

THE (e)ARKANSAS ULTRA RUNNER

January 2011 – The Gratitude Edition

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website www.RunArkansas.com

AURA Forum/Message Board – ARKRRCA.COM



The Big Shot's Paper Trail

Keeping a record of AURA/Arkansas women finishers of the AT100 is important to me. At one time I had a listing of all AURA men finishers as well. But due to computer failures and vanishing documents, I lost the men's listings. I have rebuilt the female list several times and hopefully I can save the "Archives" on some kind of disk. All of this is a lead up to an apology to my AURA sister, Sue Haley, of Texarkana who fought for a hard earned Traveller victory in 1991 and finished in 28:48:05. Somehow her name was omitted from the finishers list and I appreciate her husband Roy for bringing it to my attention. Were there any others? Anything look out of place? Yes, there was. The BS also overlooked that AURA brother, Randy Ellis, finished the 2010 Leadville 100 with a time of 28:27:30.

For the last six months or so, the "default" method of receiving this newsletter for new members is the (e)Mail version. When your membership is up for renewal the AURA secretary will send you a notice that includes a renewal application. Please look over the application. You will see a box to be checked if you want the newsletter to be sent by USPS. This means the postman will deliver it. If the box is not checked, welcome to the (e)Mail newsletter. If you wish to go back to the hardcopy, there is no problem.

While I am on the subject of the (e)mail version, I am aware that some of you AURA brothers and sisters like to take the newsletter to bed with you. Unless you have one of those new high tech viewing devices, this has been a problem. It is possible to print the

Chrissy's 50th Birthday Party!!!

All AURA members are invited to Chrissy Ferguson's BIG birthday celebration. It will start at 6:00pm, Saturday, January 15th at the Elks Lodge, 123 E. Broadway in North Little Rock. The bar will be available and kitchen will be open for hot orders, but you are also encouraged to bring some type of finger food. RSVP to Stan@RunArkansas.com or 501-329-6688 so your name can be added to the guest list. Please--no gifts.

entire PDF document or, if you see something specifically you want to save in hard copy form, you can print individual pages. Do this simply by doing the “print” option and make your selection: (1) Print all; or (2) the desired page, or pages.

FYI- The applications for the 21st Ouachita Trail 50 Miler and 50 K are out and included on page 7. It is hard for me to believe that on April 16th, 2011 we will have 21 years of the Ouachita Trail 50. Complete information can be found on the AURA website: www.runarkansas.com. And, while on the subject, applications for the 2011 Sylamore 25 and 50K are available on the Sylamore website. You can go to www.runarkansas.com and then to the Ultra Trail Series link. “Then punch on UTS #9, the Sylamore 50K. Or, turn to page 4 for the Sylamore 50K website.

Have you seen a good running movie lately? On January 11th, 2011, at 7:00 p.m., at Breckenridge Theater in Little Rock, there will be a one night showing of the Movie, “Hood to Coast”. Tickets are at \$12.50. For locations of the showing of this running documentary in your area, go to the website---www.hoodtocoastmovie.com.

RETREAD WEDNESDAY

RETREADS (retired runners eating out) meet at Franke’s Cafeteria on Rodney Parham the first Wednesday of every month. It’s pension celebration time again. Join us in the lobby a little before 11:30 a.m. for sharing and touching. The BS refers to this as the “Pat Down” moments”. At 11:30 a.m. sharp, we hit the food line. No holds barred. Join us if you can.

The AURA welcomes three new members: Lisa Vorwerk of Dover; Angela and Charles Gattin of Benton; and Nate Smith of Alexander.

Open Letter to Stan and Chrissy from AURA brother, PoDog Vogler

I just wanted to say "thank you" for all that you guys do for ultra running in general and especially for continuing to commit an amazing amount of time and effort to making Traveller such an awesome thing. I know Traveller is very special to you both, but it is a very special thing to a lot of runners including myself. At the pre race meeting, I always look at those first time 100 milers with a certain amount of envy knowing that their lives are about to change. Running Traveller has been a life changing event for me. Some of the best days of my life have been running 100 mile races. It is as close to a religious experience as I get, and I feel a sense of gratitude to you guys for making that possible. If you guys didn't do what you do, my life would be different and I would never have discovered something that is very important to me.

Thanks again, PoDog

In the Service of Truth/BS

ULTRA CORNER

2010 AURA Womens's Grand Prix Racing Team

Final Results – 3rd Place Overall

Placings of Individual Team members:

Andi Stracner	<i>Iron Woman</i>	(Finisher of all Grand Prix races.)
Benita Lovelace	3rd	Overall Master
Tammy Walther	3rd	35-39 age group (Ultra Runner of the Year)
Hillary Looney	4th	35-39 age group
Chrissy Ferguson	1st	45-49 age group
Kelly Frantz	1st	50-54 age group
Carrie DuPriest	4th	50-54 age group
Karen Hayes	3rd	55-59 age group
Lynette Watts	4th	55-59 age group
Rhonda Ferguson	5th	55-59 age group

An invite from AURA Team organizer, Chrissy Ferguson

I would like to invite all of you to join AURA's Women Grand Prix Team in 2011. Some of you ran for us 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 the team, too. I know what you are thinking. "I do long distance runs not 5 and 10 K's." What better way to build your speed and hang out with a whole bunch of good friends on a couple of Saturday's during the year. For more information call me at 501-472-9162 or stanchrissy@earthlink.net.

Commonly Asked Questions:

Why would you want me, I am not fast? Speed doesn't matter. What is important is to have three women compete at each race to score points and, most importantly, to have fun with your fellow team mates.

What do I have to do to sign up on the AURA Team? You must be an AURA member. Then you must sign up for the Grand Prix Series . Do so by going to www.arkrrca.com.

Do I have to run all the races or just the ones I want? You may run as many or as few races as you wish, but the more women who sign for our team and run the better our chances of scoring.

Do I have to travel to a race by myself? When possible we will carpool. It is always fun to have company and we'd be going **GREEN!**

How many Races are in the Series and when does it start? There are 20 races in the series, plus one relay race. The first begins on 1-23-11: The One Hour Track Run in Russellville. Complete information can be found at the Grand Prix link at www.arkrrca.com.

2010/2011 ULTRA TRAIL SERIES

UTS Applications and current participant list can be viewed at 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	11-13-10	1st 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	3 Days of Syllamo	Mountain View, Arkansas
#11	3-19-11	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

UTS #7 –Athens-Big Fork Trail Marathon

(and) Blaylock Creek 17 Mile Fun Run

Saturday, January 8th, 2011 – 8:00 a.m. start

Big Fork, Arkansas

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.

This run is not recommended for trail newbies.

No entry fee, however, a donation of \$5 per runner is encouraged to support the Big Fork Community Center, which is opened for the event.

Website: www.athensbigforkmarathon.com

UTS #8 - The White Rock Classic 50K

February 5th, 2011 - 9:00 a.m. start

Cass, Arkansas

Directions. I-40 to Ozark. North onto Hwy 23 and 13 miles 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 #9-The Sylamore 50K

February 19th, 2011 - 7:00 a.m. start

Allison, Arkansas

Complete information plus application from the Sylamore 50 Km website

www.Sylamore50K.com

Lake Ouachita Vista Trail (LOViT) Run

December 11, 2010

Mt. Ida, Arkansas

Marathon - 26.2 miles (2010-2011 UTS Race #6)

Place	Name	Sex	Time
1	Leah Thorvilson	F	3:36:07
2	Scott Eason		3:36:31
3	Mark Riley		3:44:37
4	Jeff Graham		3:46:00
5	Darby Benson		3:59:20
6	Tom Brennan		3:59:21
7	Caleb Manis		4:13:50
8	Reid Landes		4:25:41
9	Mark DenHerder		4:27:22
10	Allison Jumper	F	4:28:11
11	Stan Ferguson		4:30:19
12	Tim Norwood		4:36:14
13	Natalie McBee	F	4:50
14	Rich Brown		4:51
15	Jeff Thostenson		4:51:50
16	PoDog Vogler		4:52
17	Paul Turner		4:52
18	Andy Capel		4:59
19	Katie Helms	F	5:00
20	Andrew Graham		5:00:53
21	Stacey Shaver-Matson	F	5:03:20
22	Deb Baker	F	5:05:18
23	Murry Chappelle		5:07:24
24	Josh Brown		5:15:24
25	Jenny Weatter	F	5:14
26	Jason Auer		5:19
27	Bethany Mooney	F	5:23
28	Patrick Riley		5:22
29	Josh Bornhorst		5:24:30
30	Rodney DeClue		5:31:11
31	Cliff Ferren		5:33:46
32	Kimmy Riley	F	5:33:54
33	George Peterka		5:41:21
34	Randy Ellis		5:45:41
35	Drew Tangren		5:45:41
36	Jonathan Young		5:56:30
37	Frank Massingill		5:57:11
38	Chrissy Ferguson	F	5:59:56
39	Hillary Looney	F	5:59:56
40	Jim Sweatt		5:59:56
41	Tara Hill	F	6:09
42	Lisa Luyet	F	6:12
43	Patrick Barker		6:20:01

LOViT Marathon - Cont'd

44	Marla Wiggins	F	6:40:31
45	George McDonald		6:40:31
46	Tammy Walther	F	
47	Herb Jarrell		6:45:12
48	Johnny Eagles		6:57
49	Carita Black	F	7:05
50	Julie Wilson	F	7:05
51	Audra Gately	F	7:05
52	Michael Harmon		7:08
53	Earl Simpson		7:11
54	Judy Massingill	F	7:11
55	Lynn Wooley	F	7:11
56	Cory Adams		7:30:23
57	Greg Bourns		7:30:23

Half Marathon (14 miles)

Jo Spener		2:52
Joel Perez		2:56
Becky Humes	F	2:56
Josie Munkerg	F	3:00
Lisa Vorwerk	F	3:02
Joe Milligan		3:20:08
Paul Becker		3:20
Jessica Oserio	F	3:26:09
Lisa Gunnoe	F	4:08:50

Other Distances

Brandon Pritchard	12	2:09:46
Mike Hall	17.25	2:55
Robert Mooney	24	4:40

AURA's Fab-4**Stan Ferguson-President, UTS Coordinator and Online Facilitator****Michael DuPriest-Vice President and Worthy Advisor****Lou Peyton – Secretary and Queen Mother****Charley Peyton – Treasurer, Newsletter and BS**



21st Annual
Ouachita Trail 50 Mile and 50K
April 16, 2011, 6:00 AM
Maumelle Park, Little Rock, Arkansas
Presented by the Arkansas Ultra Running Association

Proceeds benefitting Partners For Pinnacle

Featuring a picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle, the course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail.

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. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

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: \$60 if post marked by April 4th. \$75 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 4/16/2011 _____ (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, even 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 Trail Series Standings

Open – Female

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
Kimmy Riley	47	45	51	75	27	29	274
Jenny Weatter		56		105	55	35	251
Chrissy Ferguson	18	34		62	44	23	181
Tammy Walther	12			89		17	118
Katie Helms	30					57	87
Lisa Gunnoe		22	41		21		84
Karen Hayes	24		52				76
Jamie Huneycutt	36				33		69
Veronica Battaglia	58						58
Dianne Seager				51			51
Judy Massingill	8	28				11	47
Deb Baker						46	46
Dottie Rea		16					16

Open – Male

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
PoDog Vogler	74		54	108	47	25	308
Mark DenHerder	52	45	54		58	46	255
Darby Benson	63	73				57	193
Rich Brown		11	43	92		34	180
Murry Chappelle	12	20	32	54	30	15	163
Stan Ferguson	46	62				40	148
Jason Auer	13	39	43		36	12	143
Jeffrey Graham	24	51				68	143
George Peterka	11	8	26	65	18	7	135
Mike Samuelson				78			78
Steven Preston	16.5	17		37			70.5
Alan Hunnicutt	21	14			24		59
Patrick Barker	5	3		31	12	5	56
Andrew Graham	14	23				18	55
Eli Perez				45			45
Paul Turner	16.5					25	41.5
Don Pucik		9	32				41
Allen Plack	40						40
James Holland	34						34
Kevin Griffith		33					33
Johnny Eagles			26			4	30
Steve Appleton	28						28
Matt Kirkpatrick		27					27
Frank Massingill		10				6	16
Steve Hern		13					13
Bill Brass	2	2		8			12
Pete Ireland	6	6					12
Malcolm Smith		12					12
Maurice Robinson	10						10
Matthew Jackson	9						9
Dale Powell	4	5					9
Joshua Bornhorst						9	9
Paul Schoenlaub	8						8

Open Male - Cont'd

Cliff Ferren							8	8
Dennis Baas	7							7
Michael Harmon		4					3	7
Joe Milligan		7						7
Greg Bourns	3						2	5

Masters – Female

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
Kimmy Riley	55	55	51	103	32	43	339
Chrissy Ferguson	27	44		87	54	32	244
Lisa Gunnoe		27	41		26		94
Jamie Huneycutt	44				43		87
Karen Hayes	33		52				85
Judy Massingill	21	33				26	80
Dianne Seager				73			73
Deb Baker						54	54
Dottie Rea		21					21

Masters – Male

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
PoDog Vogler	66		54	107	46	27	300
Mark DenHerder	44	46	53		57	53	253
Murry Chappelle	20	34	42	53	35	18	202
Darby Benson	55	68				64	187
Rich Brown		15	43	91		36	185
George Peterka	16	8	31	64	23	11	153
Stan Ferguson	38	57				42	137
Alan Hunnicutt	32	28			29		89
Mike Samuelson				77			77
Patrick Barker	5	3		36	17	5	66
Paul Turner	26					27	53
Eli Perez				44			44
Don Pucik		9	32				41
Kevin Griffith		40					40
Johnny Eagles			26			4	30
Steve Hern		22					22
Frank Massingill		12				8	20
Malcolm Smith		18					18
Bill Brass	2	2			11		15
Cliff Ferren						14	14
Maurice Robinson	13						13
Pete Ireland	6	6					12
Paul Schoenlaub	10						10
Dale Powell	4	5					9
Michael Harmon		4				3	7
Dennis Baas	7						7
Joe Milligan		7					7
Greg Bourns	3					2	5

Senior – Female

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
udy Massingill	31	52				51	134
Jamie Huneycutt	53				51		104
Dianne Seager				101			101
Karen Hayes	42		51				93
Dottie Rea		41					41

Senior – Male

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
Murry Chappelle	49	59	52	86	54	56	356
George Peterka	38	25	41	102	32	34	272
Alan Hunnicutt	60	48			43		151
Johnny Eagles			51			22	73
Frank Massingill		31				28	59
Cliff Ferren						45	45
Steve Hern		37					37
Bill Brass	4	6			26		36
Maurice Robinson	32						32
Pete Ireland	14	13					27
Paul Schoenlaub	26						26
Greg Bourns	7				16		23
Dennis Baas	20						20
Dale Powell	10	9					19
Joe Milligan		19					19

Super Senior – Male

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
Bill Brass	21	31			51		103
Greg Bourns	27					51	78
Pete Ireland	33	42					75
Maurice Robinson	55						55
Joe Milligan		53					53
Dennis Baas	44						44

UTS Miles (299 miles required for High Mileage Club)

Name	FullMoon	Nebo	Bartlt	AT100	BonaD	LOViT	Total
Kimmy Riley	31	14	40	100	31	26	242
Murry Chappelle	31	14	40	100	31	26	242
George Peterka	31	14	40	100	31	26	242
PoDog Vogler	31		31	100	31	26	219
Chrissy Ferguson	31	14		100	31	26	202
Patrick Barker	31	14		100	31	26	202
Stan Ferguson	31	14		100	31	26	202
Paul Turner	31			100	31	26	188
Lisa Gunnoe		14	31	100	31		176
Bill Brass	31	14		100	31		176
Jenny Weather		14		100	31	26	171
Rich Brown		14	31	100		26	171
Karen Hayes	31		31	100			162
Jamie Huneycutt	31			100	31		162
Tammy Walther	31			100		26	157
Johnny Eagles			31	100		26	157
Mike Samuelson			50	100			150

UTS Miles - Cont'd

Pete Ireland	31	14			100		145
Steven Preston	31	14			100		145
Jason Auer	31	14	40			31 26	142
Mark DenHerder	31	14	40			31 26	142
Frank Massingill		14			100	26	140
Maurice Robinson	31				100		131
Paul Schoenlaub	31				100		131
Joshua Bornhorst					100	26	126
Dottie Rea		14			100		114
Elaine Gimblet					100		100
Kim Johnson					100		100
Rosemary Rogers					100		100
Eli Perez					100		100
Dianne Seager					100		100
James Holland	31			50			81
Alan Hunnicutt	31	14				31	76
Judy Massingill	31	14				26	71
Darby Benson	31	14				26	71
Andrew Graham	31	14				26	71
Jeffrey Graham	31	14				26	71
Michael Harmon		14			25	26	65
Katie Helms	31					26	57
Greg Bourns	31					26	57
Dale Powell	31	14					45
Kevin Griffith	31	14					45
Matt Kirkpatrick	31	14					45
Don Pucik		14	31				45
Lisa Vorwerk		14				31	45
Veronica Battaglia	31						31
Steve Appleton	31						31
Dennis Baas	31						31
Matthew Jackson	31						31
Allen Plack	31						31
Deb Baker						26	26
Cliff Ferren						26	26
Joe Milligan		14					14
Steve Hern		14					14
Malcolm Smith		14					14





Phillip Carr, Race Director of the Lake Vista Trail Marathon



George McDonald (picture right) with running friend, Marla Wiggins, at the finish of the LOViT Marathon. George is from North Little Rock and is a long standing member of the AURA. He has recently retired from the military. We look forward to seeing George at RETREADS in January.

AURA RACE REPORT

What are Friends For?

By George McDonald

Friends are good at talking us into things we didn't plan to do. I've been known to do it to others and have been the recipient of the same. I've been trying to get back into sync with running since retiring and have been haphazard on any real schedule with no motivation to get back on track. Tala Hill had wanted me to run trails with her at Camp Robinson since I knew the trails. We met recently and she brought along Marla Wiggins, whom Tala had talked into running trails. It was an interesting run since I was unaware the Post had done some clear-cutting which covered up part of the trail. We managed to get in a good scouting run and found some trails that were still clear of trees and debris. During this outing Tala talked me into running the LoVit Marathon, a trail marathon on the Lake Ouachita Vista Trail connecting campgrounds on the south shore of Lake Ouachita. Before I knew it she had me talked into driving and as the date grew closer I had a car full! Tala is good at getting people talked into things!

On December 11, Tala and her daughter Charity, Marla, Lisa Luyet, Stacey Shaver-Matson and Jessica Oserio met me at 0515 at the Other Center to start our adventure. The drive was uneventful except for the rain. I was concerned about the front that was supposed to drop the temperature and become very windy by day's end. At least the worst of the rain had passed. We made a stop at McDonald's on the other side of Hot Springs, since the race was a trail run and I knew there would be nowhere else to take a break.

We arrived at 0700 and registered for the 0800 start. The guy in charge of the bathroom key provided the wrong key for our race director. At least there were trees! One issue was trying to figure what to wear since the rain was still a threat and we were concerned about the wind and temperature.

The start was on time and we ran a half-mile on pavement to the trail-head. The first few miles were over gentle terrain on a very soft trail of pine needles and leaves - a few tree roots, but very nicely maintained. The trail was marked well, except for one spot as we crossed a dry creek, but we quickly picked up on the tree markings. Tala and Lisa took off with a friend, but Marla was running her first trail marathon and ran with Jessica and me. We were having a good run and enjoying the day. The great thing about trail running is it doesn't beat you up like running on pavement and the pace lends itself to great conversations, which helps pass the miles.

The first aid station was at 5 miles where Marla and I dropped our long sleeves since the overcast skies held the temperature above what was predicted. The next stretch began hills and some open valleys. There was an unmanned water station at 7 miles and we started into some serious hills. We stayed on a steady pace and weren't worried about chasing people. It was a very peaceful run. Not even a crazed squirrel or bird was rustling around. As we approached the 10-mile aid station Jessica mentioned some blisters were beginning to bother her left foot. She was doing well, but I knew she was weighing her options. Pushing through the 11-mile mark we began a long, steep hill to the turn-around. The trail started to become very rocky and we saw a lot of crystal. We also began to meet

the front runners on their way home. At the 13-mile mark there was this thick vine hanging in the middle of the trail. The kid in me wanted to grab it and swing into space yelling like Tarzan! The adult in me said, you have a lot of rocks you might land on and you still have 15 miles to go. I'm sure Marla and Jessica were glad I chose the adult route! By this point Jessica decided to stop at the turn. Marla and I pushed to the top and were catching up to several runners. We arrived at the turn-around aid station covering 14 miles in 3 hours and 17 minutes, and caught up to Tala and Lisa! Marla and I made a quick stop and left ahead of them knowing they were going to push us. We had already discussed how Tala talked us into this and we had some serious discussion on how we felt about it! The next 2 miles were down-hill and I still wanted to swing on the vine when we ran by it! We made good time with Tala and Lisa chasing us. I also felt my energy level dropping. Walking a long hill before the aid station at 18 miles I could tell the rest of this race was going to be extremely difficult for me. Being a stubborn mule, I knew I could finish, but at what cost? I started to discuss how I felt with Marla, since she would have to deal with my slow spiral to the bottom. She was dealing with an issue of her own as a stone bruise on her left foot was creating some grief. Add to that fact, the temperature was beginning to drop, causing concern on how much longer the weather was going to hold out. At the aid station we were told we had 8 miles to go! At least that was a positive! We would begin what I call the survival mode. Anyone doing long-distance runs understands that you run till it hurts, and then walk until it hurts less! The main thing is to keep moving! The trail had park benches about every half mile. I warned Marla about what is called the chair monster at aid stations. Many a runner has been swallowed by a chair monster and not able to finish a race. Marla needed to fix a sock on her left foot in hopes it would help her pain situation. We stopped at a nice bench. The view was awesome! The monster tried to take a hold, but we didn't give in! At least the break helped! We were running less and less, but making progress to the finish. We had a nice surprise as we came to a sign pointing us back to the finish which validated that we had only 3 miles to go. That was a major plus in the mental zone!

We reached the last stretch and a course director told us only one more hill. I guess he was trying to help as I counted at least 4 fictitious hills after the first one! Once we reached the pavement it became much tougher as the pavement was beating our feet up! At least it was only a half-mile. We hoped the finish would be at the parking lot, but as we approached they said, Keep on running to the chalk starting line. What a bummer! We finished together in 6 hours and 40 minutes with raised hands! It was a Kodak moment, but without the camera...

Since the bathroom was still locked the changing rooms were vehicles. The ladies took over my van and I went to Jimmy Sweat's vehicle. My legs kept cramping up while I changed and I felt sort of like the guy in the "Edgar suit" swinging around in the step-van from the "Men in Black" movie. After changing clothes I was glad Jimmy was a little slow in leaving as I discovered I accidentally left my keys in his console. It saved me dealing with 6 irate ladies! We drove to Hot Springs and had a great meal at the La Hacienda. The ride home was uneventful as everyone jumped out of my van like a Chinese fire drill jumping all directions for their vehicles! I drove home to pick up my cookies as I was late for the Arkansas Running Klub Christmas party!

What a great way to end the day!! Friends are there for you thick and thin and help you through the highs and lows. Marla was there when I was crumbling.

I appreciated her being a friend. I also appreciated everyone who has supported me during my deployments. This will be my first Christmas home in three years being able to share with family and friends. Thanks!! See you on the roads and trails!!

Results of the day: Jessica 14 miles 3:26, Stacey 5:03, Tala 6:09 and Lisa 6:12

(e)BONUS PHOTO



Race Director, Phillip Carr gives the pre race briefing at the starting line of the 2010 Lake Ouachita Vista Trail Marathon

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**This January issue marks the end of 22 years of the AURA;
the February issue begins its 23rd year.**

It is Finished!