

# THE ARKANSAS ULTRA RUNNER

December 2011

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - [www.runarkansas.com](http://www.runarkansas.com)

AURA Forum/Message Board - [www.arkrrca.com](http://www.arkrrca.com)

## Message from the President – Stan Ferguson

As was announced in the last newsletter and is obvious in this edition, we have a new editor of the Arkansas Ultra Runner. My thanks to Harold Hays for taking on this responsibility, and I'm looking forward to seeing what he has in store for us in the coming months. This is changing gears in a way, and as part of the transition we intend to start including an article from the president each month. That seems to be a regular feature of most clubs' newsletters, but I have gotten away without doing it for the most part--being spoiled by having the Big Shot at the content helm.

### Spreading the Ultra Word

Many realize that this newsletter is in its 23<sup>rd</sup> year, and that it has been the Big Shot providing the care and feeding during that entire span up until now. I don't readily know the exact count, but figure that to be easily 200+ issues. That you are reading this implies that you don't get all of your ultra running news and communication through Facebook, blogs, e-mail lists, or other ether-world means, although I'm sure much of your information comes from those. But if you could somehow tally all the news, all the events, and how much "entertainment" for hundreds of people have resulted from the newsletter over the years, I'm sure the result would be staggering. Think about the many years when the newsletter in the mail was not just the primary means, but the ONLY medium for finding out what was happening on the ultra and trail running scene in Arkansas and the surrounding area. Lots of folks help make our Arkansas ultra community what it is—and always have. But I believe there are very few examples out there where such an impact has been commanded by the work of one person. There should be little question remaining about why he is known as the Big Shot. Thanks Charley!

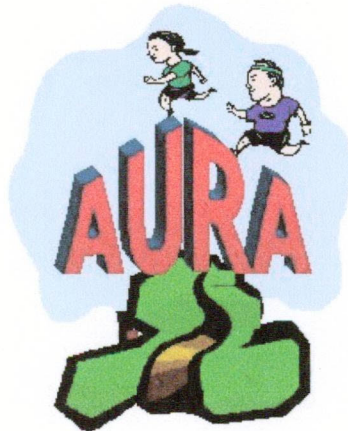
### Ultra Trail Series

With the recent finalization of the remaining UTS schedule, a few inquiries came up about the included events—indicating a need for some explanation. First, a bit of

background: as hard as it may be to believe, in its twenty-plus year history there never arose a need for any hard guidelines or criteria to be used in the selection or appointment of races for the series. The only real aspect we've tried to uphold is to not conflict with races in the Arkansas RRCA Grand Prix series. (In recent years, some Grand Prix races have been scheduled on the same dates as well-established local ultras—but that was completely out of our control.) Back to the present: there are an increasing number of ultra and trail events in the state that are not associated with the AURA. Although I hope we can all work together to avoid conflicts, I believe that more race options and variety is a good thing—and a good sign for the sport. But an underlying philosophy we've had is that the number of races in the UTS needs to be kept to a reasonable number. At our most recent meeting of the AURA Board of Directors, a decision was made that going forward the trail series would include only races put on by the AURA and fun runs that we are involved with. In addition to keeping a handle on the quantity of races, other reasons for this step were to make sure the trail series schedule and events are managed to meet the mission of the club, and to avoid any confusion about events being sponsored or accredited by the AURA when in fact we have no control over them. Hopefully this addresses any other questions floating around, but feel free to contact me if further clarification is needed.

### **Finishing Up**

We're to a real sweet spot of the year, with a couple of great runs coming up—the LOViT Marathon on December 10<sup>th</sup>, and the classic Athens-Big Fork Trail Marathon in January. Also, on the first weekend of December the lotteries for Western States 100 and Hardrock will be held—which I know will be watched closely by several AURA brothers and sisters with vested interests. Good luck to them. If I don't see you at one of the upcoming runs, have a Merry Christmas and Happy New Years anyways and we'll see you in 2012! Happy Trails!



# I am the One.

Well, at least that is what the Big Shot has anointed me. A few months ago I was contacted by Michael DuPriest and Stan Ferguson about taking over the newsletter letter position for AURA. I will have to admit I was honored that they thought I might be a good candidate to take for the Big Shot, but my first thought was I would be replacing a legend. As we all know nobody remembers who replaced Paul 'Bear' Bryant at Alabama or John Wooden at UCLA. Even if you remember who replaced these guys they never lived up to their predecessors. I don't look at it as I am replacing the Big Shot, I am just filling in for him until he is ready to return to his rightful throne.

As the Big Shot has already told you I have been involved with the Arkansas Traveller 100 Miler from the beginning. He asked me at a Little Rock Roadrunner meeting if I would be willing to be an aid-station captain at the first AT100 back in October of 1991. He had a map of the course and proposed aid-station sites. Upon perusing the map I noticed that the Flatside Pinnacle aid-station was early in the race and it appeared the runners would only come by there once and it would be early in the race. So, I told the Big Shot that is the aid-station I wanted. The rest is history from that point on for me. I have been the captain for Flatside Pinnacle 18 of 21 AT100s and the other 3 years I have run the race (yes, two finishes and 1 DNF). I have many wonderful memories from the AT100 alone that I could probably write a book about. The first three years of the race I will admit I was not totally absorbed into the ultra scene, only because I just did not let it happen. Then in 1994 I paced a friend (Bill Laster) the last 42 miles. My previous longest run before that was 26 miles, so that evening sticks out in my ultra memories quite vividly. From that point on I was hooked on ultra running.

Over the last years I have noticed a lot of new runners coming out to the trails and ultra events (many of them from the younger generation). This is great news, it is exciting for me to see all of the new faces and personalities that have come out to join us in the woods. My better days of racing are behind me, but I still have a great love for ultra running and I promise that I will try my best to keep you up to date on the latest happenings with AURA.

Oh, by the way this will be the only time I refer to myself as the One.

## **From The Pack**

### **Don Preston's account of the 2011 Bona Dea Trail 50K**

Steve (son and AURA Brother) and I had both run Mid-South marathon the week before and had run Soaring Wings ½ marathon the week before that. I had emailed Steve on Wednesday asking what his running plans were for Saturday because I had promised to help him install a new garbage disposal that same day. He e-mailed back stating he had a bad run on Monday and had taken off on Tuesday and based upon how his run went Wednesday would determine if he did Bona Dea or not. Well I had similar experience on my Monday run and had taken off Tuesday as well. After my Wednesday run I felt better but there was still some soreness in my legs so I ran again Thursday and it got a little bit better. I e-mailed Steve Thursday and stated that while my runs got better I didn't know if I wanted to risk it with 31 miles and suggested that we run with the Little Rock marathon group as they had a 12 miler scheduled for that Saturday.

Next thing I know Steve calls and says we have to go to Bona Dea cause he's trying to make the High mileage club and needs this race. He said he would walk run it cause he just needed the miles and I said I would drop when I felt bad.

I love the course because its mostly flat and fast, the only downside is 9 laps. Those 4 bridges keep coming up again and again. We car pooled with Stacy Shaver and I knew she would beat both of us. I was the only one of us that had attempted this race last year but dropped out after mile 17. I was worried about the temperature and wind which were both big factors in last years race. I brought way more clothes that I needed just to make sure I didn't freeze to death.

The weather couldn't have been better and I felt better than expected. After running the first 17 miles I felt I had more left in the tank and just continued on. It wasn't until about mile 23 that I started hurting. But when your 23 miles in to a 31 mile race with a decent time you don't quit you just run thru the pain. I think for me the best part of the race was running with great people all who cheered you on and truly wished for your success and the Tom (Aspel) and Chrissy (Ferguson) chili at the end which really warmed the insides. Kristen Garrett was also instrumental in crewing me and also was a great cheering squad for all the runners. Way to go Kristen! I really want to thank the AURA group for keeping running fun. That's what its' all about isn't it?

# Bona Dea 50K

November 12, 2011

## Russellville, Arkansas

### 50K results (2011-2012 UTS Race #6)

Place	Name	Sex	Age	City	Time
1	David Joseph	M	20	Fayetteville	3:47:12
2	Lee Epperson	M	37	Benton	4:06:45
3	Mark DenHerder	M	47	West Fork	4:24:34
4	Stacy Shaver	F	39	North Little Rock	4:39:08
5	Alan Hunnicutt	M	57	Berryville	4:53:59
6	George Peterka	M	51	Hot Springs	4:55:37
6	Josh Brown	M	23	Little Rock	4:55:37
8	Katie Helms	F	34	Fayetteville	4:57:06
9	Deb Baker	F	49	Little Rock	5:05:11
10	Cliff Ferren	M	56	North Little Rock	5:07:37
11	Jamie Huneycutt	F	53	Fayetteville	5:17:27
12	Jen Freilino	F	27	Little Rock	5:17:57
13	Karen Hayes	F	57	North Little Rock	5:27:32
13	Steven Preston	M	29	Little Rock	5:27:32
15	Don Preston	M	56	Bigelow	5:50:51
16	Jesse Garrett	M	28	North Little Rock	5:52:10
17	Pete Ireland	M	71	Benton	6:35:30
18	Lisa Vorwerk	F	43	Dover	7:01:12

## **AURA Hot Flashes!**

On November 21, 2011 at the Arkansas RRCA awards ceremony the Arkansas Ultra Runners of year were announced.

**Overall Female: Jenny Brod**

**Overall Male: Po Dog Vogler**

**Master's Female: Tammy Walther**

**Master's Male: George Peterka**

**AURA sister Linda House was named the Al Becken Volunteer of the Year**

This year the AURA Women's team that participated in the 2011 Arkansas RRCA Grand Prix Series finished 2<sup>nd</sup> in the point standings after finishing in 3<sup>rd</sup> position last year. Scuttlebutt is indicating that the AURA Women are recruiting even more runners in hopes of moving up to the top of the Series next year. This year the Men's team did not have a full team at very many races (two races to be exact), but we actually did have more than a one person team like last year. 2011 saw the AURA Men field a team of 6 runners. Maybe the Men can recruit a few more runners for 2012 and have more of a presence in the Series.

Congratulations to AURA Brother Don Preston for completing the Arkansas Grand Prix Ironman. To complete the Ironman a runner must complete all 20 races in the Grand Prix. Don did this while run many other events including some ultra events. Don was nominated for most improved runner in the Grand Prix series as well.

In other news AURA Sister Jen Foster-Bibbs and hubby David will be moving to Utah. Our loss is certainly Utah's gain. Jen's smiling face will certainly be missed. David know by a few AURA members for saving their hide in a horrible thunderstorm during a night time training run last summer will be missed (as well as his faithful Honda Element).

## Upcoming AURA Events

### **UTS # 7 - Lake Ouachita Vista Trail (LOViT) Marathon(26.2)**

Saturday December 10, 2011 - 8:00 a.m. start, Lake Ouachita-South side, near Mount Ida, AR

Directions: Shangri La is located 25 miles west of Hot Springs and 12 miles East of Mount Ida North off Hwy 270. Look for signs posted for the run. Registration will be set up approximately 500 feet down OLD Hwy 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track footpath. This contains no significant creek crossings. There will be a total of 6 stations set up along the trail all will have water and Gatorade, along with various goodies. Drop bag service will be available.

There is no application or entry fee. There will be a waiver to sign and a donation can to cover the expenses. You will keep your own time and please check in at the finish.

Race contact: Phil Carr. [bpcarr@windstream.net](mailto:bpcarr@windstream.net)

### **UTS #8 –Athens-Big Fork Trail Marathon & Blaylock Creek 17 Mile Fun Run**

Saturday January 7, 2011 – 8:00 a.m. start, Big Fork, AR

Directions: From Little Rock, take I-30 thru Benton. Past Benton, Turn off I-30 onto the Hot Springs Hwy(Hwy 70). Entering Hot Springs, merge right onto the Hot Springs By-Pass and follow to the Hwy 70 west/Glenwood exit. Follow Hwy 70 to Glenwood. Entering Glenwood, look for Hwy 8 West. Follow Hwy 8 West for approx 32 miles to the small community of Big Fork. Look for the Big Fork Community Center on the right.

#### **Please Note**

Both evens are out-and-back courses utilizing the Athens-Big Fork Trail.

No entry fee, however, a donation of \$5.00 per runner is encouraged to support the Big Fork Community Center, which is opened for the event.

**This event is NOT for trail-newbie's!**

If you are not an experienced trail or ultra runner (or adventure racer), we happily invite you to one of the other UT runs. BUT NOT THIS ONE. This is a difficult event on a difficult trail that presents many opportunities for one to get lost, injured, exhausted, or incapacitated with sparse access for rescue.

Here are photos taken at Hot Springs during the Arkansas RRCA awards and Spa 10K:



Tammy Walther (Master's Female Ultra Runner of the year, Jenny Brod (Female Ultra Runner of the Year), and George Peterka (Master's Male Ultra Runner of the year). Po Dog Volger was not in attendance.

Looks like the girls are sporting the latest in trail running boots!

**AURA Females (AKA The Dirty Girls) 2<sup>nd</sup> Place Arkansas RRCA Grand Prix Series**



**Back row left to right:**

Deb Baker

Stephanie Stewart

**Front row left to right:**

Andi Stracner

Rhonda Ferguson

Hillary Looney

Carrie DuPriest

Kelly Frantz

Karen Hayes

Elaine Gimblet

Lisa Vorwerk

Chrissy Ferguson

Dulcinea Groff

**Listed below are all 2011 AURA Dirty Girl team members:**

Melanie Baden

Deborah Baker  
Nancy Collins  
Carrie DuPriest  
Chrissy Ferguson  
Rhonda Ferguson  
Kelly Frantz  
Elaine Gimblet  
Dulcinea Groff  
Lisa Gunnoe  
Karen Hayes  
Jennifer Liles-Dorris  
Hillary Looney  
Bernita Lovelace  
Dottie Rea  
Chelsee Rush  
Stephanie Stewart  
Andi Stracner  
Lisa Vorwerk  
Tammy Walther  
Lynnette Watts

AURA Dirty Girls Results from the SPA 10km:

Dulcinea Groff – 48:57  
Bernita Lovelace – 49:05  
Hillary Looney – 49:30  
Stephanie Stewart – 49:36  
Karen Hayes – 52:12  
Chrissy Ferguson - 53:07  
Kelly Frantz – 54:56  
Lisa Vorwerk – 57:07  
Andi Stracner – 1:07:01

Below are the overall standings for overall and age group awards for the AURA Dirty Girls. These awards will be handed out at the RRCA Awards Ceremony following the River Trail 15km in 2012.

1<sup>st</sup> place Masters – Tammy Walther  
1<sup>st</sup> place Grand Masters – Bernita Lovelace  
4<sup>th</sup> place 30 – 34 – Stephanie Stewart  
1<sup>st</sup> place 35 – 39 – Hillary Looney  
2<sup>nd</sup> place 40 – 44 – Lisa Vorwerk  
2<sup>nd</sup> place 50 – 54 – Kelly Frantz  
4<sup>th</sup> place 50 -54 – Chrissy Ferguson  
1<sup>st</sup> place 55 – 59 – Karen Hayes



Linda House 2011 Al Becken Volunteer of the Year

# 6/12/24 Hour Run Report from Pete Ireland

It had been a number of years since there was a 6/12/24 hour race in Arkansas. For several years, back in the early 1990s, Clint Cusick with the Saline County Striders put one on at the Benton High School track. Since then, there have been few, if any, in the state. The idea for this race originated with Strider member Tim Norwood, who wanted to run 100 miles, but who does not run on Sundays for religious reasons. That eliminates almost all regular 100 mile races, most of which begin on Saturday morning and go until mid-day Sunday for all but the very fastest runners.

The ideal venue was Sunset Lake on the south side of Benton, which has a one mile (actually 1.015 miles) paved loop around the lake. With permission of the Benton Parks and Recreation Department, the race was planned for the day after Thanksgiving. The 24 hour runners would start at 7 a.m., with the 6 and 12 hour runners starting exactly 12 hours later. The 24 hour runners would finish on Saturday morning. The decision was made to keep it a low key, no fees, few frills race. The hope was to attract about 20 runners. Although advertised as having few frills, there was a well stocked aid station with water, Gatorade, soft drinks, pretzels, chips, bananas, venison jerky, and cookies; in the evening there was also soup and boiled, salted potatoes.

It was a foggy Friday morning start for the seven runners who signed up for the 24 hour run. Most did not plan to run the full 24 hours, but rather had mileage goals they wanted to achieve. Tim was, of course, going for 100 miles as was Caleb Manis from Cabot. Maurice Robinson had a goal of at least 70 miles, having turned 70 the day before. Others had more modest goals.

The weather cooperated, with the fog lifting by mid-morning and the day turning partly cloudy but not too warm. Friday night was pleasantly cool for the runners. Caleb Manis was the overall winner with 105.56 miles. Caleb ran with Tim Norwood for most of Tim's last dozen miles as Tim finished with 101.5 miles in about 23 ½ hours. Maurice Robinson finished with 71.05 miles and was happy to call it day at that point. Jesse Dale Riley and Lisa Gunnoe both completed 50.75 miles before deciding they had enough fun. For Lisa that was her longest completed race ever. Andi Stracner ran with Lisa through the first 50.75 miles, but when Lisa achieved her 50 mile goal and stopped, Andi decided to continue on despite painful blisters. Although she took several extended breaks between loops, and her legs stiffened badly, she gamely hobbled the last few laps to achieve her upwardly revised goal of 100K. She finished with 62.63 miles—more than double the distance she had ever run.

Participants in the 6-hour run had varying goals. A few just planned to run for a couple of hours; one or two hoped to run farther than they ever had, while some were shooting for a marathon distance. Others had a goal to rack up as many miles in the time period as

they could. Several of the participants planned to run the Memphis Marathon or half-marathon the next weekend, so were being conservative in their effort. Reid Landes, running like a machine, completed an impressive 38.94 miles to take first place. Karen Hayes completed 30.96 miles in the six hours and felt so good that she continued on, finishing with just over 40 miles.

There were no runners signed up for the 12 hour race.

Although the turnout was relatively small, it met our expectations. It also made it easier to keep track of the runner and their completed laps. Alston Jennings, along with Strider members Nicole Hobbs and Nate Smith, assisted at various times with tracking laps. Alston also accompanied Andi on several of her final laps.

Based on the positive feedback, the Striders will consider putting on this race again next year.



24 Hour Starters



6 Hour Starters

<b>Sunset 6/12/24 Hour Challenge</b>			
<b>Benton, AR November 25 &amp; 26, 2011</b>			
<b>24 Hour</b>			
<b>Female</b>			
<b>Place</b>	<b>Name</b>	<b>City, State</b>	<b>Distance (Miles)</b>
1	Stracner, Andi	Mayflower, AR	62.63
2	Gunnoe, Lisa	Judsonia, AR	50.75
<b>Male</b>			
<b>Place</b>	<b>Name</b>	<b>City, State</b>	<b>Distance (Miles)</b>
1	Manis, Caleb	Cabot, AR	105.56
2	Norwood, Tim	Benton, AR	101.5
3	Robinson, Maurice	Benton, AR	71.05
4	Riley, Jesse Dale	Mabelvale, AR	50.75
5	Paulson, Neil	Orlando, FL	26.39
<b>6 Hour</b>			
<b>Female</b>			
<b>Place</b>	<b>Name</b>	<b>City, State</b>	<b>Distance (Miles)</b>
1	Hayes, Karen	North Little Rock, AR	30.96
2	Humes, Becky	Little Rock, AR	13.21
3	Lavender, Ashley	North Little Rock, AR	13.21
4	Butts-Hall, Jayme	Alexander, AR	12.18
5	Smith, Jenny	Benton, AR	10.15
<b>6 Hour</b>			
<b>Male</b>			
<b>Place</b>	<b>Name</b>	<b>City, State</b>	<b>Distance (Miles)</b>
1	Landes, Reid	Little Rock, AR	38.94
2	Drake, Josh	Hot Springs, AR	27.41
3	Epperson, Lee	Benton, AR	26.39
4	Perez, Joel	Little Rock, AR	26.39
5	Wolf, Houston	Cordova, TN	26.39
6	Erwin, James	Maumelle, AR	26.39
7	Hall, Chris	Alexander, AR	26.39
8	Garrett, Jesse	North Little Rock, AR	26.39
9	Cato, Mark	Henslee, AR	25.74
10	Friemel, Jared	Benton, AR	15.23
11	Edds, Ralph	Lonsdale, AR	9.14

## RETREADS

Retired runners meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. Join us in the Lobby for the screening and pat-downs. At 11:30 a.m. sharp we dash to the food line. Wear a T-shirt from the past for conversation and reliving the glory days. Never forget that we were once somebody!

## 2011-2012 ULTRA TRAIL SERIES

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

### 2011 - 2012 UTS Schedule

- #1 7-16-11 Full mOOn 50K 8:00 p.m. start. Lake Sylvia
- #2 8-27-11 Mt Nebo Trail Run-14 Miles Mt. Nebo State Park
- #3 9-10-11 Bartlet Park Ultras(50K,40M,50M) Memphis area
- #4 10-1-11 Arkansas Traveller 100 Perryville, Arkansas
- #5 10-22-11 Styx n' Stones 30k Trail Run Devil's Den State Park
- #6 11-12-11 Bona Dea 50K Russellville, Arkansas
- #7 12-10-11 Lake Vista Trail Run Mt Ida, Arkansas
- #8 1-7-12 Athens-Big Fork Trail Marathon Big Fork, Arkansas
- #9 2-4-12 White Rock 50K Cass, Arkansas
- #10 TBA Big Rock Mystery Run North Little Rock
- #11 4-21-12 Ouachita Trail 50k and 50 Mike Little Rock
- #12 5-12-12 Mountain Magazine Trail Run Mountain Magazine State Park

TBD- The Catsmacker Fun Run and UTS Awards-Not a series race. AURA meeting and UTS awards.

Complete information can be found at [www.runarkansas.com](http://www.runarkansas.com) and link to UTS

A new monthly quiz will be based upon where is Harold running this time?



First correct answer to my email ([runlong4fun@sbcglobal.net](mailto:runlong4fun@sbcglobal.net)) wins something (I will figure it out by the time you figure it out.

Till next month, Happy Trails!!!!

**AURA Powerhouse**

Stan Ferguson – President  
Michael DuPriest - Vice President  
Lisa Gunnoe - Secretary  
Charley Peyton - Treasurer

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The AURA – *Don't Stop the Feeling!*



A member of the Road Runners Club of America since 2001

It is Finished!