

20th Annual Midnight/Full Moon 50K (and 25K)

Saturday, July 16th, 8:00 p.m.

Lake Sylvia Recreation AREA

THE (e)ARKANSAS ULTRA RUNNER

July 2011 – Summer Mini Edition

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.RunArkansas.com

AURA Forum/Message Board - www.ArkRRCA.com

The BigShot's Paper Trail



There were two trivia questions poised in last month's newsletter. The first trivia question concerned the Boston Marathon and the second was about the Midnight 50K. There were several good guesses but unfortunately all were wrong.

So, here goes: Who was the first female from Arkansas to run the Boston Marathon. The answer+: Pat Wyatt, Little Rock, (now Pat Torvestat) who completed Boston in 1978 with a time of 3:21. More trivia about this. Lou Peyton was the first female to qualify but due to injury she was unable to participate until 1985. She first qualified in October of 1977 at the International Rice Festival Marathon in Crowley, Louisiana. Pat qualified in December of 1977 at the Dallas White Rock Marathon.

Second Question: How many years will this year, 2011 make for the Midnight 50K? This was a trick question. Answer: The Midnight Run "series" began in 1992. This should be the 20th year. But.....The first two years it was a 60K. So is it the 20th year? It has a ring to it.

AURA Confidential

The Good, The Bad, and the Ugly

Number 35 – Buck Up! Playing the pity card will only gain you sympathy from the pitiful.

Number 161 – Your ability to juggle your running spouse and with your home spouse is amazing. Simply amazing.

Number 190 – At some point you are going to have to decide if you are an Ultra Runner or a Debutant.

Ultra Corner

Report your race results and stories to chrlypytn@gmail.com

Hobbs War Eagle Tail Twister Trail Races

Hobbs State Park, Rogers, Arkansas

June 4, 2011

AURA Members

Natalie McBee	2:38:56	3rd Female
Steve McBee	2:39:05	
Steve Giles	2:51:32	
Frank Massingill	3:53:09	

50K

Steven Preston	5:17:44	
Jason Auer	5:25:20	
Mark DenHerder	5:29:17	
Stacy Shaver	5:57:34	1st Female
Alan Hunnicutt	6:20:14	
Patrick Barker	7:36:18	

National Trails Day Run

Winding Stairs Trailhead, Albert Pike Recreation Area

Langley, Arkansas

14 Miles

Stan Ferguson	2:51:37
Herb Jarrell	3:59
Pete Ireland	4:01

The Keys 100

The Florida Keys

May 14th, 2011

5th	Kevin Dorsey	20:19:31	
8th	Tammy Walther	22:20:38	2nd Female
45 finishers			

Ultra Race Report

Mohican 100 Trail Run

Loudonville, Ohio

June 18, 2011

By Chrissy Ferguson

Since I was not pulled in the Western States lottery for the 2011 race I decided to try the Mohican 100 in its place. My sister lives about 20 minutes from Columbus, Ohio which is only an hour from the start of the race in Loudonville, Ohio. This seemed to be a good way to see her, her new home, and run the 22nd Annual Mohican 100 which is one year older than the Traveller.

I had heard some things about the race, like it was comparable, in time and toughness, to running the Arkansas Traveller 100. In the past the Mohican races started with 10 miles on road, then loops on single track trail /jeep roads and 10 miles back on the road to the finish. This year's race was completely different with only $\frac{3}{4}$'s of a mile on bike trail and then onto single track trail for four loops. The fifty mile runners started at the same time as the 100-mile runners.

The Wednesday before the race an e-mail update was sent out with course changes, including a change in the race cut-off time from 30 hours to 32 hours. The original race information allowed for three drop bags, but on arrival at the pre-race meeting it was changed to two drop bags.

There were 140 starters in the 100-miler, and even more started the 50-mile. That caused a huge bottleneck when getting on the trail and many backups on the first 25 mile loop. I finished the first loop in 7:15:00 (much slower than I planned).

We had a small amount of rain before the race started with the temp in the mid 80's and VERY humid. Even though we were under a canopy of trees for most of the loops it held the moisture from the rain. It was sweltering the entire day.

When I started the second loop I pretty much knew I had bitten off more than I wanted. In order to finish the 100 miles I was looking at over 30 hours instead of 26 or 27 hours. I just couldn't wrap my head around that, plus my left knee was screaming at me on the steep down hills. My original plan was to finish, snooze for a few hours, drive back to my sister's house and spend the rest of the afternoon/night BBQing with her and friends. Obviously, I would be finishing closer to the 1:00pm cut-off time, back at my sister's house by 3:00pm (maybe) and way too trashed to enjoy the BBQ and the company. On the second loop there was a point where you could continue on and finish the longer loop for the 100-miler or turn and run a shorter loop to complete the 50-miler. At that point I opted for the 50-mile finish. I finished the 50-mile in about 15:15:00, WHICH WAS NOT included in the 50-mile finishing results.

Out of the 140 starters only 50 finished the 100-mile race (35.7% finishing rate). Looking back at my decision to drop down to the shorter distance I'm okay with it. Would I run this race again? For sure I wouldn't do the 100-miler and most likely not the 50-mile. Since both races are started at the same time, it is just too congested.



Chrissy comes in to the Pleasant Hill Dam crew stop at the Mohican 100, followed by frequent visiting runners to Arkansas: Randy Saxon (MS) and Isaac Espy (AL)



Chrissy heading down the steps at Pleasant Hill Dam

2011-2012 ULTRA TRAIL SERIES

UTS application, Rules and Etiquette are now posted on the AURA Website. Look for more information and the race schedule in the Newsletter next month.

Full mOOOn Run-Midnight 50K and 25K

July 16, 2011

UTS Number 1

Run Information

Location: Lake Sylvia day park

Start Time: 8:00pm (see schedule below)

Directions: From Williams Junction (approximately 30 miles west of Little Rock on Hwy 10), follow Hwy 9/10 north approximately one mile, take Hwy 324 and follow four miles to the park entrance.

Note: A \$3.00 park fee will need to be paid at the park entrance for each vehicle. Please carpool!

This will be the 2011-2012 AURA Ultra Trail Series kick-off race. UTS applications and AURA memberships will be accepted on site before the run starts.

There is no entry fee for the run. There will be onsite registration with waiver to sign, and donation receptacle to show appreciation for those administering the run and/or providing food and aid. We'll issue numbers at registration to help the HAM radio operators keep up with you.

Both courses are out-and-back, all on well-maintained forest service roads.

All turns will be marked with flour, and maps will be available at the start. Two unstaffed aid stations are at miles 3.5 and 12-ish. Two staffed and stocked aid stations are at the 25k (7.5 miles) and 50K turnarounds. Carry a water bottle or hydration pack. It gets dark around 8:45 to 9:00; so carry a flashlight too.

A 7:00pm early start is provided for runners who desire to do the 50K but who feel they may need more than eight hours to complete the course.

Results placement of early starters will be after all finishers who begin at 8:00pm.

You might keep an eye out for Copperhead snakes (they may stretch out on the road--soaking up the heat after dark).

Schedule:

06:45pm - Trail briefing for early starters

07:00pm - Early Start

07:45pm - Trail briefing

08:00pm - Race Start

10:15pm - (Cut-off) 50K runners not passing 25K turnaround point by this time must turn around (change to 25K)

12:00am - (Cut-off) Runners not clearing the 50K turnaround by this time will be pulled and returned by sag wagon

02:00am - (Cut-off) Runners not clearing the 25K turnaround (inbound) by this time will be pulled and returned by sag wagon

04:00am - Sag wagon will pick up outstanding runners

The Arkansas Ultra Running Association's
2011-2012

Ultra Trail Series
Official Entry Form

Name: Last:	First:
Sex: M F	
Date of Birth:	Age on 7/16/2011 (series age):
Address:	
City, State, Zip:	
E-mail:	
Date:	
*** UTS entry form and fee must be received by the UTS coordinator or a designated representative prior to a participant's first race to earn points. ***	
For complete UTS information and rules go to www.RunArkansas.com	
2011-2012 UTS entry fee is \$10 for AURA members / \$15 for non-members Make checks payable to <u>Arkansas Traveller 100</u>	
Please send this completed entry form with fee to: Arkansas Ultra Running Association c/o Stan Ferguson 17 Caddo Dr Conway, AR 72032	

Waiver for AURA Ultra Trail Series

I understand the Ultra Trail Series is a program for administering awards and is not a footrace. I further understand that my accepted registration in the Ultra Trail Series in no way grants or guarantees my admission into any event recognized as part of the Ultra Trail Series.

In consideration of accepting my registration, and intending to be legally bound for myself, my heirs, my executors, and my administrators, I hereby release and discharge the Arkansas Ultra Running Association, Ultra Trail Series event organizers, sponsors, and each and every person and entity affiliated or associated with the Arkansas Ultra Running Association from any and all liabilities, rights, and claims for damages I may have arising out of participation in the Ultra Trail Series. I also grant full permission to the Arkansas Ultra Running Association to use any photographs or other records of my participation in the Ultra Trail Series for any legitimate purpose.

Participant Signature & Date

Parents Must Sign for Participants Under 18 Years of Age



2011 Arkansas Traveller 100 Application

October 1-2, 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 10/1/2011 (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 Sep 30th for the runner and one guest. Please include \$5.00 fee for each additional guest.

Entry Fee \$ _____ (\$155 if postmarked or received by July 1; \$175 until Sept 1; \$195 thereafter)

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

Total \$ _____ **No entries accepted after September 19 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 19

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 19, 2011.

Signature _____ Date _____

The Catsmacker

June 12, 2011

Ouachita National Forest, Arkansas

The Catsmacker - 23 miles (+/-)

Place	Name	Sex	Age	City	Time
1	Steve Appleton	M	38	Little Rock	3:44
2	Allen Plack	M	28	Cabot	3:50
3	Stacey Shaver	F	39	North Little Rock	4:18
4	Josh Brown	M	22	Little Rock	4:19
5	Josh Bornhorst	M	36	Little Rock	4:21
6	Robert Chandler	M	48	Memphis	4:25
7	George Peterka	M	51	Hot Springs	4:31
8	Steven Preston	M	28	Little Rock	4:36
9	Jenny Weather	F	30	Maumelle	4:37
10	Deb Baker	F	48	Little Rock	4:37
11	Mark Roth	M	49	Sherwood	5:02
12	Pete Ireland	M	70	Benton	4:55
13	Tammy Walther	F	39	Little Rock	5:05
14	Frank Massingill	M	53	Conway	5:14
15	Lisa Vorwerk	F	43	Dover	5:18
16	Karen Hayes	F	57	North Little Rock	5:34
17	Roger Williams	M	69	Memphis	6:01
18	Kimmy Riley	F	50	Mabelvale	5:48
19	Andi Stracner	F		Mayflower	6:22
20	Lisa Gunnoe	F		Judsonia	6:22

Kitty Run - 12 miles (+/-)

Place	Name	Sex	Age	City	Time
1	Jeff Thostenson	M	34	Little Rock	1:49
2	Jen Freilino	F	27	Russellville	2:04
3	Dulcinea Groff	F	27	Conway	2:06
4	Don Preston	M	56	Bigelow	2:08
5	Greg Massarelli	M	50	Little Rock	2:18
6	Stephanie Stewart	F	31	Little Rock	2:21
7	Hillary Looney	F	37	Little Rock	2:23
8	Josie Munkherg	F	28	Little Rock	2:25
9	David Meroney	M	40	Little Rock	2:24
10	Patrick Barker	M	47	Little Rock	2:25:18
11	Joe Rantisi	M	64	Little Rock	2:25:42
12	Paul Mattocks	M	63	El Dorado	2:33
13	Emon Mahony	M	29	Little Rock	2:43
14	Fletcher Smith	M	53	Little Rock	2:46
15	Jimmy Pearsall	M	61	Little Rock	2:50
16	Ivy Pearsall	F	60	Little Rock	2:50
17	Chrissy Ferguson	F	50	Conway	2:50
18	Dottie Rea	F	58	Vilonia	3:07
19	Patre Williams	F	38	Little Rock	2:51
20	Rebecca McGraw	F	42	Conway	3:22
21	Rose Rogers	F	63	Maumelle	4:45
22	Bob McKinney	M	68	Little Rock	4:48
23	Ann Moore	F	70	Little Rock	4:48

Other Distances at The Catsmacker

Miles	Name	Sex	Age	City	Time
10	Susy Phillips	F	32	Maumelle	2:02
32	PT	M	48	Conway	6 hours +
32	PoDog	M	45	Russellville	6 hours +
32	Stan Ferguson	M	47	Conway	6 hours +

RETREADS

Retired runners meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. Join us in the Lobby for touching and feeling. 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. If you come late, look for the table with the balloons.



Guy Patteson, proud papa and AURA Brother we miss seeing out on the trails, poses with daughter Kiley the night before her wedding earlier this month.

23rd Edition; Number Six
The AURA – It has only just begun
A Member of the RRCA since 2001

AURA Fab-4

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

It Is Finished