

THE (e)ARKANSAS ULTRA RUNNER

June 2010 – The Mini Edition

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

www.RunArkansas.com

The Catsmacker Fun Run and **UTS Awards /AURA Meeting** Saturday June 12 Lake Winona Day Park

The Catsmacker Fun Run (22 miles) will start at 6:30 a. m. sharp! A shorter Kitty Run will be available. The AT100 will provide the hot dogs, chips, beans and soda after the run and before the meeting. Feel free to bring a side dish or dessert. Meeting and awards will start at noon. Don't forget your lawn chair.

Directions: Hwy 10 west to Williams junction. Left turn on Hwy 9 at the store. Go 5.5 miles to Lake Winona Road. Right turn and go 4 miles. The first two miles are blacktop; last two miles are gravel.

Rules for Lake Winona Park: (1) *Don't park on grass. If no parking slots are available when you arrive, there are additional spaces available just inside the gate off Rd 114;* (2) *Stay off levy and spillway;* (3) *No bike riding in the park except in the parking lot and drive.* (4) *Please read these rules again!*

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

Strolling Jim 40

May 1st, 2010

Wartrace, Tennessee

5th Stan Ferguson 5:28:24

49th Chrissy Ferguson 7:22:36

100 finishers

(From the AURA Stats department)

Ouachita Trail 50 Total Miles – Top 50

(Combined miles of 50-Mile and 50Km finishes)

		Sex	State	Finishes	Total Miles
1	Kimmy Riley	F	AR	14	681
2	Jim Sweatt	M	AR	12	581
3	Stan Ferguson	M	AR	11	550
4	Lou Peyton	F	AR	13	498
5	Ken Ashby	M	TX	9	450
6	Paul Schoenlaub	M	MO	9	431
7	Pete Ireland	M	AR	10	424
8	Patty Groth	F	AR	9	393
9	Dianne Seager	F	AR	8	362
10	Kenny Simpson	M	MS	10	348
11	John Stowers	M	MS	8	343
12	Paulette Brockinton	F	AR	10	329
	Gary Speas	M	AR	10	329
14	Larry Mabry	M	AR	7	312
15	Bob Marston	M	AR	8	305
16	Murry Chappelle	M	AR	6	300
	Neil Hewitt	M	AR/TX	6	300
	Mule Laster	M	AR	6	300
	Bill Maxwell	M	AR	6	300
	Nick Williams	M	AR	6	300
21	George Peterka	M	AR	7	293
	Paul Turner	M	AR	7	293
23	Jay Norman	M	TX	6	281
	Angle Orellano	F	AR	6	281
25	Carla Branch	F	AR	7	274
26	Ernie Peters	M	AR	8	267
27	Michael Heald	M	AR	6	262
28	Donna Duerr	F	AR	7	255
29	Ray Bailey	M	AR	5	250
	Dennis Fugate	M	TX/MD	5	250
31	David Caillouet	M	AR	8	248
32	Ted Bowden	M	AR	6	243
	Gayle Hoffman	F	AR	6	243
34	Barbara Bellows	F	AR	5	231
	Steve Kirk	M	AR	5	231
	Guy Patteson	M	AR	5	231
37	Mike DuPriest	M	AR	6	224
38	Bill Luton	M	TN	7	217
39	Duane Grigg	M	MO	5	212
	John Renick	M	AR	5	212
	Mike Samuelson	M	TN	5	212
42	Les Jones	M	TN	6	205
43	Steve Butler	M	TX	4	200
	Kevin Dorsey	M	TN	4	200
	Joel Guyer	M	MS	4	200
	Jack Johnson	M	TX	4	200
	Jack McDearmon	M	TX	4	200
	Maurice Robinson	M	AR	4	200
	Rene Villalobos	M	TX	4	200
	Bob Williams	M	TX	4	200

The Big Shot's Paper Trail



As we go to press, the 2010/11 Ultra Trail Series schedule is being finalized. What we do know is that the first race of the series is the Midnight (Full Moon) 25/50K which is scheduled to begin at 8:00 p.m., Saturday, July 24 The start and finish will be at the Lake Sylvia Recreation Area. I will have full details in the July newsletter.

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

MO BS!

The AURA welcomes several new members this month: Rick Carman (Fort Smith), Andi Stracner (Mayflower), Debbie Sobolewski (Greenwood), Jeff Graham (Jonesboro) and Kayce Hall of Little Rock.

BS Confidential to AURA Number 188-Your recent question, “*What are my chances of finishing the Arkansas Traveller 100?*”, is certainly a legitimate one and also timely in that we officially kick off the 2010 AT100 in this month’s newsletter by enclosing a race application. So, what are your chances of you finishing the AT100? My sincere advice to you is to follow the Big Shot Method of determining your chances of finishing the AT100 or, for that matter, any other ultra run. The BS’s method is simple and straight forward. First, find all previous results of the ultra race in question. Next, start at the number one finisher, male or female it doesn’t matter. Read that person’s name and ask yourself this question, “*Am I as good as or better than this finisher?*”. If the answer is “no”, go down to the next name on the list and so on until you find someone you think you are better than. Now, look at their time. That will be your time. But, if you look at all the results and can’t honestly say to yourself, “*I am better*”, then your chances of finishing the AT100 are “iffy” at best.

Good Luck #188 and be sure to read the Six Keys to Finish the AT100 below.

For those of you who followed the saga of the lost runner at the **3daysofsyllamo** this year, he has written an article for *Ultra Running* magazine which appeared in the latest issue. I have requested permission to use it in this newsletter but, as of yet, have not received permission to reprint it. The BS will keep trying.

RETREADS are looking for new replacements. If you consider your self retired or just tired, the ole runners meet monthly at Franke’s Cafeteria on Rodney Parham Blvd. We line up in the lobby at 11:30 a.m. for show and tell, then those who are able, sprint to the food line. Hope I get to see you there someday.

A definition: **Big Shot**-noun-A little shot that kept on shooting—Zig Zigler

Six Keys For Marginal Runners To Complete The Arkansas Traveller 100 Miler

By the Big Shot

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 BS'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 BS won't call upon you to run a Marathon, he only wants you to be able to run a marathon. 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: 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 Six - Do the following on race morning: Wear a hat; wear shoes with a lot of forefoot 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.

The AURA Fab-4
 Stan Ferguson – President
 Michael DuPriest – Vice President
 Lou Peyton – Secretary
 Charley Peyton –Treasurer/Newsletter

AURA Hot Flash!

Announcing the 2nd Annual Arkansas Idol Talent Show presented by the Arkansas Ultra Running Association and the Girls Night Out (GNO's). Great fun and entertainment await all who attend this classic end of summer get together. More details as we get closer to this event. AURA brothers and sisters, get your act together.



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 or call **501-472-9162**

-SIMON



-RANDY



-ELEN



-KARA



22nd EDITION - Number Five
The AURA – Where memories are kept alive
A Member of the Road Runners Club of America

It is finished



2010 Arkansas Traveller 100 Application

October 2-3, 6:00 AM
Lake Sylvia Recreation Area, near Perryville, Arkansas

Presented by the Arkansas Ultra Running Association
Proceeds benefiting the Williams Junction Volunteer Fire Department

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-mail _____ Wind Jacket size (XS, S, M, L, XL, XXL): _____

Date of Birth ____/____/____ Age on 10/2/2010 (Minimum age 18) _____ Gender _____

Previous Ultra Experience? _____ Anticipated AT100 finish time: _____

Is this your first 100-mile attempt? _____ Please list any previous years you completed the AT100 _____

If applicable, please describe what kind of camping you will be doing at Lake Sylvia (RV, tent, etc.): _____

List any medical conditions we should know of _____

Are you taking any prescription drugs? Please list: _____

Please provide a contact (name and phone number) in case of an emergency _____

There will be a free spaghetti dinner Oct 2nd for the runner and one guest. Please include \$5.00 fee for each additional guest.

Entry Fee \$ _____ (\$150 if postmarked or received by July 1; \$165 until Sept 1; \$180 thereafter)

____ X \$5.00 = \$ _____ for additional spaghetti dinner

Total \$ _____ **No entries accepted after September 20 postmark**

Entry limit: 150

Send application and entry fee (check payable to Arkansas Traveller 100) to:

Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

Registration fee is 100% refundable until July 1st, 2/3 refundable until September 1; 1/3 until September 20

For additional information, visit the Arkansas Traveller 100 website: <http://www.runarkansas.com>

e-mail: AT100@RunArkansas.com or phone 501-329-6688

Race Waiver - PLEASE READ – This entry contains limitations of your legal rights.

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 directors and workers, Arkansas Ultra Running Association, U.S. Forest Service, 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 grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable after September 20, 2010.

Signature _____ Date _____