5:44:28
15	Mark Denherder	45	6:00:37
16	Stuart Johnson	50	6:13:52
17	Randy Ellis	57	6:19:55
18	Ken Barton	51	6:32:22
19	Murray Chappelle		6:35:32
20	Bill James	40	6:40
21	Dave Salavitch	47	6:41
22	Peter Hudec	39	6:42
23	Rich Brown	48	6:56:19
24	Jimmy Sweatt	54	7:02:48
25	George Peterka	49	7:04:35
26	Steve Harrelson	35	7:04:59
27	Adam Moore	35	7:10
28	Jason McGinnis	28	7:10
29	Tom Lane	38	7:19
30	Mike Bonnette	49	7:31:53
31	Larry Wagner	47	7:34
32	John Jackson	19	7:39
33	Matthew Jackson	32	7:39
34	Herb Jarrell	65	7:56
35	Cliff Ferren	54	8:12:38
36	Pete Ireland	69	8:14:05
37	James Silverstone	51	8:37:45
38	Johnny Eagles		8:58
39	Greg Bourn		8:59:46
40	Ken Childress	50	9:48:06

** New Course Record

OVERALL FEMALE

1	Shirley Hyman	42	6:53
2	Zabrina Medigovich	31	7:18
3	Lisa Kedzu-McGinis	32	9:48:06

Blaylock Creek 17-Mile Trail Run

OVERALL MALE

1	Chad Yocum	34	3:55
2	Reid Landes	38	3:57:28
3	Israel Holby	30	4:13
4	Drew Tangrey	29	4:14
5	AJ Johnson	41	4:22
6	Zach Howard	28	4:26
7	John Stanfield	25	4:26:45
8	Scott White	38	4:28:13
9	Jeff Genova	41	5:12:39
10	David Samuel	66	6:25:06

OVERALL FEMALE

1	Amy Johnson	38	4:22
2	Diane Seager	53	5:12

OTHER PARTICIPANTS

Courtney Tull	20	40:23	5.2 Miles
Lisa Gunnoe	43	2:01:36	6.16 Miles
Tom Aspel	54	2:01:36	7 Miles
Bruce Hubbard	50	2:40:48	10 Miles
Sandy Tull	40	3:17	11.4 Miles
Kandis VanRavensway	40	3:17	11.4 Miles
Mallory McCormick	22	3:42	11.4 Miles
Joan Howard	44	2:36	8.5 Miles

Johnny Eagles –Mile 8 Blaylock Creek



AURA's Randy Ellis pauses at BC Aid Station



Athens-Big Fork Class of 2010



Photo Below: AURA sister Shirley Hyman at the Blaylock Creek Concession Stand. Shirley was 1st Female at A-BF/26.2 as well as 1st Female at UTS #6, the LOViT Trail Marathon in December.



Swampstomper Results

Millington, TN
January 17, Trails

50K (32.6 miles) - UTS Race #8

Place	Name	Time
1	Justin Day	5:29:55
2	Leo Warmuth	6:02:18
3	Evan Bone	6:21:00
4	Don Frichtl	6:24:17
5	Ellen Erhardt	6:24:18
6	James Holland	6:37:40
7	Les Jones	6:47:57
8	Rob Conner	6:58:31
9	Kevin Leathers	7:10:41
10	Gary Kowalski	7:28:42
11	David Adair	7:29:06
12	Richard King	7:34:42
13	Theresa Kissane	7:36:45
14	John Guyer	7:44:24
15	John Phillips	7:59:20
16	Frazer Gieselmann	7:59:42
	Jeff Mize	7:59:42
18	Steve Giles	8:07:14
19	Richard Murphy	8:15:23
20	Alexis Giannini	8:27:40
	Emily Hoffman	8:27:40
22	Amy Young	8:29:37
23	Christian Espinosa	8:32:04
24	Jen Barker	9:48:57

25K (16.3 miles)

Place	Name	Time
1	Clark Butcher	2:15:58
2	Andrew Oberst	2:26:45
3	Billy Simpson	2:30:38
4	Chris Byron	2:38:02
5	John Bradley	2:38:45
6	Laureen Coffelt	2:39:21
7	Brad Holliday	2:44:07
8	Fabien Llambi	2:45:02
9	Beau Mooneyham	2:45:56
10	Brenda Walton	2:52:35
11	John McCann	2:55:59
12	Dathan Atchison	2:56:22
13	Kendall Combs	2:56:25
14	Rachel Randall	2:57:15
	James Hook	2:57:15
16	George Brewton	2:57:46
17	Nathan Peak	2:57:53
18	Ian Wallinger	2:57:54
	Jacob Jones	3:04:39
20	John Jones	3:04:39
	Aaron Cassat	3:05:07
22	Bilo Bautista	3:06:43
23	Robert Hoehn	3:06:49
	Maria Williams	3:06:49
25	Heather Walpole	3:12:56
26	Jarrett Kinder	3:13:55

27	Kevin Wright	3:17:18
	Stephanie Wright	3:17:18
29	Rick Eddleman	3:24:36
30	Thomas Diebold	3:25:54
31	Diane Diebold	3:26:03
32	Jim Demere	3:27:47
33	Kurt Galbraith	3:28:29
34	Josh Spickler	3:31:44
35	Benay Arwine	3:32:16
36	Cynthia Bradley	3:33:20
37	Caleb Schmitt	3:33:58
38	Charles Trotter	3:34:32
39	Jacob Schmitt	3:35:25
40	J.R. Deal	3:35:41
41	Robert Thompson	3:39:51
42	Ashley Parker	3:40:29
	Ashley Hubbard	3:40:29
44	Shayne Smith	3:40:59
45	Alec Croegaert	3:41:11
46	Jared Coomes	3:41:22
47	Christopher Dillon	3:43:35
48	Lindsay Spangler	3:44:49
	Tony Suttle	3:44:49
50	Tom McCann	3:46:21
	Eva Rehkopf	3:46:21
	Sandra Wahlquist	3:46:21
53	Trenton Christian	3:46:48
54	Jay Ruby	3:48:11
	Terri Ruby	3:48:11
56	Nona Kaplan	3:49:56
	Suzanne Whitehead	3:49:56
58	Barbara Blum	3:52:12
59	Jennifer Gately	3:52:27
60	Jeff Shepherd	3:54:40
61	Darrin Croegaert	3:57:20
62	Shiva Santosh	3:58:37
63	Cliff Jacobs	3:59:27
64	Andy Oglesby	4:04:27
	Larry Brower	4:04:27
66	Laura Barnett	4:08:04
67	Pamela Scheidhauer	4:17:49
68	Laura Jaggar	4:19:09
69	Yvonne Rippee	4:22:47
70	Holly Hensarling	4:27:04
71	Tripper Robinson	4:35:13
72	Lisa Warmuth	4:38:37
73	Tina Trotter	4:41:43
74	David Lomax	4:42:29
75	Vicki Prince	4:43:48
76	Tracy Banks	4:46:17
77	Stacey Hyde	4:51:54
	Robert Hyde	4:51:54
79	Celeste Pryor	5:04:36
80	Alex Alpe	5:31:10
	Melanie Dakin	5:31:10
	Julie Faulkner	5:31:10
	Don Smith	5:31:10
84	Dimitri Randall	5:33:46

Ultra Trail Series Standings - After Eight Events

Open Division

Men

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Mark DenHerder	44	7	53	39	92	15	41	32		279
2	Murry Chappelle	50	46	53	27	59.5	12	13	13		223.5
3	Darby Benson	39			67		68		66		201
4	Paul Turner	46			45	59.5		52	44		200.5
5	PoDog Vogler	43			56	108		35			199
6	Thomas Chapin	31				31	40	63			134
7	Jamie Anderson	36	68				57				125
8	George Peterka	49	15	31		45	9	17	7		124
9	Rich Brown	47				78	34		10		122
10	Ken Barton	50	40		17		18	29	16		120
11	Guy Patteson	49	12	42	14	37	8				113
12	Stan Ferguson	45					46		55		101
13	Paul Schoenlaub	50	57						38		95
14	Johnny Eagles	57	6	52	5			4	3		70
15	Jacob Wells	40		42	21						63
16	Tim Harrington	39		31	6			23			60
17	Randy Ellis	57	34						20		54
18	James Holland	32								51	51
19	Stuart Johnson	50	22						26		48
20	Cliff Sanders	59		41							41
21	Tom Aspel	54			33						33
22	Alan Hunnicutt	55			11		22				33
23	Maurice Robinson	67	28								28
24	Joshua Bornhorst	34					28				28
25	Mike Samuelson	43	18								18
26	Greg Bourns	69	4		4		4	3	2		17
27	Pete Ireland	69			3			10	4		17
28	Phillip Hall	41	8		8						16
29	Mike Burnham	41			7		6				13
30	Phil Brown	42	5					7			12
31	Dennis Baas	63	9								9
32	Bill Brass	69	2		2		3	2			9
33	Michael DuPriest	53					7				7
34	Mike Bonnette	48							6		6
35	Cliff Ferren	53							5		5
36	Gary Speas	56					5				5
37	Alston Jennings	61	3								3
38	Bob McKinney	66					2				2

Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Shirley Hyman	41	28		55		38	54	51		226
2	Eunika Rogers	38	59	54			32	43			188
3	Kim Johnson	40	19	43	33		26	32			153
4	Chrissy Ferguson	48				102	10				112
5	Teresa Cox	48	48		44						92
6	Debbie Lashley	49	28				60				88
7	Tammy Walther	38				86					86
8	Dianne Seager	52					49	26			75
9	Lisa Gunnoe	43		26	27						53
10	Hilde Haynes	66	9	32							41
11	Blair Dean	39	37								37
12	Ann Moore	68	6		21		4				31
13	Rhonda Ferguson	54					20				20
14	Rosemary Rogers	61	13				7				20
15	Carrie DuPriest	52					14				14

Masters Division**Men**

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Mark DenHerder	44	7	52	43	91	30	50	37		310
2	Murry Chappelle	50	56	53	31	58.5	24	21	15		258.5
3	Paul Turner	46			54	58.5		61	54		227.5
4	PoDog Vogler	43			65	107		39			211
5	Ken Barton	50	45		19		36	33	19		152
6	George Peterka	49	17	31		44	18	27	9		146
7	Rich Brown	47				77	53		12		142
8	Stan Ferguson	45					64		65		129
9	Guy Patteson	49	14	42	15	36	14				121
10	Paul Schoenlaub	50	67						43		110
11	Johnny Eagles	57	6	52	5			8	3		74
12	Jacob Wells	40		41	25						66
13	Randy Ellis	57	39						25		64
14	Stuart Johnson	50	27						31		58
15	Alan Hunnicutt	55			12		42				54
16	Cliff Sanders	59		41							41
17	Tom Aspel	54			37						37
18	Maurice Robinson	67	33								33
19	Pete Ireland	69			3			15	4		22
20	Mike Samuelson	43	21								21
21	Greg Bourns	69	4		4		4	5	2		19
22	Phillip Hall	41	8		9						17
23	Phil Brown	42	5					11			16
24	Mike Burnham	41			6		8				14
25	Dennis Baas	63	11								11
26	Michael DuPriest	53					11				11
27	Bill Brass	69	2		2		3	2			9
28	Mike Bonnette	48							6		6
29	Cliff Ferren	53							5		5
30	Gary Speas	56					5				5
31	Alston Jennings	61	3								3
32	Bob McKinney	66					2				2

Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Shirley Hyman	41	40.5		55		37	53	51		236.5
2	Kim Johnson	40	29	53	33		31	42			188
3	Chrissy Ferguson	48				101	13				114
4	Teresa Cox	48	57		44						101
5	Debbie Lashley	49	40.5				59				99.5
6	Dianne Seager	52					48	31			79
7	Hilde Haynes	66	17	42							59
8	Lisa Gunnoe	43		31	27						58
9	Ann Moore	68	11		21		6				38
10	Rosemary Rogers	61	23				9				32
11	Rhonda Ferguson	54					25				25
12	Carrie DuPriest	52					19				1

Senior Division**Men**

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Murry Chappelle	50	50	51	47	101	36	45	25		355
2	Ken Barton	50	39		36		47	56	31		209
3	Johnny Eagles	57	11	52	24			28	9		124
4	Paul Schoenlaub	50	61						59		120
5	Alan Hunnicutt	55			30		58				88
6	Greg Bourns	69	8		18		18	22	6		72
7	Randy Ellis	57	33						37		70
8	Stuart Johnson	50	21						48		69

9	Pete Ireland	69			12		34	13		59
10	Tom Aspel	54			58					58
11	Cliff Sanders	59		41						41
12	Bill Brass	69	2		8		12	16		38
13	Michael DuPriest	53					30			30
14	Maurice Robinson	67	27							27
15	Gary Speas	56					24			24
16	Cliff Ferren	53						19		19
17	Dennis Baas	63	15							15
18	Bob McKinney	66					8			8
19	Alston Jennings	61	5							5

Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Dianne Seager	52					55	51			106
2	Ann Moore	68	31		51		21				103
3	Hilde Haynes	66	42	51							93
4	Rosemary Rogers	61	53				27				80
5	Rhonda Ferguson	54					44				44
6	Carrie DuPriest	52					33				33

Super Senior Division

Men

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Greg Bourns	69	33		53		53	42	41		222
2	Pete Ireland	69			42			53	52		147
3	Bill Brass	69	21		31		42	31			125
4	Maurice Robinson	67	55								55
5	Dennis Baas	63	44								44
6	Bob McKinney	66					31				31
7	Alston Jennings	61	27								27

Women

Rank	Name	Age	Midnt	Bartlett	Nebo	AT100	GGorge	LOViT	ABF	Swamp	Total
1	Ann Moore	68	31		51		41				123
2	Rosemary Rogers	61	53				52				105
3	Hilde Haynes	66	42	51							93

UTS Miles

UTS Miles are earned by completing or volunteering at UTS events. Those participants racking up 300 miles or more in the 2009-2010 series will earn "High Mileage Club" status and a special award.

Name	Total	PoDog Vogler	140	Gary Speas	67
Murry Chappelle	264	Johnny Eagles	137	Randy Ellis	57
George Peterka	250	Alston Jennings	131	Jamie Anderson	48
Mark DenHerder	245	Maurice Robinson	131	Debbie Lashley	48
Kim Johnson	219	Carrie DuPriest	117	Teresa Cox	45
Mike Samuelson	213	Michael DuPriest	117	Lisa Gunnoe	45
Guy Patteson	212	Chrissy Ferguson	117	Phillip Hall	45
Bill Brass	188	Bob McKinney	117	Cliff Sanders	40
Pete Ireland	183	Ken Barton	114	James Holland	32
Stan Ferguson	174	Greg Bourns	114	Dennis Baas	31
Thomas Chapin	174	Shirley Hyman	114	Blair Dean	31
Dianne Seager	174	Eunika Rogers	105	Alan Hunnicutt	31
Paul Turner	166	Patty Groth	100	Mike Burnham	31
Ann Moore	162	Lou Peyton	100	Cliff Ferren	26
Phil Brown	157	Dottie Rea	100	Mike Bonnette	26
Stuart Johnson	157	Tammy Walther	100	Joshua Bornhorst	17
Paul Schoenlaub	157	Hilde Haynes	94	Tom Aspel	14
Rhonda Ferguson	148	Darby Benson	88		
Rosemary Rogers	148	Jacob Wells	76		
Rich Brown	143	Tim Harrington	71		



20th Annual Ouachita Trail 50 Mile and 50K

April 17, 2010, 6:00 AM

Maumelle Park, Little Rock, Arkansas

Presented by the Arkansas Ultra Running Association
Proceeds benefiting Partners For Pinnacle

Course: A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

Trail: The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of Pinnacle Mountain trails will be utilized on the "out" section only.

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carry a bottle. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

Awards: Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races.

Entry fee: \$55 if post marked by April 5th. \$70 thereafter. Please make check payable to Arkansas Traveller 100.

NO REFUNDS. NO RACE DAY ENTRY.

Mail entry to: Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

For more information visit website: www.RunArkansas.com; e-mail: OT50@RunArkansas.com; phone: 501-329-6688

Ouachita Trail 50 Mile/50K - Official Entry Form

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-mail _____ Age on 4/17/2010 _____ (Minimum age is 18)

Gender _____ Shirt size (Short sleeve technical shirt, XS/S/M/L/XL/XXL): _____

Please check event: 50 Mile 50K (Note: You may change from 50 Mile to 50K during the race)

Race Waiver

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race director and workers, Arkansas Ultra Running Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable.

Signature _____ Date _____

ULTRA CORNER

Report your ultra finishes to chrlypytn@gmail.com

Bandera 50Km

January 9th, 2010

Bandera, Texas

99th Laura Earley (AURA) 7:04:41

101st Stephanie Stewart 7:04:59

172 finishers, 179 starters

AURA MEMBERS IT'S TIME FOR A ROAD TRIP!!



Lean Horse 100 mile, 50 mile and 50Km

August 28 & 29, 2010

HOT SPRINGS, SOUTH DAKOTA

Minimal elevation change... High finish rate

Beautiful scenery... Outstanding aid stations

Cool belt buckles... Fast course

Come join us... you'll love it!

COMPLETE EVENT INFORMATION

www.leanhorse.com

RACE DIRECTOR – JERRY DUNN

leanhorse@rushmore.com 605-641-3534

MESSAGE FROM THE 1st Lady

Hey Girls,

I would like to invite all of you to join our AURA Women's Grand Prix team in 2010! Some of you ran for our team last year (Great Job), we would like to invite you back and recruit as many women for this year's team as possible (Ask your friends to be a part of our team too)! I know..... I know what you are thinking - I do long distance running NOT 5/10km's! What's a better way to improve your speed and hang out with a whole bunch of good friends on a couple of Saturday's during the year??

Commonly asked questions:

- Why would you want me, I'm not that fast?

Speed doesn't matter; what matters is having 3 women complete each race to score points and **MOST of ALL HAVING FUN WITH YOUR FELLOW TEAM MATES...**

- What do I have to do to sign up on the AURA team?

1st you must be an AURA member.

2nd you must sign up for the Grand Prix by going to <http://www.arkrrca.com/> and submit your application.

- Do I have to run all the races or can I run just what I want?

You may run as many or few races as you want, but the more women that sign up for our team and run, the better our chances are of scoring for each race.

- Do I have to travel to the races by myself?

When possible we will carpool. It's always more fun to have company and we'd be going GREEN!

- How many races are there in the series and when does it start?

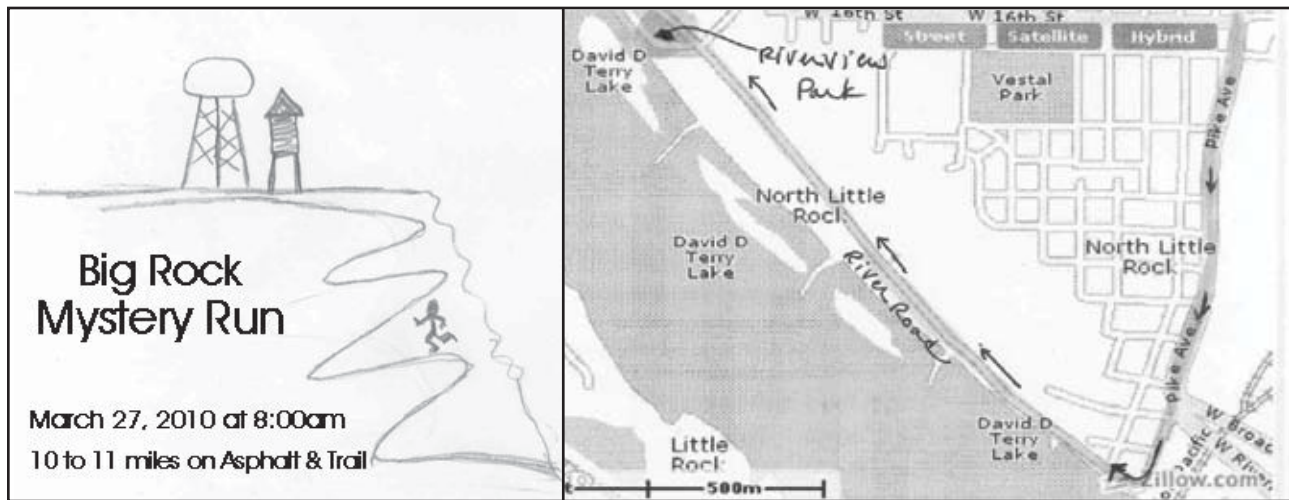
2010 Arkansas RRCA Grand Prix Races are listed below:

One Hour Track Run 1/24/10
River Trail 15K 2/06/10
 Valentine's Day 5K 2/13/10
 Run the Line Half Marathon 2/21/10
Chase Race 2M 3/13/10
Cap. City Classic 10K 4/3/10
Hogeye Marathon 4/11/10
 Spring Fling 5K 4/21/10
 Toad Suck 10K 5/1/10
Rock Run 8K 5/29/10
 Brickfest 5K 6/26/10
 Dam Night Run 5K 7/31/10
White River 4 Miler 8/7/10
 Watermelon 5K 8/14/10
ARK Riverfront 5K 9/4/10
 Arkansas 20K 9/18/10
 Sara Low 5K 9/11/10
Chile Pepper 10K 10/16/10
Soaring Wings Half Marathon 10/23/10
 Spa 10K 11/20/10

We look forward to having you on our team in 2010, AURA GIRLS RULE!!!

Chrissy Ferguson
501-472-9162

stanchrissy@earthlink.net



Directions:

- I40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road
- Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

Editor's Last Word

Gentle Reader – Gentle Reader – When your renewal date approaches, your AURA secretary will send you a friendly reminder. In order to renew, you have two options: 1. Download an application from the AURA website or 2. Send your check and the secretary will update your application already on file. If there is no response after the 2nd notice, the BS will send you an application via mail. Then it is “curtains”.

AURA Bumper Stickers are still available. Send \$2.00. AURA, 41 White Oak Lane, Little Rock, Arkansas, 72227

RETREADS – Retired Runners Eating Out. Join us for the Good Life at Frankie's Cafeteria the first Wednesday of every month, 11:30 a.m. sharp! Rodney Parham Blvd, Little Rock.

22nd Edition; Number one.

The AU RA – Beginning its 22nd year! And, they said it would never last!

A member of the *Road Runners Club of America* since 2001

The End