

2010 Arkansas Traveller 100 Miler

10(Peyton) + 10(Ferguson) = 20(AT100)

ALL ABOARD!

THE (e)ARKANSAS ULTRA RUNNER

September / October 2010 - The Hope Lives Edition

The Newsletter For Members of the Arkansas Ultra Running Association

Website www.RunArkansas.com

AURA Forum/Message Board –ARKRRCA.COM



The Big Shot's Paper Trail

Two of the BS's favorite activities are now in the bagster. The *AURA/GNO Talent Show* and the *Heart of the Traveller Training Runs* lived up to all of my expectations. Already I am looking forward to next year. *I guess that pretty well sums up what kind of life I have.*

One of the things that I have been wanting to tell you about is that on the AURA web site is a listing of other Ultra races around the country. Because of limited spacing in the Hard Copy, I have not listed many of the runs in the surrounding states. For instance, I have not brought up the Mississippi 50 or even the Strolling Jim 40. Two great runs that deserve your attention. To keep up with Ultras in our neighborhood go to www.runarkansas.com and scroll down to the last topic: ***Ultra Trail Series Runs and other Events***. Here you will find all of the race information you will ever need.

The AURA welcomes six new members this month: Veronica Battaglia, Jenny Weatter, Michael Harmon, Malcolm Smith, Alan Hunnicutt and Andrew Graham.

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.



Bob Hayes (left) and Lloyd Moore collaborate on a vocal arrangement at the AURA/GNO Talent Show



AURA brothers, Patrick Barker (left) and Jimmy Sweatt at the Pumpkin Patch Aid Station during the Heart O' Traveller Training Runs. Both are entered in the 2010 AT100.

Etiquette Lesson Number Four – Gloating!

Lesson four in the continuing series –AURA Etiquette

Mr. Manners would like to approach a sensitive subject about which he has taken note of at recent ultramarathons. Our subject is: Gloating after and Ultra Marathon. Although it is natural to be pleased with one's performance, to exclaim so could be taken as prideful and boastful to other finishers. Mr. Manners would like to offer examples of things to say about one's self as well as one's competition immediately following the race. Keep in mind that every participant looks at the results; every participant will know you won, or had a PR. Exclaiming how good and fast one was will not help a struggling brother or sister and could brew animosity. Instead, Mr. Manners suggests the following tact in dealing with your victory. Phrases like "I felt good today" or "I had a good day" are disarming to your competition. Complimenting them will endear them to you. Consider the following, "when we passed, you were really looking strong or good" or maybe "I was lucky to hold on".

Mr. Manners urges you to be humble in victory and save any gloating to the confines of ones closest confidants. Doing so, you bring honor to one's self, and, the AURA. As an aside, if your feat is so noteworthy, others will do the gloating for you!

** - These topics represent only the opinion of the BS. Next month Mr Manners hopes to address the topic of--- DNF'ing.*

RETREADS – Retired Runners Eating Out meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham, 11:30 am. Wear an old race shirt to identify yourself.

LATE BREAKING AURA HOT-FLASH!!!-Per conversation with Steve Kirk, the Race Director of the 2010 Syllamo 100 Miler, "Due to limited participation, the race has been cancelled." Further comments will be reserved to Steve.

ULTRA CORNER

Report your ultra finishes to chrlypytn@gmail.com. Race reports are always welcome.

2010 FANS 12/24 Hour Runs

Lake Nokomis, Minnesota
June 5/6, 2010

12 Hour

27th Jay Huneycutt 45.49 miles (44 entered)

24 Hour

6th Jamie Hunneycutt 104.19 miles (90 entered)

Midnight Madness 50 Miler

Tulsa, Oklahoma
July 3, 2010

AURA Members(Boyz)

6th	Kevin Dorsey	8:54:53
12th	Mark Denherder	9:53:09
16th	Randy Ellis	9:57:02
22nd	Mike Samuelson	10:21:02
42nd	Jason Thomas	10:57:52
65th	Phillip Hall	11:51:14
66th	Don Preston	11:57:01

95 finishers

AURA Members(Girlz)

6th	Jamie Huneycutt	10:13:19
7th	Tammie Walther	10:14:09
11th	Hillary Looney	10:41:07

35 finishers

Tahoe Rim Trail 100

Carson City, NV
July 17, 2010

12th	Jamie Anderson	25:30:54
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Leadville Trail 100

Leadville, CO
August 21, 2010

18th	Paul Schoenlaub	21:38:15
64th	PoDog Vogler	24:11:13
119th	James Holland	26:21:28
136th	Les Jones	27:14:49

Lean Horse Ultra Marathon 100 Mile, 50 Mile and 50 K

Hot Springs, South Dakota
August 28, 2010

100 Milers

11th	Stan Ferguson	21:18:15
22nd	Mike Samuelson	22:48:00
49th	Murry Chappelle	26:43:00

95 finishers

50 K

4th	Bernita Lovelance	5:41:52
10th	Jay Huneycutt	6:46:04
13th	Carla Branch	7:02:13

23 finishers

50 Miler

10th	Shannon McFarland	9:22:00
19th	Tom Lane	10:16:28
26th	Chrissy Ferguson	10:39:20
41st	Pete Ireland	11:49:56

51 finishers

ULTRA RACE REPORT

The 2010 Hard Rock 100

By Chrissy Ferguson

All the stories about Hard Rock are true: It's beautiful beyond belief, the course is tough as hell, and yes you do get addicted and want to return each year to conquer the San Juan Mountains.

Stan went two weeks early in hopes of acclimating to the elevation. I flew into Montrose the Wednesday before the race. My dear friend Frank Ives picked me up from the airport, and we drove to Silverton on what's called the "Million Dollar Highway". This road is narrow with no shoulders, hairpin curves, and drop offs - some as much as 600 feet! The town of Silverton is smaller than Leadville with the main street paved and the side roads of dirt. The town was a mining town, mostly silver, which has dried up. Now the train that runs from Durango bringing tourists is what keeps the town alive, along with Hard Rock 100.

Thursday was the mandatory race/trail briefing and weigh-in. The briefing was short and sweet. Most of the time was dedicated to explaining the course markings, which are few in the clockwise direction! We ate pizza for dinner (Stan's pre-race favorite) and went to bed early knowing we would have a long day/night of running and crewing ahead of us.

Friday morning came quick. We rolled out of bed and headed down to the start line. The high school gym was full of energy as runners made their last minute pit stops and equipment checks. Deb Pero who was at the top of the waiting list sat quietly with a sign pinned to her shirt saying, "Will run for food", hoping that someone would not check in so that she could start in their place. With just minutes to spare her husband Steve had his wrist band cut-off so that she could run. Steve was proclaimed the best husband in the world at that moment, and every girl in the gym had a tear in their eye as he hugged and kissed her good luck before the gun went off.

Stan and Jimmy looked nervous at the start line, Jimmy wanting to finish for the first time on his 10th Hard Rock start and Stan not knowing what was in store for him and the chance of being out for more than 40 hours. As I watched the runners start I said a prayer hoping that all would have a safe journey and that Stan and Jimmy would finish with little or no troubles. Frank and I went for breakfast and back to the hotel to pack for the long day ahead.

Telluride was the first aid station with crew access. The drive took over an hour-and-a-half with part of the trip on the "Million Dollar Highway". The town of Telluride reminded me a lot of Aspen - small and expensive! Finding a place to park the car was almost insane. But we got lucky and found a parking space behind some tennis courts that were out of site. With two trips to the car we setup our crew spot and waited for Stan to come in. Finally, at 3:00pm Stan arrived just after an afternoon thundershower. He had just barely made it off the top of the mountain when the lighting started hitting. We filled his backpack bladder with water and resupplied all his needs, and he was gone! Frank and I

packed up and headed out of Telluride. On our way to the next aid station we had time to stop at an old mine and take the mining tour. When we arrived we had made it just in time to make the last tour of the day. We suited up with a hard hat and rain jacket and off we went into the mine on an old mining car with the tour guide. The tour was great, and I'm glad I wasn't a miner in the eighteen hundreds - it was cold, wet and very dangerous for just pennies a day!

At Ouray - 43 miles - there was talk at the aid station that "Virginia's Pass" would be difficult on the way down being very steep and over 10 miles of downhill into the aid station. Stan arrived at 8:05pm. He changed his socks, refueled, took his headlamp, headband, and long sleeve shirt. As he left the aid station the sun had set and it would be after 1:00am the next morning before we would see him again.

Leaving Ouray we were back on the "Million Dollar Highway" at dusk and hundreds of deer lined the road and watched us drive by. The speed limit on the highway is 25 miles per hour, and we were doing less than 10 in many places hoping the deer wouldn't jump in front of our car. Frank and I both breathed a big sigh of relief when we finally made it back to Silverton without a deer ornament on the front of the car.

Silverton's sidewalks roll up early and finding a place to eat at 9:30pm was hard. We finally found a Mexican restaurant that would feed us (I think they felt sorry for us). As we ate we watched the locals consume copious amounts of margaritas. Frank and I went back to the hotel room and slept for an hour before heading to the next crew access at Grouse Gulch - mile 58.

The road to Grouse was narrow and steep with many parts so narrow the car on the inside would have to pull over as close to the mountain as possible to allow the other car to pass. At the aid station it was cold and windy. We arrived just before 1:00am and waited till almost 3:00am before Stan came into the aid station. He was tired, and his heels were bothering him. I taped them as best I could as Stan refueled and Frank filled his backpack bladder. I made him a half a sandwich that I put in a bag for later and made sure there was nothing else I could do for him because the next time I would see him would be at the 91 mile aid station, Cunningham. As Stan left the aid station we watched him climb up Grouse American Pass. It was like looking at moving stars as they ascended up the mountain - Very Cool!

Frank and I made our way back down the mountain on the narrow road. We prayed we would make it without falling off the edge. Driving through downtown Silverton at 4:00am there were no cars in sight, but out of nowhere we see these two teenage kids dancing in the middle of the road drinking beer. I rolled down my window and asked them if their momma had ever told them not to play in the street. They giggled and kept dancing. We just laughed.

Frank and I slept for about four hours and headed down to the finish line. We saw some runners finish, had some breakfast, and went back to see a few more finish before heading out to the last aid station. We arrived at Cunningham at about 3:00pm. From the

aid station we could see the runners way up high on the trail chiseled in the side the mountain descending into the aid station. Frank had a pair of binoculars and would look to see if it was Stan high up on the trail so that we would be prepared for him. Runner after runner came into the aid station and we started to worry by 6:00pm hoping he had not gotten lost or injured on the trail. I knew that Stan would not make it to the finish by dark, so I changed into my running clothes and waited impatiently for Stan's arrival. Each time I saw a runner on the trail I would ask Frank if that was him. There was this one runner that went back and forth on the trail with something orange tied around his waist. I called to Frank, "Is that Stan?" He replied, "No, that's just some dumb ass walking back and forth up there". About 20 minutes later the guy with the orange thing around his waist made it down to the road, and it was Stan! I ran down the road to meet him telling him the story of Frank seeing him up above and calling him a "Dumb Ass". In the aid station Stan refueled. We filled his back pack and picked up flashlights for the last time. I was so excited to leave the aid station with him I couldn't wait to hear all his stories and to tell him all of ours. As we made the last climb up the 13000 ft mountain I asked Stan if he would ever do this again. He replied, "Hell No!"

The climb was steep and took almost two hours to reach the top. We stopped many times on the way up so that Stan could rest for a few seconds. He looked back at me one time and asked me if this was hard for me. I replied, "Baby, I haven't run 91 miles and you have."

Above tree line and before we reached the bowl of the mountain we stopped for a moment with maybe two feet between us. A rock the size of a softball came whizzing between us so fast it sounded like a bird. Just before it passed us it hit the dirt/scree and sprayed us with small rocks that stung as they hit. It must not have been time for either one of us to die. If that rock had hit one of us it would have knocked us off the trail, and we would have plunged hundreds of feet to our death, if the rock itself didn't kill us! That scared the holy sh!t out of me, but I think Stan was so tired he didn't really realize how close we came to dying!

Stan and I made it to the top of the mountain at dusk with a 360 degree view. It was absolutely beautiful and well worth the climb. Darkness set in fast and as we walked down the mountain on the single track trail there were many places where, if you lost your balance and fell off the trail, it would be to your death. Stan talked about a road and how we would start running when we reached it. When we did finely make it to the road it was nothing but big ass rocks. By then the bottoms of Stan's feet were so messed up he could only walk down the rocky road. More than once I tried to get Stan to run. He would jog two steps and walk again saying it just wasn't worth the sub-40 hour finish. So we walked pretty much every step to the finish.

We finally came off the trail with less than a half mile to go. I was so proud of Stan I could hardly hold back the tears while we walked holding hands down the middle of the dirt road. When we made the turn and you could see the flags leading to the finish line Stan finally started to run. After crossing the finish line he kissed the rock and shook Dale Garland's hand (Race Director). Before leaving Cunningham aid station with Stan I had instructed Frank to buy the Hard Rock finishing belt buckle. Frank handed me the buckle

and I presented the buckle to Stan after he kissed the Hard Rock. Stan asked me, “When did you buy the buckle?” I explained that it was after we left Cunningham so there was no way he wouldn’t have finished even if it meant dragging him over the last pass by myself!

Stan’s finishing time was 42:46:09, 67th out of 100 finishers. Not bad for a flat-lander! Of course time has passed and the “Hell No” has turned into a smile when people ask him if he’ll go back. I figure by the time the applications are due he’ll be submitting for the counter clockwise direction. A very special thanks to my dear friend Frank Ives for driving all the way from Loomis, California to help me crew Stan – 48 hours is a long time to crew and pace your runner!

UTS HOT FLASH !!!

Due to issues involving obtaining a special use permit, the Gulpha Challenge will not be held this year. In its stead, plans ore shaping up for the:



Saturday, November 13, 2010
Russellville, AR

Race #5 of the 2010 - 2011 AURA Ultra Trail Series
Race details are still being formed - please stay tuned for more details.

It's been over 25 years since the Arkie 50 (miler) was conducted on the Bona Dea Trails in Russellville. --And about that long since a road 50K (held at Burns Park) was contested in the state. Wait no more! This will be a ten lap event on the hard surface trails at Russellville. The flat course and cool weather should make for some great times. Put it on your calendar and come see what you're made of!!

Mount Nebo Trails Run

August 21, 2010

Dardanelle, Arkansas

14 Miles (+/-) (2010-2011 UTS Race #2)

Place	Name	Sex	Age	City	Time
1	Darby Benson		40	Fayetteville	1.37.59
2	Stan Ferguson		46	Conway	1.47.23
3	Joel Perez		32	Little Rock	1.48.23
4	Jeff Graham		35	Jonesboro	1.49.00
5	Alan Stone		48	Conway	1.50.04
6	Karl Lenser		51	Conway	1.51.59
7	Mark DenHerder			West Fork	1.52.34
8	Jason Auer		27	Fayetteville	1.57.26
9	Tim Norwood		31	Benton	1.58.42
10	Kevin Griffith		43	Fayetteville	2.04.23
11	Jeff Thostenson		33	Little Rock	2.04.24
12	Jacob Wells		41	Little Rock	2.05.32
13	Francis Xavier		26		2.06.51
14	Matt Kirkpatrick		35	Greenville	2.07.38
15	Andrew Graham		33	Fayetteville	2.09.00
16	David Joseph		19	Springdale	2.09.18
17	Murry Chappelle		51	Sheridan	2.09.20
18	Steven Preston		28	Little Rock	2.09.56
19	Jenny Weather	F	29	Maumelle	2.09.56
20	Alan Hunnicutt		56	Berryville	2.18.55
21	Steven Hern		56	Russellville	2.20.46
22	Malcolm Smith		47	Texarkana	2.21.01
23	Rich Brown		48	Searcy	2.21.21
24	Connley Bone		36	Fort Smith	2.22.36
25	Michael Thames		36	Fort Smith	2.25.54
26	Lisa Vorwerk	F	42	Dover	2.28.28
27	Becky Humes	F	31	Little Rock	2.28.28
28	Frank Massingill		52	Conway	2.31.03
29	Christian Loeschel		28	Fayetteville	2.31.31
30	Courtney Cagle	F	20	Fayetteville	2.31.31
31	Kimmy Riley	F	49	Mapleville	2.31.51
32	Adam Taylor		35	Memphis	2.32.30
33	Don Pucik		49	Conway	2.33.20
34	Steven Giles		56	Paragould	2.34.45
35	George Peterka		50	Hot Springs	2.36.11
36	Joe Milligan		60	NLR	2.42.07
37	Chrissy Ferguson	F	49	Conway	2.42.45
38	Hillary Looney	F	36	Little Rock	2.42.45
39	Lynn Wooley	F	25	Conway	2.43.56
40	Marsha Pool	F	58	London	2.44.20
41	Will Perish		23	Grandville	2.44.44
42	Alice Alexander	F	29	NLR	2.48.02
43	Melissa Martin	F	46	Conway	2.48.08
44	Paul Hernes		69	Russellville	2.48.33
45	Pete Ireland		70	Benton	2.51.37
46	Dale Powell		59	Mena	2.52.24

47	Charity Ashworth	F	25	Conway	2.52.50
48	Judy Massingill	F	51	Conway	2.57.54
49	Earl Simpson		62	Conway	2.58.50
50	Michael Harmon		45	Little Rock	3.00.09
51	Patrick parker		46	Little Rock	3.06.35
52	Bill Brass		71	NLR	3.12.30
53	Marie Gardener	F	48	Greenbrier	3.13.05
54	Lisa Gunnoe	F	44	Judsonia	3.18.41
55	Phil Brown		43	Little Rock	3.21.10
56	Dotty Rea	F	58	Vilonia	3.25.27
57	Dan Belanger		66	Little Rock	3.26.24

Bartlett Park Ultras

Bartlett, TN

September 11, 2010

2010-2011 UTS Race #3

50 Mile

Place	Name	Sex	Time			
1	Harry Camp		8:58:59	7	Rich Brown	5:42:55
2	Evan Bone		9:49:15	8	Lori Ladd	F 5:53:00
3	Bruce Tanksley		10:30:58	9	Joshua Holmes	5:59:59
4	Todd Porter		10:57:06	10	Bobby Cavette	6:09:44
5	Tan Seng-Lai		11:09:16	11	Christy Scott	F 6:12:10
6	Sarah Harris	F	11:32:55	12	Shannon Beasley	F 6:51:40
7	Barry Martin		11:33:33	13	Diane Jones	F 6:52:03
8	Naresh Kumar		12:05:53	14	Karen Hayes	F 7:03:46
				15	Iva Lightsey	F 7:06:41

40 Mile

Place	Name	Sex	Time			
1	Mark DenHerder		6:48:02	16	Randy Saxon	7:06:41
2	Gary Kowalski		7:46:16	17	Mark Haddock	7:07:37
3	Jacob Schmitt		7:59:25	18	Chuck Hargrove	7:12:24
4	Jason Auer		8:09:30	19	Michael Matteson	7:19:12
5	Murry Chappelle		8:36:00	20	Tyler Hamilton	7:20:55
6	Kimmy Riley	F	8:44:12	21	Jan Show	F 7:33:04
7	David Reagler		8:45:16	22	Don Pucik	7:36:12
8	Dennis Bisnette		9:15:35	23	Cody Johnston	7:44:09
9	George Peterka		9:23:03	24	Justin Emmons	7:48:17

50K

Place	Name	Sex	Time			
1	Trapper Pressler		4:21:09	25	Mike Hudson	7:48:18
2	Chris Gaddy		5:12:14	26	Arland Blanton	8:03:13
3	Mark Williams		5:25:17	27	Steaven Wischoff	8:05:21
4	John Krillenberger		5:34:22	28	Jack Bickerest	8:10:26
5	David Joseph		5:34:57	29	Sherry Rogers	F 8:16:59
6	PoDog Vogler		5:35:10	30	Johnny Eagles	8:30:36
				31	Karen Pearson	F 8:36:44
				32	Henry Rueden	8:49:21
				33	Lisa Gunnoe	F 9:36:44
				34	Annette Blanton	F 9:50:35
				35	Diane Taylor	F 10:11:51
				36	Angela Ivory	F 10:11:53
				37	Eugene Bruckert	10:20:34
				38	Eugene DeFronzo	11:02:45

2010-2011 ULTRA TRAIL SERIES

Standings After Three Events

Open – Female

Name	FullMoon	Nebo	Bartlett	Total
Kimmy Riley	47	45	51	143
Karen Hayes	24		52	76
Lisa Gunnoe		22	41	63
Veronica Battaglia	58			58
Jenny Weather		56		56
Chrissy Ferguson	18	34		52
Jamie Huneycutt	36			36
Judy Massingill	8	28		36
Katie Helms	30			30
Dottie Rea		16		16
Tammy Walther	12			12

Open – Male

Name	FullMoon	Nebo	Bartlett	Total
Mark DenHerder	52	44	54	150
Darby Benson	63	72		135
PoDog Vogler	74		54	128
Stan Ferguson	46	61		107
Jason Auer	13	38	43	94
Jeffrey Graham	24	50		74
Murry Chappelle	12	19	32	63
Rich Brown		10	43	53
George Peterka	11	7	26	44
Allen Plack	40			40
Don Pucik		8	32	40
Andrew Graham	14	22		36
James Holland	34			34
Alan Hunnicutt	21	13		34
Kevin Griffith		32		32
Steven Preston	15	16		31
Steve Appleton	28			28
Johnny Eagles			26	26
Matt Kirkpatrick		26		26
Paul Turner	18			18
Steve Hern		12		12
Pete Ireland	6	5		11
Malcolm Smith		11		11
Maurice Robinson	10			10
Matthew Jackson	9			9
Frank Massingill		9		9
Dale Powell	4	4		8
Paul Schoenlaub	8			8

Dennis Baas	7			7
Joe Milligan		6		6
Patrick Barker	5			5
Bill Brass	2	2		4
Greg Bourns	3			3
Michael Harmon		3		3

Masters – Female

Name	FullMoon	Nebo	Bartlett	Total
Kimmy Riley	55	55	51	161
Karen Hayes	33		52	85
Chrissy Ferguson	27	44		71
Lisa Gunnoe		27	41	68
Judy Massingill	21	33		54
Jamie Huneycutt	44			44
Dottie Rea		21		21

Masters - Male

Name	FullMoon	Nebo	Bartlett	Total
Mark DenHerder	44	45	53	142
Darby Benson	55	67		122
PoDog Vogler	66		54	120
Murry Chappelle	20	33	42	95
Stan Ferguson	38	56		94
Alan Hunnicutt	32	27		59
Rich Brown		14	43	57
George Peterka	16	7	31	54
Don Pucik		8	32	40
Kevin Griffith		39		39
Johnny Eagles			26	26
Paul Turner	26			26
Steve Hern		21		21
Malcolm Smith		17		17
Maurice Robinson	13			13
Pete Ireland	6	5		11
Frank Massingill		11		11
Paul Schoenlaub	10			10
Dale Powell	4	4		8
Dennis Baas	7			7
Joe Milligan		6		6
Patrick Barker	5			5
Bill Brass	2	2		4
Greg Bourns	3			3
Michael Harmon		3		3

Senior – Female

Name	FullMoon	Nebo	Bartlett	Total
Karen Hayes	42		51	93
Judy Massingill	31	52		83
Jamie Huneycutt	53			53
Dottie Rea		41		41

Senior - Male

Name	FullMoon	Nebo	Bartlett	Total
Murry Chappelle	49	59	52	160
Alan Hunnicutt	60	48		108
George Peterka	38	25	41	104
Johnny Eagles			51	51
Steve Hern		37		37
Maurice Robinson	32			32
Frank Massingill		31		31
Pete Ireland	14	13		27
Paul Schoenlaub	26			26
Dennis Baas	20			20
Dale Powell	10	9		19
Joe Milligan		19		19
Bill Brass	4	6		10
Greg Bourns	7			7

Super Senior - Male

Name	FullMoon	Nebo	Bartlett	Total
Pete Ireland	33	42		75
Maurice Robinson	55			55
Joe Milligan		53		53
Bill Brass	21	31		52
Dennis Baas	44			44
Greg Bourns	27			27

UTS Miles

Name	FullMoon	Nebo	Bartlett	Total
Kimmy Riley	31	14	40	85
Jason Auer	31	14	40	85
Murry Chappelle	31	14	40	85
Mark DenHerder	31	14	40	85
George Peterka	31	14	40	85

James Holland	31		50	81
Karen Hayes	31		31	62
PoDog Vogler	31		31	62
Mike Samuelson			50	50
Chrissy Ferguson	31	14		45
Lisa Gunnoe		14	31	45
Judy Massingill	31	14		45
Darby Benson	31	14		45
Bill Brass	31	14		45
Stan Ferguson	31	14		45
Andrew Graham	31	14		45
Jeffrey Graham	31	14		45
Alan Hunnicutt	31	14		45
Pete Ireland	31	14		45
Dale Powell	31	14		45
Steven Preston	31	14		45
Kevin Griffith	31	14		45
Rich Brown		14	31	45
Matt Kirkpatrick	31	14		45
Don Pucik		14	31	45
Veronica Battaglia	31			31
Katie Helms	31			31
Jamie Huneycutt	31			31
Tammy Walther	31			31
Steve Appleton	31			31
Dennis Baas	31			31
Patrick Barker	31			31
Greg Bourns	31			31
Johnny Eagles			31	31
Matthew Jackson	31			31
Allen Plack	31			31
Maurice Robinson	31			31
Paul Schoenlaub	31			31
Paul Turner	31			31
Michael Harmon		14		14
Frank Massingill		14		14
Joe Milligan		14		14
Jenny Weather		14		14
Dottie Rea		14		14
Steve Hern		14		14
Malcolm Smith		14		14

AT100 NEWS ALERT

From AT100 Race Director Chrissy Ferguson~~~*Probably one of the hardest jobs of the Traveller is packing, cleaning and loading the trailers after being awake for 30 plus hours! I thought I would try something new and see if we might get a few volunteers to help us with the teardown Sunday afternoon at the Girls Scout Building after the award ceremony which starts at 12:30 p.m.*

What needs to be done: *Put away tables and chairs; wash out water and Gatorade containers; separate and pack unclaimed drop bag; separate perishables and open containers of food; take down finish-line equipment; separate and pack medical equipment; clean bathrooms, entry way, main hall and police grounds for trash around Girl Scout Building and carry all Traveller equipment, boxes and stuff out to the trailer to be packed by Stan. Any help would make a BIG difference! ~~~Chrissy*

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)	Bartlett, TN
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-13-10	Bona Dea 50K	Russellville, Arkansas
#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	3DaysofSyllamo	Mountain View, Arkansas
#11	TBA	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

UTS Applications and current participant list can be viewed at www.runarkansas.com

AURA at Lean Horse - Pre-Start Photo (an e-AURA Exclusive)



Left to right: Jay Miller, Alston Jennings, Kim Johnson, Pete Ireland, Murry Chappelle, Stan Ferguson, Bernita Lovelace, Chrissy Ferguson, Carla Branch, Jamie Huneycutt, Jay Huneycutt
(not pictured: Mike Samuelson)

You are invited to the Arkansas Traveller 100 Post-Race Appreciation Picnic!!!

DATE: October 23rd, 2010 (Saturday)
 TIME: 3:30 PM
 WHERE: Maumelle Park, Pavilion #8
 R.S.V.P. - To Stan and Chrissy Ferguson
 501-329-6688 / StanChrissy@earthlink.net

The Arkansas Traveller will provide: Hot dogs, Hamburgers, Beans, Chili, Chips, potato salad and soft drinks. Bring your families; if you would like something else to drink, please bring it with you.

Directions: From Interstate 430 at Highway 10 in west Little Rock, go West on Hwy 10/Cantrell Rd. Stay on Hwy 10 for approximately 2.7 miles. Make a Right turn onto Pinnacle Valley Rd at the stoplight. (Look for a brown sign indicating Maumelle Park.) Pinnacle Valley Rd makes a left turn about 1.5 miles from Hwy 10 (watch again for a brown Maumelle Park sign). Follow for less than a mile, to get to Maumelle Park. Pavilion #8 is on the right, just BEFORE you enter the park



AURA's Murry Chappelle runs the Bartlett Park Ultra trail

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 A Member of the Road Runners Club of America*

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*It is Finished*