

National Trails Day Run/June 4th

Albert Pike Recreation Area
Winding Stairs Trailhead Parking Lot
Langley, Arkansas
(Info on page 7)

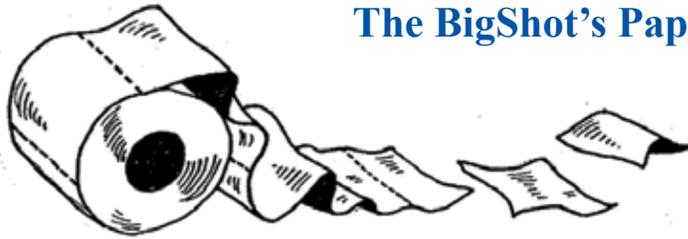
THE (e)ARKANSAS ULTRA RUNNER

June 2011 – The Fast Lane 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

3rd ANNUAL AURA TALENT SHOW AND POTLUCK

Mark the date on your calendar NOW! Sunday, June 26, 5:30 pm. We're in Maumelle Park, Pavilion #3. Bring a covered dish of your choosing and let's have a good time. The Pot-luck will begin at 5:30 pm and the Talent Show begins about 30 minutes to an hour later. Bring your lawn chair and Talent. Last year the Talent was outstanding.

Get your act together. You have got what it takes to be a Star! You have been thinking about it all year! Do it and you can be the *Toast of the Town*. Come and help us celebrate the beginning of summer and the 2011 running year.

The 2011-2012 Ultra Trail Series is being worked out as we go to press. The first race in the Series is on July 16, 2011 with the *Full mOOn 50K*. I hope to print the full information on the race plus all of the UTS rules and a 2011/2012 application. In case you miss it, you can go online and link to it at www.runarkansas.com.

A New Trail in Little Rock? In my opinion, if we can just live long enough, there will be a running trail in every neighborhood of the city. I want to share with you a foot path that has been around a long time but has recently been upgraded and the possibilities are almost limitless once the new pedestrian bridge is completed over Little Maumelle River.

The trail begins at the foot of River Mountain Road just before you get to the railroad tracks. The trail veers off west near the first guard rail and follows along a creek bed, crosses over Walton Heights Drive and continues on to the new park off of Hwy 10 called Conner Park. After crossing Walton Heights Drive, a power line takes you down to Conner Park. This out and back route is 8 plus miles.



AURA Vice President, Michael DuPriest, pauses to remove some rock from his shoes on the powerline section of the Conner Park Trail.

AURA X-Trainers

Bikers, Trekkers and Paddlers

For the last several years we (Charley and Lou) had been reading about a kayak race on the Mississippi River at our home town of Vicksburg, Mississippi. The name of the race was the Bluz Cruz Kayak and Canoe Race. It begins 22 miles upstream on the Mississippi River and finishes in the Yazoo River at the Vicksburg water front. Since its beginning six years ago, it has conflicted with the OT50. About nine months ago, I sent Chrissy a note explaining that I wanted to be excused from the OT50 this year as I had some things that I wanted to do out of state. She granted me a pass. The following is a brief paddle report.

On race morning we caught the shuttle over to the start about 5 miles north of Tallulah, Louisiana. The river was on the rise and rolling. The wind was gusting at 25 mph. Under normal conditions, I would have cut and run for home. But since the Race Director didn't cancel, we decided that we could not turn back now. Growing up in Vicksburg, I had been on the river many times. But not like this.

There were about 80 boats entered in the race. I know that some paddlers picked up their boats and left after seeing the river and some got on the water before the start but paddled back

to the bank. We decided to give it that ole AURA try. At race start the current between the buoys was 6 mph. The water was white capping and angry. It was like riding a mechanical bull for two hours. It was great. I didn't dare look around too much during the river section and I didn't see any other boat almost the whole way. But as I entered the Yazoo Canal and calmer water, boats seemed to materialize out of nowhere. So with a mile to go, the race was on. Everyone was putting the hammer down. You never lose that urge to duke it out. At 2:50:03, as they called my name crossing the finish line, I raised my paddle as a salute. The BS was home.

For more information look up www.bluzcruz.com and link to Facebook to wall and scroll down a dozen pictures and you will see the BS and Queen mother standing with our new best friends: Tim McCauley and daughter, K.K. They thought that we were COOL!

AURA X- Trainers meet regularly for Trekking, paddling, biking, etc. Join us anytime.
chrlypytn@gmail.com

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.

In last months Arkansas Democrat newspaper there was a listing of all of the Arkansans to finish the 2011 Boston Marathon. I am sorry that I lost that article before I could write up the Trivia Question of the Month. If I remember correctly the following AURA members finished the 2011 Boston Marathon: Jamie Huneycutt, Alison Jumper, Joe Fennel, Stacey Shaver, Steven Preston, Steve and Natalie McBee. Apologies for those I left off (or incorrectly added).

My Question is: Who was the first Female Arkansan to complete the Boston Marathon?
An AURA bumper sticker goes to the first person to gives me the correct answer at
chrlypytn@gmail.com

In the Service of Truth - BS

Ultra Corner

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

The Strolling Jim 40

May 7, 2011

Wartrace, Tennessee

Arkansans or AURA Members at the SJ40

1	Leah Thorvilson	4:44:49	1st overall- and Female course record
17	Kevin Dorsey	5:33:19	by 29 minutes
20	Stan Ferguson	5:55:34	
58	Chrissy Ferguson	7:25:02	
65	Mike Samuelson	7:7:45:11	
72	Steven Preston	8:05:12	
74	Tim Harrington	8:05:49	
77	Jonathon Young	8:08:11	
	(112 finishers)		



2011 SJ40 – l. to r. Steven Preston, Jonathon Young, Tim Harrington, Chrissy Ferguson, Leah Thorvilson and Stan Ferguson

Editor's Comments on the Strolling Jim 40

If I could go back and visit an ultra from my past it would be the Strolling Jim 40 in Wartrace, Tennessee. I first ran the SJ40 in 1992 after hearing about the run from local runners who had gone over several years before. As a little history on the race, it was founded by Gary Cantrell 33 years ago and attracted the “cream” of the Eastern Ultra runners. Gary was a regular columnist for Ultra Running magazine and had the perfect platform to hype his race to almost mystical status. With vivid descriptions, he described the SJ40 and the difficulty and the struggle to come for those that entered his race. He liked to talk about the heart breaking “Walls” that runners would face at the SJ40. He described the “Walls” as a 5 mile jeep road with impenetrable hills that would be your demise. From its founding, it was the “in” ultra to do in the East.

So in May of 1992, the Queen Mother and I drove to Wartrace for the Strolling Jim. After finding race HQ, the Walking Horse Hotel, I discovered that the Strolling Jim was not an old mountain codger as I had envisioned but the first champion Tennessee Walking horse. Behind the hotel is his tombstone and grave. After picking up our race packets, we joined a caravan for a tour of the race course led by Cantrell. When we arrived at the ‘Walls’ at about mile 12 +/- we stopped and gathered up around Cantrell who began to tell stories about the runners, the course and the difficulty to come. Those in the caravan, who were forewarned, took this pause to stash food and drink along the fence row. There were several more stops on the tour with one being a grocery store. He explained that we might need to bring some money tomorrow if we needed to stop there for refreshments before the finish.

Before the tour ended, I realized that the race course, including the Walls, was not larger than life. If I could compare it to something around Little Rock, I would say it reminded me of Hwy 300 from Pinnacle Mountain, Natural Steps, Roland, and Little Italy and Wye Mountain. The traffic would be very light and accommodating to the runners. The Walls that came at about 12 miles and again at about 29 miles on the return was just a hilly gravel road. No more or less that what you would find in the national Forest around Lake Sylvia. To really understand the Strolling Jim you have to understand the Race Director, Gary Cantrell who I would describe as a quick-witted, mischievous, one of a kind, personality. Despite the hype, the “Jim” was his creation and was just an “old school” road race where runners could expect to be entertained.

The aid stations at the race consisted of gallon jugs of water on the roadside every 2 to 3 miles, and where possible, placed in a sunny location. During the race the Mayor of Wartrace and his wife drove the course in their Plymouth convertible and handed out cups of Gatorade to the runners. Thank goodness I remembered where I had stashed my goodies by the fence row and knew about the grocery store. Along the course, Cantrell had written phrases on the black top to remind you how tired you were and terrible it would be when you reached the Wall. Oh yes, when you reached the 40 mile mark, you were not finished. There was still about a mile and change to go. After finishing the race there was a barbeque chicken dinner and then the awards.

My impression of the race? I loved it. I went back the following year and then went back to crew for runners whom I talked into going over.

The SJ40 was one of the first of what you would call Ultra Marathons and broke with the ultra tradition of 24 and 48 hours track races that dominated the ultra scene in the 70's and 80's. . In the 90's participation at the race began to dwindle as ultra runners turned to trail running with standardized distances such as the 50k, 50 and 100 miles. The SJ40 was “out” and reduced to a

cult status. A couple of years ago, Cantrell had to retire as RD due to health issues and his daughter took the race over. I think someone else has taken over now.

This year lots of Arkansas runners went to the SJ40, and I have asked several of them to write of their experience. I know that the “Walls” has now been blacktopped. I wonder if the aid stations have changed and if the Walking Horse Hotel is still standing.

After checking the results I see that the number of entrants were up and I’m thinking that the Jim has come full circle and is “in” again. I’d give anything to go back.

Strolling Jim Post Race Interview

Leah Thorvilson, age 32, Little Rock. A qualifier for the 2012 U.S. Olympic Marathon Trials. Qualifying Time-2:40:20

Why did you decide to run the “Jim”? What did you think about the race course, etc.?

I signed up for SJ probably almost a year ago....I am gauging this off the fact that in the race program, I have listed that I have completed 20 marathons, and now I have done 26. If I remember correctly, Scott Eason sent me a link to the race because we had talked about a bunch of ultras, but I am not interested in doing much on the trails at this point because of the risk of injury. Strolling Jim is a road race, so I think he sent me the link kind of as a “here’s a race you might like”...but I don’t think he expected me to take it too seriously. I am pretty sure I registered that day. I can’t wait to run longer events. Plus, I thought a 40 would make the marathon feel short. The race course is great. Out in the country and everything was really green. It was pretty. Challenging too. I am sure there are a lot harder courses out there, but it definitely had some rolling hills. I would recommend it to anyone interested in trying a longer distance for the first time, or to any ultra veteran who likes roads.

You ran a sub 5 hour race and were the overall winner. How much of an effort did you use to get to the finish?

I went into the race with a primary goal of setting the women’s course record, which the old one was 5:13:45. I thought if I had a great day, it would be neat to break 5 hours, but I never expected to do it by that much (I ran 4:44:49). It was tough, but a different type of effort than a marathon takes. Everything was very under control pace wise. I never had any doubt that I would be able to finish it. I was hesitant to really try to bring the pace down, because having never run that distance, I didn’t know if I would feel under control and then suddenly everything would just fall apart. Fortunately it didn’t fall apart. I was tired at the end, and ready to be done for sure....but could I have gone faster? Probably.... I mean, if I were pushed and/or something more was at stake. I didn’t have any reason to try to hammer the time. I knew I was on pace, and eventually way under pace, to break 5. Beyond that I thought trying to do something really big might be a mistake. I wouldn’t want to come away hurt or so exhausted I couldn’t do any effective training for a few weeks when there are more important races coming up like the Trials.

Being first female is not that new to you and for that matter you have been overall winner before too. At what point during the race did you realize that you had a chance to “take it all”?

I guess I realized I had a chance around mile 34 when the guy who had led the race from the gun came into my sights. I had a friend pacing me at that point and he said “do you want to race him?” and I replied “not yet.” To be honest when I saw him my thought process was if he is slowing down, and I maintain, I will catch him. If his pacer tells him I am gaining and he makes a surge, beating him is not that important to me. Of course, once I passed him my feelings changed. I felt like since I made the move to pass him I better make an honest effort to maintain the lead. I didn’t know how much of a lead I had or if I was gaining because I have a rule about not looking behind me. I think it is a huge waste of energy. My pacer asked me once if I wanted to know how much of a lead I had and I said no. I think it is a huge waste of energy. So with less than 2 miles to go I finally asked “can he catch me?” and when I was told no, it was a relief, but I didn’t back down off the pace either, I just wanted to be done at that point. :-)

AURA FUN RUNS

National Trails Day Run

Date: June 4

Day: Saturday

Distance: 14 miles

Where: Winding Stairs Trailhead parking lot

Time: 8 A.M.

Fees: None

Refreshments: Provided

As you probably know, plans for the re-opening of the campground are still unknown. Due to the tragedy, there are varying opinions as to what should happen with future usage of the Albert Pike camping area. The Forest Service is now soliciting input from the public.

I have spoken with the Forest Service officials. The pavilion is still standing; however that parking lot (Loop D) is still roped off, so we can’t use that. It’s very unlikely this area will be reopened by June. But, they have no issues with having the Trails Day event, and may offer some assistance, which I will pursue. They also said the trails are in good condition as reported by folks who have been doing the Eagle Rock Loop.

So, the plan now is to have the Trails Day Event at Albert Pike, and move operations to the Winding Stairs Trailhead parking area. This is approx. two miles from Albert Pike on Road 106. I believe the parking will be sufficient. The run/hike will be a 14 mile run; this will be the same terrain covered as before, only with the removal of the two-mile trek out and back from the campground. So, the former 18 mile run will now be a 14 mile run. The more I thought about it, the more I’m happy with it: there is parking, shade, and this is the “guts” of the run, anyway, containing the water crossings, the Winding Stairs Scenic Area and two mountain crossings. Fourteen miles is nothing to sneeze at. I think it will be a fun event. Get the word out!



Lake Winona Park
Sunday, June 12, 6:30 am
 Distance: 23 miles (+/-)

Features:

Terrain: Gentle hills
 Surface: Ouachita Trail, forest roads and 4-wheeler trails
 Also a 12-mile Kitty Run option
 Fun!!

Note that the run is on SUNDAY this year.

To get there:

Driving directions from Williams Junction (intersection of highways 10 and 9) : Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles (first two miles are blacktop, last two miles are gravel) to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive so as to not disturb the park superintendant.

No entry fee, no frills; there will be a waiver to sign morning of run. Water will be available every 4 to 5 miles, and there will be one aid station with minimal aid near the halfway point. You are encouraged to carry a water bottle and any snacks you want. For more information, contact Stan.

Rules for Lake Winona Park:

- #1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.
- #2 Keep Off the spillway and levy.
- #3 No bike riding is allowed in the park except in the parking lot and drive.

AURA Horoscope

Your monthly guide to money, power and More....

Frisky post race activities could work to your detriment only if you decide to run for political office. Beware of entangling training group alliances. Someone you least expect will soon step forward to help you through a financial crisis.

2011-2012 ULTRA TRAIL SERIES

UTS applications, Rules and Etiquette will soon be posted on the AURA Website. They will also be printed in the Newsletter when they are available.

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

AURA Trivia

An AURA bumper sticker goes to the first one who can tell me when the Midnight 50 K was organized, or, what number of Midnight 50k's have been held. Hint: This is a trick question.

Reining Kings and Queens of the Trail

Open -- PoDog Vogler and Jenny Weatter

Masters -- Mark Denherder and Kimmy Riley

Seniors -- Murry Chappelle and Karen Hayes

Super Seniors --Pete Ireland and (There was no SS Queen)



L to R --Mark DenHerder, Kimmy Riley, Karen Hayes, Jenny Weatter, PoDog Vogler, Pete Ireland and Murry Chappelle.

The awards were presented following the *Mount Magazine Fun Run*.

Mt. Magazine Trail Run

May 14, 2011

Mt. Magazine State Park, Arkansas

18 Miles		Time
Chris Block (1st Male)	M	2:19
PoDog (1st Masters Male)	M	2:30
Mark DenHerder	M	2:39
David Joseph	M	2:39
Josh Brown	M	2:45
Jason Auer	M	2:49
Gray McBride	M	3:10
Stacey Shaver (1st Female)	F	3:14
Robert Chandler	M	3:15
Rich Brown	M	3:18
Roger Williams	M	3:19
Deb Baker (1st Masters Female)	F	3:21
Stan Ferguson	M	3:24
Jenny Weather	F	3:25
Frank Massingill	M	3:26
Kyle Meredith	M	3:30
Will Blanchard	M	3:30
Steve Giles	M	3:33
Lisa Vorwerk	F	3:37
Bryan Hensley	M	3:37
Jim Sweatt	M	3:40
Patrick Barker	M	3:44
Jono Becker	M	3:44
Paul Rejda	M	3:44
Murry Chappell	M	3:55
Tala Hill	F	4:00
Hillary Looney	F	4:09
Kimmy Riley	F	4:09
Chrissy Ferguson	F	4:09
Andy Messenger	M	4:12
David Berta	M	4:28
Tracey Heath	F	4:32

12 Miles		Time
John Hunnicutt	M	2:30
Laura Brown	F	2:35
Misty Brown	F	2:58
Phil Brown	M	2:58
Judy Massingill	F	3:04
Lisa Gunnoe	F	3:04
Pete Ireland	M	3:12
Ann Moore	F	4:13
Bob McKinney	M	4:13

Other Distances		
Rosemary Rogers (9)	F	2:41
Corky Zaloudek (9)	F	2:41
Elizabeth Quinn (13)	F	3:42
Jonathon Quinn	M	n/a
Karen Hayes (13.7)	F	3:34
Brian Evon (14)	M	3:43

8 Miles		Time
Melinda Davenport	F	1:44
Brice Davenport	M	1:44

AURA SPECIAL REPORT

My Grand Adventure – 2011 Rim 2 Rim 2 Rim

Tom Brennan, Poteau, Oklahoma, AURA Brother

Someone once said that ‘goals are dreams with deadlines’. I have always liked that statement because it helps bring dreams into reality. One particular dream of mine for many years now has been to run the Grand Canyon Double Crossing. This is known as the Rim 2 Rim 2 Rim run and the distances varies but the shortest route follows the South and North Kaibab Trails. The trail is 42 or so miles with 9000 plus elevation gain.

For years, I would often read other blogs, youtube videos and other things on the internet and dream about taking on the canyon. A great documentary by Ken Burns called ‘The West’ states in the opening sequence that the landscape of The West both beckons and repels. This historical insight is not just true for Spanish and Mexicans, American pioneers and missionaries, it is also true to this day for me.

The West has often beckoned me to run Pike’s Peak, San Juan Mountains, Jemez Mountains, Leadville, Sawtooth Mountains and others. During these excursions, the West has also repelled me on numerous occasions though I might add proudly that it did not repel me at Lake City last year. Instead through altitude acclimatization and careful preparation, the West embraced me with all of her beauty.

So now, the Grand Canyon beckoned but without a race entry, it was difficult for me to muster up the courage to get in the car and drive the 18 hours and run one of the greatest adventure runs in the world. Spring Break, Thanksgiving Break and Winter Break would come each year. Each year I would contemplate going, gaze at the same websites and blogs and then back out for various reasons though if honest with myself, it almost always boiled down to a lack of courage. What I needed was a deadline to turn my dream into a goal and then fulfill this goal. I do not think there is a better deadline than a milestone birthday and as it turns out, I turned 40 this past week. My wife Suzanne asked what I wanted and I said, I wanted to go to the Grand Canyon. Though part of me really wanted the I-Phone or I-Pad, that expense could be turned into another convenient excuse to not go to the big ditch. So I stuck to my guns and said that running the double crossing was indeed what I wanted to do for my birthday. No party, no elaborate gifts, just a grand adventure that would forever be remembered.

A few days before my birthday, my Dad who lives in Pennsylvania announced that his gift to me was himself and that he would be making the drive to Poteau. So I asked him if he were interested in going with me to the Grand Canyon. After all, he’s already driving half way across the country, why not go the whole way and back within a week’s time. It would be his own double crossing in the car. He readily accepted and so off we went.

We camped at Mather Campground after a pleasant though long drive and got everything ready for a Saturday morning attempt. Two items were of great concern upon our arrival. First was the heat. At the entrance, a sign read that the previous day (May 6) temperature in the inner canyon was 96 degrees. I knew it would be warmer but not that much warmer! Temps at the rims were in the low 70s for highs and upper 20’s for a low. That’s a huge contrast that may be hard to adjust for. The second unplanned crisis concerned the time change. I had not anticipated a two hour time change. This was important because I had anticipated a 3 am started and the sun

would come up at 5:30 am. Now I would have start later, suffer more of the heat, and then get back to Poteau later on Sunday.

As it turns out, both these problems resolved themselves as I laid in my tent, tossing and turning at 2:00 am (Arizona Time). Why not just go now? I was not sleeping anyway and I could beat the heat of the day. So I awoke my Dad and he drove me to the South Kaibab Trailhead. He wished me well and off I went at 2:30 in the morning. I was a little nervous about this but as it turned out, those three hours were the best of the entire run! I glided effortlessly down the South Rim. On occasion eyes would reflect in my headlamp (Wal Mart brand 70 Lumens worked great, don't spend money on the name brand junk). At first I worried about these eyes until I realized they were mule deer who were not afraid at all of crazy skinny runners with headlamps at 2:30 in the morning.

I was shocked when I arrived at the first big milestone – Phantom Ranch. This is a cabin complex at the 7.4 mile mark where guests can stay the night and mules bring in supplies. I was surprised because I had arrived so fast and felt like it was effortless. It was still before 4:00 am and so not a creature was stirring except for the mules. I ran right on through Phantom Ranch and continued on the North Kaibab Trail. I continued to cruise along and I would later find out that I was now going gradually uphill with a river that fed into the Colorado. I felt so strong, I had not even noticed the uphill.

Things were going great. Light began to appear amidst the starry night around 4:45 and by 5:15, I could but away the headlamp. It was also around this time that I took a wrong turn toward a scenic loop called Ribbon Falls. I wasted 15 or 20 minutes looking for the trail because I did not know that I was supposed to be heading toward Cottonwood Campground. I was beginning to worry that I may not get to complete my dream run. There were no signs directing people to the North Rim which should be corrected. Then out of nowhere appeared the first soul I had seen since beginning my run over three hours prior. What great timing because this trail angel man pointed me in the right direction.

Past Cottonwood Campground and the private residence, I was now only 5 miles from the North Rim! This was easy. It did not take long for the North Rim to begin to chew me up and spit me out. Without any altitude acclimitization the 7000 – 8500 feet began to have me wheezing and congested and my head was pounding. I thought this may have been the most scenic part of the course. I have a great picture of a deer with a huge waterfall in the background coming right out of the canyon wall. It was a very difficult climb but I arrived at the top in just over five hours tired but ready for the return trip.

As I headed down the North rim about a dozen or so others were making their way up. Some runners still had not arrived at Cottonwood Camp and were a full ten miles behind me. I hope they were not attempting the Double Crossing with that late of start. I was now very thankful of my early start time. I seemed to have beat most of the heat and may even make it back under ten hours even with my wrong turn.

I soon began to search for Phantom Ranch that would mark only 7 miles left. This was a mistake because I was still miles away. How was it so easy going up the side of the river in the darkness?! My legs were screaming to stop running downhill. As it turned out, the 13 miles from North Rim to Phantom is almost entirely downhill. Phantom seemed like it would never appear around each canyon that the river had carved through it. But regardless, the scenery was breathtaking.

By the time I did arrive at Phantom, I was really beginning to suffer. The heat was climbing and I was very tired. I got a little reprieve by jumping in the Colorado River and cooling off before beginning my final ascent of the South Rim.

And so like the West does so often. The South Rim began to repel me. I struggled and as each successive mile past, my pace became slower and slower. As I ascended the altitude and heat began to team up to induce terrible suffering. I seemed okay until the last three miles. Maybe it's just because I knew I was close to the top but I was really suffering and just trying to get to the top. By this time there are hundred of day hiker tourists. Their numbers increased as I got closer to the top. I tried not to cause alarm or distress by my appearance and so I would smile and wish them each a good day.

At this point, the South Rim did not just chew me up and spit me out. It chewed me up, regurgitated me and fed me to her children. At last though, the South Rim allowed me to ease over her crest and there was my Dad waiting. I sure must have looked a wreck after 10 hours and 20 minutes of running, then hiking and then crawling. We took a few pictures and off we went. Now I am writing this as we drive through Arizona on our way to some unknown motel in New Mexico. I am still trying to get my body back into some semblance of fluid and electrolyte balance and it may take a few beers later tonight to accomplish that task. The West may have repelled me this time but it will beckon once more in some future adventure and as the memory of this pain fades, I'm sure I will gullibly and arrogantly answer the call. But for now, even though, it was tough, my Grand Adventure is neither a dream nor a goal, it is a proud accomplishment.

Tom Brennan
Age 40
Rim 2 Rim 2 Rim



AURA HOT FLASH!!!

June 4, 2011 – National Trails Day

Hobbs War Eagle Tail Twister Trail Races

Hobbs State Park Conservation Area - Rogers, Arkansas

Distances: 3.8 miles(\$25), 8.5 miles(\$25), 25K(\$40) and 50K(\$60). Limited to 100 runners per distance.

Website: www.wareagletrailraces.com. Information/Volunteering contact:
Jeff Genova at 479-426-7607 or (oneday100miles@gmail.com)



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 _____

AURA TALENT SHOW AND POT-LUCK

The Arkansas Ultra Running Association teams up with the GNO's (Girls Night Out) to present the 3rd Annual AURA Talent Show and Pot-luck. Who will be the next Arkansas Idol?



AURA and the GNO's Present Potluck/Talent Show

June 26, 2011 - Sunday

Maumelle Park, Pavilion #3, 5:30 pm.

Bring your favorite dish, lawn chair and your talent!

For more information contact **Chrissy Ferguson** at stanchrissy@earthlink.net or call 501-472-9162

Randy



J-Lo



Steven



23rd Edition; Number Five

The AURA

A Member of the Road Runners Club of America since 2001

AURA Fab-4

Stan Ferguson – President

Michael DuPriest – Vice President

Lisa Gunnoe – Secretary

Charley Peyton – Treasurer

It Is Finished