

AURA Hot Flash!
Sunset 6/12/24 Hour Endurance Run
Sunset Lake at Benton
Friday and Saturday, November 25th and 26th, 2011
Details on page 3

THE (e)ARKANSAS ULTRA RUNNER

November 2011 – The Farewell Edition

The Newsletter For Members of the Arkansas Ultra Running Association

AURA Website - www.RunArkansas.com

AURA Forum/Message Board - www.ArkRRCA.com

The Big Shot's Paper Trail



On Race Sunday Lou and I were up a dawn and heading back to the race course. It is our normal tradition to start at the Powerlines and begin taking down the glow sticks, mileage markers and pink ribbons on what I have always referred to as the “Heart of the Traveller”. On the way out we passed Camp Ouachita and began to see the runners on their finishing surge. Again as we approached the Pumpkin Patch Aid Station, runners and their pacers were somehow going to finish. Continuing on FR 132 the only traffic we encountered were the Aid Station workers driving out. Some looked as tired as the runners. Arriving at the Powerlines I got that feeling that I always get after 21 years of pulling ribbons. The roads are always haunted by the struggles of what had transpired only a few hours ago. Picking up trash and looking for markings my mind couldn't leave the runners and what some had overcome. Over and over I would come back to the same thought, “something happened here”. Working the Lake Sylvia Aid Station Saturday morning, I saw all the runners and could tell who were feeling good and those that were having doubts. But out on the deserted race course I knew nothing and it was important to me even as I write this to find out. Every participant whether they finished or not has a story to tell. A story brothers and sisters of the AURA want to hear.

After arriving back home from a day of course clean up, I saw some of the participants asking them to tell us, the AURA Newsletter, their story. The first one I received back was from the overall winner, PoDog Vogler. In my letter to him I had asked him to explain the origin of his nickname, "PoDog". Here it is:

PoDog

I had no idea that my name was such a point of conjecture. I thought that anyone who was interested already knew. Jamie Anderson said the best question he heard all day at Traveller was, "What is a PoDog?" Anyway, PoDog is my name from a local running club called the Road Dog Running Club. We are kind of like hashers with our own history and traditions that have developed over the roughly 25 years of the club. To be a member you must do the "initiation run" which is from the "training center" to the nearest bar. Since the club is centered in a dry county, the nearest bar is about 9.3 miles away across the Arkansas River. Of course after completing the run, we sit around and eat and drink and you may even lobby for what name you might like, but there are no guarantees. I joined with my wife, who is a pretty good ultra-runner herself (beating me to a first Traveller finish in 2006). My wife was named Flo Dog after Florence Joiner Kersey. You know, Flo Jo, the best female athlete of the 20th century. So they named me PoDog to go with that. Basically, my name was an afterthought. It's nice to have friends. We laugh about it often, but I still love my name.

During the years of writing this newsletter, I have tried to be informative and entertaining. Sometimes, even a little provocative. One of the subjects I wrote frequently about was AURA etiquette. Etiquette Lesson Number Six was more in "jest" and was entitled **How to Respond** as in what to say to a fellow AURA member you meet or pass on the trail. "Looking Good" or "Great Job" didn't work for me so I decided on another "slogan" that would be relevant and at the same time identify oneself as an AURA brother or sister. On the back of the Arkansas Traveller Volunteer shirt this year, there it was, "**WAY TO BE**". I am still laughing out loud every time I see the shirt. Encased below is that Etiquette Lesson first written years ago.

AURA ETTIQUETE LESSON NUMBER Six

*How to respond!**

Several months ago Mr. Manners was approached by a well meaning Arkansas Dem-Gazette columnist who asked him what was the most appropriate word or phrase to say to a runner during the course of their run. Naturally, I thought back to a past Etiquette Lesson. The most appropriate phrase is of course, "**Way To Be!**" With this said, I feel that with the influx of new AURA members, I have begun to hear some rather untidy expressions creeping back into the ultra lingo. "**Looking Good**" or "**Almost finished**", were popular during the days of George Sheehan and Jim Fixx. "**Way To Be**" is trendier and will suffice, today. And, while I am on the subject, Mr. Manners has noticed some of our members being very loud and demonstrative with their exclamations. Screaming "**Wooo-Weeee**" and "**All Riightttt**". In Mr. Manners opinion it is most unladylike and one should refrain. "**Way To Be**" will work for both ladies and gentlemen. Save the howling for the monkeys in the zoo. Now, go and have a blessed day!

* The BS takes full responsibility for the content of our Etiquette Lessons.

Sunset 6/12/24 Hour Endurance Run
Sunset Lake at Benton
Friday and Saturday, November 25th and 26th, 2011

Times: The 24 hour race will begin at 7:00 a.m. on Friday, November 25th. The 6 and 12 hour races will begin at 7 p.m. on Friday November 25th.

Check in will be 30 minutes prior to the start of the event you are running.

Course: The course will follow the one mile (plus) paved loop around Sunset Lake. There will be little or no lighting so flashlights are recommended.

Entry Fee: None (donations will be accepted.)

No Fees; no frills: Water will be provided along with some snack foods and soft drinks. No awards are planned at this time but we may have overall male and female first place awards for each race.

Other: Runners are welcome to bring someone to help them count laps or just cheer them on.

Entry Form: Although there is no entry fee, advance registration is encouraged so we have some idea of the minimum number of people to prepare for. The form may be submitted by email.

Directions: From westbound I-30 take the Sevier Street exit (exit 116) cross the bridge and turn right. Take the frontage road west past the Saline County Fairground and turn left on Fairfield Street. From I-30 eastbound, take the Sevier Street exit (116) and turn right on the frontage Road into Fairfield Street.

Approximately 2/10 of a mile past the National Guard Armory, the road will turn right and take you to Sunset Lake.

Complete information or questions contact the Saline County Striders or call 501-315-9252

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!

In the Service of Truth

BS

Arkansas Traveller 100

October 1-2, 2011

Perryville, AR

Results (UTS Race #4)

Place	Name	Sex	Age	State	Time
1	PoDog Vogler	M	45	AR	17:24:30
2	Ted Herget	M	37	AR	17:45:56
3	William Ansick	M	25	AL	18:39:15
4	Paul Schoenlaub	M	52	MO	19:55:35
5	Greg Gearhart	M	55	MS	20:48:28
	James Breyfogle	M	29	NM	20:48:28
7	Jacob Evans	M	26	TX	21:26:03
8	Jenny Brod	F	31	AR	21:46:31
9	David Joseph	M	20	AR	21:48:02
10	Will Ellis	M	25	MI	21:49:32
11	Steve Corbin	M	48	TX	21:50:50
12	Benjamin Drezek	M	35	TX	22:27:46
13	Joshua Brown	M	23	AR	22:30:05
14	Stephen O'Neal	M	32	AR	22:38:42
15	Brad Alsop	M	41	KY	23:08:40
16	Todd Blanchard	M	40	LA	23:13:20
	Brian Cockrell	M	35	LA	23:13:20
18	Susan Collins-Pulick	F	43	MA	23:18:20
	Lori Wetzel	F	38	MA	23:18:20
20	Shane Skowron	M	23	NY	23:23:49
21	Mark DenHerder	M	47	AR	23:33:41
22	Jenny Chow	F	47	NJ	23:51:44
23	Brian Kuhn	M	38	TX	23:53:48
24	George Peterka	M	51	AR	24:31:49
25	Marianna Inslee	F	46	VA	24:58:05
26	Isaac Espy	M	48	AL	25:10:55
27	Warren Gray	M	50	TN	25:43:28
28	Christy Scott	F	38	AL	25:44:26
29	Mark Beals	M	49	IN	26:15:45
30	Vicente Ledesma	M	60	TX	26:27:34
31	Monica Scholz	F	44	Canada	26:30:49
32	Jim Sweatt	M	55	AR	26:32:17
33	Vincent Charbonneau	M	40	Canada	26:41:45
34	Dale Humphrey	M	52	MN	26:44:35
35	Rob Hacker	M	51	CO	26:56:59
36	Todd Leatherwood	M	43	TX	27:13:46
37	Sarah Miller	F	21	MS	27:15:46
38	Paul Kilvington	M	54	AR	27:23:09
39	Steven Preston	M	29	AR	27:24:44
40	Jonathan Miller	M	23	AR	27:33:30
41	Joshua Bornhorst	M	37	AR	27:34:19
42	Tammy Walther	F	40	AR	27:41:16
43	Charles Hurst	M	53	TN	27:50:36
44	Deb Johnson	F	51	KS	27:54:08
45	Letha Cruthirds	F	58	MS	27:54:40
46	Jeff Neumann	M	48	MO	28:04:09
47	Thomas Keene	M	30	TN	28:09:32
48	Kevin Dorsey	M	40	TN	28:14:57

(AT100 results, cont'd)

49	Deb Baker	F	49	AR	28:15:18
50	Vincent Swendsen	M	49	NC	28:31:37
51	Jerry Bailey	M	45	AR	28:33:47
52	Ian Maddieson	M	69	NM	28:37:09
53	Kenneth McKnight	M	31	TN	28:50:14
54	Alan McLain	M	47	TX	28:53:26
55	Carlos Reyes	M	56	TX	28:56:22
56	Dexter Litwiller	M	36	IL	29:01:03
57	Philip McColl	M	59	Can	29:05:31
58	Johnny Eagles	M	59	AR	29:10:22
59	Laura Range	F	45	MO	29:14:05
60	Larry West	M	33	TX	29:17:58
61	Nick Papafote	M	47	TX	29:24:57
62	Jon Tilp	M	54	AR	29:25:42
63	Butch Allmon	M	56	TX	29:28:36
	Max Roycroft	M	47	TX	29:28:36
65	Leonard Martin	M	58	TN	29:28:50
66	Bob Haugh	M	60	KY	29:34:14
67	Hiromi Hatta	F	50	Japan	29:44:31
68	Katy Lipscomb	F	32	AR	29:46:52
69	Jim Ingalls	M	66	TX	29:49:06
70	Katsuyuki Hatta	M	47	Japan	29:54:23
71	Rich Wessels	M	42	TX	29:55:05
72	Cliff Ferren	M	55	AR	29:58:59
73	Randy West	M	54	AL	29:59:30
74	Sammy Barnes	M	54	AR	30:09:50

107 starters

2011 AT100 Team Challenge Results

	Name	Sex	Age	Time	Graded Time
#1 Arkansas 76:14:22	PoDog Vogler	M	45	17:24:30	16:46:54
	Ted Herget	M	37	17:45:56	17:45:56
	Jenny Brod	F	31	21:46:31	19:53:30
	David Joseph	M	20	21:48:02	21:48:02
#2 Texas 87:03:11	Steve Corbin	M	48	21:50:50	20:35:29
	Jacob Evans	M	26	21:26:03	21:26:03
	Benjamin Drezek	M	35	22:27:46	22:27:46
	Vicente Ledesma	M	60	26:27:34	22:33:53
#3 Alabama 92:51:20	William Ansick	M	25	18:39:15	18:39:15
	Christy Scott	F	38	25:44:26	23:30:50
	Isaac Espy	M	48	25:10:55	23:44:04
	Randy West	M	54	29:59:30	26:57:10
#4 International 99:40:59	Monica Scholz	F	44	26:30:49	23:13:36
	Hiromi Hatta	F	50	29:44:31	24:45:04
	Philip McColl	M	59	29:05:31	25:02:01
	Vincent Charbonneau	M	40	26:41:45	26:40:19
#5 Tennessee 102:51:33	Warren Gray	M	50	25:43:28	23:52:39
	Charles Hurst	M	53	27:50:36	25:13:40
	Leonard Martin	M	58	29:28:50	25:35:42
	Thomas Keene	M	30	28:09:32	28:09:32

AURA's At The AT-100

PoDog Vogler – First Finisher 17:24:30 Russellville

There is one statement that you may hear hanging around after the Traveller is over. Usually you hear it from first time runners or at least newer runners to the sport. But I have to tell you that without a doubt, that was the hardest thing I've ever done.

Training for the race went great. After taking a few weeks off after Hardrock, I started training pretty hard and quickly was up to 90 mile weeks. I was pushing my pace and doing my usual 2 hour runs several times a week with back to back long runs of 4 to 6 hours on the weekends. Before it was said and done, I had 5, 100+ mile weeks in, a couple of back to back to back weekends, and I hammered the Bartlett park 50 miler three weeks before AT. Pre-race I felt strong, rested and I had no nagging injury issues. I was in the best shape of my life.

My race plan started very ambitious. I decided that I was going to see if I could run close to a pace for a 17 hour finish. I doubted that even with ideal race conditions and a great race, I could run that fast, but I wanted to give it a shot. I knew it would be risky, but sometimes you have to go for it. Anyway, I made split times for 17 hours, decided to eat mostly Hammer gels with the exception of an occasional ensure. My plan was to get in and out of aid stations in less than 20 seconds unless I got into my drop bags. I would allow myself 2 minutes then. I had given up caffeine 6 weeks before the race so that at the last third of the race, I could switch from vanilla to espresso hammer gels and really get a kick from it. I also would switch from Heed to Mt. Dew.

I ran the first third of the race on pace for 17 hours, but I already knew that this was too fast. I was already feeling a bit crampy, and it wasn't even hot. So I spent the next 20 miles trying to get into a slower rhythm, and trying to get back the mojo I lost by letting go of the 17 hour dream. I came into Powerline feeling a bit more positive than I had 10 miles before, but I needed an attitude adjustment. Into my race enters my first pacer. Seth Irwin is a marathoner/triathlete and is one of the most high energy guys I know, and boy was that what the doctor ordered. We started running together and within a mile I felt much better, had a good rhythm going and was moving well. That lasted until after turn around when I saw I only had an 8 to 10 minute lead. I knew that any time that runner could cut into my lead would just give him more energy, so I decided it was time to push. I switched to espresso gels and Mt. Dew at Copperhead road and I told my pacer to keep me moving. My plan was to push until I couldn't anymore. Every aid station I approached erupted in cheers and shouts of "PoDog". I was focused, but tired. It was really hard to not have that more normal rhythm of relaxing some and pushing some, but I didn't think that would be fast enough. And I was not going to give anything less than everything I had with all the great support I had out on the course.

I got a couple of reports later in the race that told me I was slowly increasing my lead, which is all I had to do, but I wasn't increasing enough that I felt like I could relax. It wasn't until pumpkin patch that I knew I had the win. My pacer for the last leg was my nephew who has paced me all of my five Traveller finishes. He kept me drinking and eating and moving. In the end, we were very happy to run down the last big hill at a normal pace this year smiling and enjoying the win.

After finishing, I knew I was totally spent, but I didn't realize how much. Shortly after finishing, I went to the bathroom to discover very dark (coke like) colored urine. This has never happened to me before. I felt like I drank pretty well the entire race and even though I never urinated a lot at one time, I never went for longer than about 2 hours without urinating, and it never looked more than somewhat concentrated. I immediately got an IV and after 2 bags, was feeling better. However, I know I will be even more careful in the future to keep drinking to the end.

After reflecting a bit on the run I have mixed feelings. I am very happy to be lucky enough to have won the race. I trained hard and pushed hard to win. I could have easily done the same thing and been passed or had a major physical breakdown and have to DNF. However, I really love running 100s in general and Traveller in particular. And I have to say, I did not enjoy my run nearly as much as I usually do. I spent most of the race pushing: either the first 30 miles pushing to stay on a 17 hour pace, or the last 40 miles pushing to stay ahead. I think in the future, I will try to prioritize enjoying my run more, and if that translates into a win, great. But even if it doesn't, I will still have a fantastic weekend of running out on a beautiful course, with great friends, and lots of support to remember. What better way to spend my time.

Congratulations to everyone who toed the line at Traveller this year. You all trained hard, and dared to dream of running 100 miles. Many of you realized that dream. Some of you gave it your all and fell short. But everyone learned something about themselves this past weekend, and that is what it is all about. I hope to see you all next year.

Jenny Brod - First Female 21:46:31 Maumelle

Last year I ran the 2010 Arkansas Traveller finishing in third place for the women by only 6 minutes. I was never told by anyone along the course how close I was to first or second place. Had I been told this, I know that I would have pushed a bit harder. I was a bit upset when I found out but I couldn't be too upset because I had just finished my first 100 miler in a good time AND I knew it gave me something to come back and shoot for in 2011. It took me all of 2 or 3 days after the race before I decided that I was in fact going to run it again. For anyone reading this who just did their first 100 miler this year, I guarantee you will be back next year whether you know it yet or not.

The anticipation the week before the race is always the worst. You can't do much except to try and rest and eat right. I was very excited when race day finally arrived. It's great to see everyone before they start their 100 mile journey. Nervousness, excitement, anticipation and fear of the unknown are just a few of the emotions you can see on people's faces. Finally we are told we must go out to the dark, cold because the race is about to start. We say our final "Good Luck's" to our friends and off we go (after one final Hog call).

In 2010 I made sure to start very conservative because my main goal was to finish and I didn't want to mess that up by going out too fast. This year I knew I would have to start out faster than last year but not too fast because after all, I had 100 miles to pick up the pace. I had my music turned up and I just tuned into myself, my pace and God. There was a large group of us who trained together all summer and it was fun to see everyone starting their own journey. Several of us stayed together for about the first 8

miles but then I found myself running alone on almost the entire Ouachita Trail section. That's actually exactly what I wanted to happen because last year I got stuck in a large group on that section and felt like I was held back a little bit because there were just too many people to pass.

Getting to the first crew station at Lake Sylvia is always exciting. Not only is there a photo opportunity but you get to see your family and friends and that can give anyone a boost. However, you have to make sure you don't stay too long. The sad part is that you have to wait another 16 miles before you see them again.

At this point I was still feeling great. My legs felt rested and I knew that I was prepared. I had run about the same weekly mileage as last year but I had also run more long distance races in preparation for this year's race. I think that helped my confidence quite a bit. This year I had no doubt that I could finish but the question was: "how fast?"

My mindset was the same as last year: take it aid station to aid station. The next aid station I was most looking forward to was Club Flamingo where I would get the pleasure of seeing Paul Turner in a dress. He has great legs. I was told beforehand about the nurse's outfit, however I did not know about the blonde wig. This was definitely an added bonus. At that point I really needed a pick me up because I am pretty much convinced that every mile from Lake Winona to Powerline is uphill and it's when the sun is the brightest.

I continued to run the race by myself, just listening to my music and enjoying the beautiful things God has made. I always most look forward to getting to the Powerline aid station at mile 48. This is where you get your first pacer. This year Jack Evans was my pacer from Powerline to Powerline. I knew this was a great section to really get in some good running and Jack would be someone that could help me do it. I still felt pretty great until about mile 52 when I started to have some horrible knee pain. I had to walk more than I wanted to at that point. Around mile 57 I took some Advil and it was like the miracle drug. We left the Turnaround aid station and we ran and ran and ran and ran some more. Jack had to tell me to slow down on a few occasions. For me, the turn-around aid station is always a great point in the race because after you leave there, you are heading home. You are no longer on your way out; you are on your way home.

By the time we got back to Powerline, it had just turned dark. It was time for Harold Hays to take me to the finish. Last year Harold ran me from Powerline to the finish and I knew there wasn't anyone else who I'd rather have run me in. One of these years I vow to run hard enough where I can go over Smith Mountain while it's still light. That would make life (or at least this race) so much easier. You have to be extra careful in the dark over that darn Mountain.

I was looking forward to getting back to Club Flamingo again for one last look at PT. Luckily, all the uphill from earlier meant a whole lot of downhill at this point. Usually that would be a good thing but after you've run 70 miles, the downhills tend to hurt a little worse. Usually the worst part is when you first start running but then your muscles loosen up.

It was a quick in and out at Lake Winona and off we went to tackle the worst section of the entire race. Rocky Gap! Duh Duh Duuuuuuuuh. I am pretty sure we walked for probably 6 miles after we left Winona. I don't think Harold and I talked much on this section as we were both tired of kicking and tripping over rocks. Once we got off Rocky Gap I wanted to bend down and kiss the ground but I was afraid I wouldn't be able to get up. It was time to actually get to run again! I really didn't want to but being that close,

I wanted to get finished. I also had a goal of finishing in under 22 hours and I was cutting it pretty close.

Making it to the final aid station at Pumpkin Patch is always an amazing feeling. Lisa Gunnoe gave me a big hug and told me she was so happy to see me and it was a great hug! From this point, Harold and I decided to run/walk so many minutes. I was really feeling good and very excited about being done. As we got closer to the road I kept wondering where in the heck it was. I finally saw the road so I ran as fast as I could and when I got there I said: “#5 is here”!!! I looked left then looked right. Then I realized that no one was there to take down my number. It gave me a good laugh for a minute. It was time to get in a good downhill. Harold and I ran this pretty hard and just enjoyed our last few miles together.

My mom said that last year she wasn't sure if it was me running to the finish because it was dark so she told me to make some noise and that's exactly what I did. I had more friends there than I was expecting and that was a nice surprise. What a great feeling! I won and finished in 21:46. After about 30 minutes I had to decide what was next. How about Leadville?? ?

I just want to give a huge thanks to my awesome crew and pacers: Jack Evans, John Russell and Harold Hays. My wonderful parents. My fantastic friends. The awesome volunteers and of course Stan and Chrissy. I couldn't have done it without you all.

Cliff Ferren 29:58:59 North Little Rock

Finishing the Traveller has been a dream of mine for couple of years, something that seemed well out of reach, but still a dream. I really wanted to run it last year, but after a very difficult OT 50 Miler, I clearly wasn't ready. I did start scouting the course last winter, determined that I'd at least run the whole course on my own, whether I ever got to run the race or not.

This year I determined that if I had an acceptable OT 50 finish, I'd go for it. After all, I'm not getting any younger. As it turned out, I managed an official finish in the OT 50 of 12:05:55 after missing a turn on the course. Close enough!

Initially, my training was solo, but during the summer I had the opportunity to train with a number of great runners and friends. I also ran the Midnight Madness 50 Miler in Tulsa in July (Chrissy told me I needed another 50 miler to get tough). Jenny Brod, Stacey Shaver, Steven Preston and I ran it, crewed and chauffeured by Justin Radke. Other AURA friends that also ran it included Josh Brown and Lisa Gunnoe. The weather was blazing hot, but the time with friends was great.

We trained on the actual Traveller course and on similar terrain as much as possible, and spent a lot of Saturdays running long, hot miles this summer. Some of my friends did back to back long runs, but I did not. At 55, I don't recover as fast as my younger friends, nor did I have any intention of trying to do more than just finish in a reasonable time. For me, I think it worked better to just run really long one day and then either take the next day off or cross train. Largely because of this I was able to arrive at the starting line healthy and reasonably well conditioned.

I had numerous training runs of 20 to 30 miles plus a pair of 50 mile races this year, so I really don't feel like much of a slacker. In addition to the long runs, I generally did a

hard solo run in my hilly neighborhood on Mondays and a tempo run with my friends on Thursdays.

I ran both days of the Heart of the Traveller, and since I took off the day between, was able to run well both days and finish the 2nd day feeling strong.

If you can run more than that without being injured, don't let me discourage you. I just think it was about all I could handle. Getting to the starting line healthy is more important than a few extra miles of training.

Because it was so close to the Traveller, I elected not to run Bartlett Park. As it turned out, I needed to work part of that day. Sometimes you have to be flexible and take care of non-running issues like families and jobs. After all, we are doing this for fun, aren't we? Don't want to lose either a spouse or a job over a race, not even for the Traveller!

My race day strategy wasn't too unusual. I planned to run the down hills and maybe some of the easy uphill. If I ever found an actual flat stretch, I'd probably run that too. The rest I'd walk, especially after dark, as fast as practical. I also would try to minimize time spent in aid stations. Generally, this worked well, but I did get tired and lost a bit of focus after Powerline.

The aid stations and volunteers were wonderful, but I was very selective in what I ate. Frequently, I'd only grab a cup or two of Gatorade and maybe some PBJ sandwiches. I carried and put in my drop bags a lot of quick energy, easily digested food, things like M&M's, GU's, Clif Blocks, Honey Stinger gels, and especially my favorite: Honey Stinger Waffles.

For hydration, I carried the same pack I used in my training and tried to never let it get empty. In fact, I probably drank too much water and spent too much time in bathroom breaks, but at least I didn't dehydrate. I took Endurolyte capsules for electrolytes. Each time I weighed, my weight was about the same as at Friday's weigh in.

I have run a lot of races in my brief running career, including three 50-milers, but until the Traveller, I had never had pacers. For the Traveller I had two pacers scheduled, Tala Hill from Powerline over Smith Mountain back to Winona, and Crystal Goodman from Winona to finish. Unfortunately, Tala was injured and unable to run. She promised to be my prayer warrior—I needed some of those too!

Crystal was invaluable in the final 16 miles from Winona to the finish. I'm not certain I would have made it without her. I have no doubt that I would have been over 30 hours. I now understand the importance of a good pacer, especially in the final stages of a tough race.

My race went something like this... We started running at 6:00 a.m. Saturday and ran slowly north to Brown's Creek Road where we ran to the Flatside aid station and got on the Ouachita Trail. We ran on the OT for about 8 miles, getting off at Lake Sylvia and continuing on our way through Pumpkin Patch, Electronic Tower, etc, until we reached Lake Winona, then on through the back roads and over Smith Mountain to Powerline, where I saw Lisa Luyet, Michael Harmon and some other friends. It's amazing how much seeing a friend can lift your spirits.

At Powerline I changed shirts and picked up a long sleeve shirt to put on later. This was a good move, because the temperature dropped rapidly once the sun went down. I traded my nearly dead Garmin for a watch and also picked up my head light which I used the rest of the night—even had to change the batteries once. If you're not familiar with the Traveller course, Powerline out-bound is mile 48, about half way, and a good place to have a drop bag with the gear you will need for the night. It's a major crew and aid

station with good road access. It also is the beginning of the section of the course where pacers are allowed for all runners.

I was doing well, just about on schedule at Powerline (out-bound), but my feet were really starting to bother me. I had kicked rocks multiple times with my right big toe, and my left foot had a blister that felt like it must be the size of Texas. Since there really wasn't anything I could do about either problem, I never pulled off the socks to look. It was just as well that I didn't!

I slowed down quite a bit after Powerline, but kept plugging away as best I could. I believe I would have probably finished a couple of hours sooner if my feet hadn't hurt so badly. They made me want to walk when I could have run. Also, that's where I began running without a Garmin. I probably needed either a second Garmin or a pacer to help me stay focused.

If I do this again (and the Traveller is very addictive), I plan to put stiffer, more protective insoles in my trail shoes, probably Spenco Full Support, and use Body Glide as a lubricant instead of Sport Slick. I think Body Glide resists sweat better. I plan to wear basically the same socks: Zoots compression socks under thin running socks. I also need to come up with a lightweight foot care kit. Maybe I can head off blisters before they get really bad.

One of the challenges of having pacers is predicting when you will meet them where they are waiting for you. My time estimate for Winona was several hours too optimistic. This was my first 100 miler, so that's not surprising, but I saw even experienced runners miss their projected times almost as badly as I did.

On-line tracking (new this year) helps the pacers know how their runners are doing during the day. The runners are radio tracked at each aid station, so once a pacer is at the aid station where they will meet their runner, they can get a good idea how long the wait is likely to be.

I guess the lowest part of the race for me was after leaving Powerline on the return and heading back over Smith Mountain knowing I had to run and walk all night on feet that were blistered and bruised! My only hope was that if I could make it to Winona, Crystal would be there and somehow she could get me to the finish!

At Club Flamingo I got a pep talk from Paul Turner. Because of his experience, he could tell that I was borderline on making the 30 hour time limit for an "official" finish. After that I did try and pick it up. My margin was very small, so it made a difference!

Finally, I arrived at Lake Winona just before daybreak and met Crystal. She was just what I needed. With her help I was able to fight my way back uphill and past the last time cutoff at Electronic Tower with time to spare. I began to mix some running back in with my walking.

After we broke out of the rocky mess called Forrest Road 132C, I began to run more and actually sprinted up the final hill and to the finish at 29:58:59. One minute and a second under 30 hours! As it said on my race bib, "Finishing is winning!"

This was truly a mountaintop experience for me; the fulfillment of a dream. To top it off, my two sons saw me finish and crewed me at the finish. I was actually in pretty good physical shape, except for the sore feet. No IV was needed at the finish, and I was able to eat a good breakfast.

Surprisingly, I don't remember ever feeling sleepy—tired, but not sleepy. While I was very glad to be finished, I believe I could have kept going for a few more miles if I had needed to.

The Traveller is fascinating for a lot of reasons. It challenges each of us to dig deep and do what most people, even most runners, would consider impossible. Everyone has a story, whether the thrill of victory, or the disappointment of dropping out.

I don't consider myself to be a truly exceptional runner. There are a lot of younger, stronger, and faster runners. Why I finished and almost a third of the starters did not, is something difficult to explain. I think a big part of my success was careful attention to what I ate and drank. If you don't stay fueled and hydrated, you don't finish. Being stubborn also helps! I don't remember ever considering giving up, just a grim determination to keep going as long as I could or as long as it might take.

I am thankful to everyone who helped me along the way, and praise be to the Lord for giving me the ability and the opportunity to participate in the 2011 Arkansas Traveller!

Deb Baker 28:15:18 Little Rock

The Arkansas Traveller was my first 100 miler. WOW! I have a whole new appreciation for all that goes into putting on one of these events and what it takes to cross the finish line.

Most of my training this summer was spent running on the Traveller course or on similar terrain. I would say probably 90%. I was also a part of a Traveller training group which was great moral support and made those long runs a lot more fun. I would highly suggest this to anyone thinking of training for their first 100 miler.

I have gone through all that happened to me during my 100 mile experience and certain things stand out in my mind. First were the aid stations. They were so well stocked and everyone was so helpful and encouraging, even the funny looking nurse. My husband was crewing me and seeing him at that first crew stop was a real mental boost. I got to see some of my friends run by me on my way to Turnaround. Cheering them on was really fun and renewed my drive to keep moving. I think the time that stands out most was when I was all alone sometime around midnight. I remember stopping in the middle of the road, turning off my headlamp and looking up the sky filled with stars. It was amazing.

Unfortunately, most of my run was spent dealing with nausea and vomiting. It started around mile 43 and lasted for almost the remainder of my trip. I think I tried every form of ginger known to man, to no avail. I was not able to keep anything down except for water. I may be the only one who barfed both outbound and inbound over Smith Mt. I really started to slow down when I got to Turnaround, I was feeling pretty weak. On my way back I managed some diluted broth at BM Road and a few sips of ensure at Winona Aid Station. Apparently this was enough to sustain me to the finish. (Wouldn't recommend it though) I was amazed that I never felt light headed and that I could stay focused.

I will say that there were several times I thought I wasn't going to make it to the end. From the start I had told myself that quitting was not an option. Unless I was pulled, I would keep moving. So, with much determination, my crew, two awesome pacers and my saviors at the Winona Aid Station, I DID IT!

So next year...I will definitely work on my nutrition plan (or lack thereof). I will be seeking out help with this one. I would also like to do more than one 50 miler as training.

Something else I will do is to take the Monday after the Traveller off from work. I was sure wishing I had this time. Ugh!

Being a part of the Arkansas Traveller has left me with many new friends, a great sense of accomplishment and the realization that I can do more than I ever thought I could. I have also lost my fear of barfing during a race. In fact, I am now an expert at it. I plan to be back next year. I plan to be better next year. Thanks Traveller.

Deb Johnson 27:54:08 Shawnee, Kansas

I had been training in the spring to do an early summer 100 miler, but after fighting through some injuries and some training burnout, I decided that wasn't going to be. I cut back on my training, healed up and then went to Western States 100 to pace and crew Coleen Voeks and then a week later left for Silverton, CO to spend 10 days in the altitude with Stuart, my husband, who was doing Hardrock 100. To anyone who has ever been around a 100 mile race you know that nothing motivates you more than being around runners of this caliber and it gets you fired up to run one yourself. I came back ready to hit the trails and started wondering which 100 miler to run. I didn't have to think hard about it. Stuart and I have been manning the Copperhead Aid Station at the Traveller with Paul and Cindy Schoenlaub for the past several years. We have a great time working at it and seeing all the runners. I knew the race is very well run by Stan and Chrissy Ferguson.

I woke up race morning right before the alarm went off which I thought was a good sign. I ate a banana and had a bottle of Ensure for my prerace nutrition. We headed to the start line and chatted with others waiting to hit the start line. I did check with PT (Paul Turner) about what he would be wearing at his aid station but he wouldn't give his attire away – said I would have to wait until I got there to see it. Prerace tradition is the calling of the hogs – definitely a first for me! The countdown began and with a shotgun blast we were off. With 25 aid stations in the race I knew I could lose a lot of time stopping at each one so I carried my double bottle pack so I wouldn't have to stop as often. I went through the first aid station only stopping long enough to give Rosemary Rogers a hug and then continuing on. I stopped long enough at the next one to grab a peanut butter & jelly sandwich and a couple of orange slices, which was my food of choice through most of the day. I wasn't used to running much on roads so I was very relieved to hit the Ouachita Trail and use some different muscles. I ran for awhile with Jen Foster Biggs and caught up on her wedding. My awesome crew of Coleen, Debbie Webster and Stuart was waiting for me at Lake Sylvia, the first aid station with crew access. I quickly refilled my bottles, grabbed more GU and Honey Stingers and went on my way. I was trying to keep up with a GU on the hour and Honey Stingers during the hour. I also took a Succeed cap every hour. I kept one bottle with water and one bottle with Gu2o.

I continued on, running with different people throughout the day. I felt good, but I was looking forward to getting to Copperhead AS to pick up my first pacer. Adam Dearing was going to pace me from Copperhead back to Copperhead. Adam ran his first trail run and his longest run of 4.5 miles just a year ago and just signed up for Ozark Trail 100 next month. He has come a long way in a short amount of time and I knew being around this race would get him excited to run his own 100 miler. It was nice to have

someone to run and chat with; definitely helped the miles go by. When we got to the turnaround I sat down and had a warm grilled cheese sandwich and some Coke, they tasted so good. I grabbed one more for the road and we headed back. It was fun to have a chance to see all the runners, whether in front of or behind me. We were inbound! It was a great feeling. My legs were starting to feel pretty tired. The quads especially were starting to feel some wear and tear. I ran the Superior Trail 50 Mile race three weeks earlier and I began to wonder if maybe that was a little too close to this race.

I picked up my second pacer, Coleen, at Copperhead and we ran together until Lake Winona where I picked up Debbie. I was starting to run less and walk more. Coleen was good at keeping things light. She's run enough 100's to know what makes for a good pacer. Debbie had the hardest job of the day I believe. My quads were really starting to hurt and I was trying not to complain too much, but I don't know how many times I asked her "Have I told you lately how much I hurt?" She was wonderful and always had a positive attitude. She was good to keep me eating and drinking. The Gu's were getting harder and harder to get down though. I had taken a caffeine pill earlier in the night and it was starting to wear off so she gave me a 5 Hour Energy drink that tasted horrible, but did perk me back up. I stopped at each aid station through the night and sat down for a few minutes and got a cup of hot soup and usually some Coke. I knew I was walking slower and slower and started to get a little concerned about cut-offs. Quitting was never an option, especially since one of my co-workers at the high school where I work emailed the whole staff telling them what I was doing this weekend.

We continued to trudge through the night and as most 100 milers will tell you, was very glad to see the sun rising. It was nice to turn off the headlight and to be able to see beyond the glow of the light. I was so relieved to hear the highway traffic and then the music that was declaring that another runner had hit the finish line. As much as I wanted to run the last portion on the highway and to the finish line, there was no running left in my legs. I crossed the finish line in 27:54 and gave Debbie a hug for putting up with me through a very long night. I also received a hug from Chrissy, after which I told her I would be back at Copperhead next year. Unless, I decided to see how my time would be on better rested legs..... Thanks to Chrissy and Stan for putting on a wonderful race and to my awesome crew – you're the best!!

Johnny Eagles 29:10:22 Little Rock

I want to thank everyone for the support they gave me. My preparation for the race was to train hard and to train well. Two main things that I had to do in order for me to finish the race was to do a lot of long runs, and a lot of cross training. My preparation for running the short runs, on Monday, Wednesday and Friday I ran 10 miles. On Tuesday and Thursday I power walked 5 miles. On Saturday I would do 30 miles. I would put in about 60 miles every two weeks. Also I had planned on completing most of the UTS races, and did good on them.

I got a lot of support from my ultra brothers and sisters with PoDog leading the way. Doing all of that running was not going to get me to the finishline. My body was not as strong as I wanted it to be. I started going to the gym and started my cross training. Four parts of my body I had to get strong.

1. Legs. I did a lot of training on my legs. I got my legs very strong and it paid off.
2. Hips. My hips had to be very strong and I worked on them.
3. Back. I did a lot of training on my back.
4. The most important part of all was to develop a strong core. To me by developing a strong core that made my whole body strong.

My strategy for finishing the race was to go out slow and keep a steady pace. Power walk the hills very strong. I ran very well at night and that helped me a lot. When I got to the turn around there were two runners behind me and they dropped at the powerline. I was the last runner in the race.

The best part of the race was when I got to the powerline and picked up my pacer, Patty Groth. Patty kept a strong fast pace, and we began to pick off runners. Patty made me eat and drink at each aid station. Power walking the hills was my strong point and Patty did not let up.

My high point in the race was when we made it to Smith Mountain Aid Station . The crews at all aid stations gave me a lot of support and were very nice. However, the crew at Smith gave me a standing ovation. I felt good and was in no pain.

My low point about my finish was when I got to the powerline and was the last one in the race.

When I crossed the finishline I was proud of myself and very, very happy. I want to thank all of the crew at the aid stations, but most of all I want to thank my pacer, patty Groth for a job well done. Thank you, God bless you. I love all of you.

AURA Members to finish the 2011 Arkansas Traveller 100

1. PoDog Vogler	17:24:30	32. Jim Sweatt	26:32:17
4. Paul Schoenlaub	19:55:35	39. Steven Preston	27:24:44
8. Jenny Brod	21:46:31	42. Tammy Walther	27:41:16
13. Joshua Brown	22:30:05	44. Deb Johnson	27:54:08
14. Stephen O'Neal	22:38:42	48. Kevin Dorsey	28:14:57
16. Todd Blanchard	23:13:20	49. Deb Baker	28:15:18
16. Brian Cockrell	23:13:20	58. Johnny Eagles	29:10:22
21. Mark DenHerder	23:33:41	72. Cliff Ferren	29:58:59
24. George Peterka	24:31:49		

Arkansas Traveller Trivia

Question One: Who is responsible for naming the AT-100 the Arkansas Traveller 100?

Question Two: Who is responsible for spelling the Arkansas Traveller with two "L"s?

Answer: At one of the organizational meeting back in 1991, the route had been decided upon. I suggested that we call this race the Arky 100. Jack Evans on the other hand suggested we name it the Arkansas Traveler. At a later meeting, Dave Cawein, produced the sheet music to the famous Arkansas song, Arkansas Traveller. Hence, "double L's. The log cabin drawing on the sheet music became the race shirt logo for the 2000 race.

ULTRA CORNER

USA T&F Championship - North Coast 24 Hour Endurance Run Cleveland, Ohio

11th Overall Randy Ellis (AURA), Supulpa, Oklahoma
119.32 miles 1st place 55-59 age group

86 starters

2011-2012 ULTRA TRAIL SERIES

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

2011 - 2012 UTS Schedule

#1	7-16-11	Full mOOn 50K	8:00 p.m. start. Lake Sylvania
#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	Sstyx 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 and link to UTS

UTS Trivia Question

The first race of the Ultra Trail Series was on August 5th, 1989. It was called the Pigeon Roost Mountain Run. By an error in judgment, the BS neglected to publish the complete results in the newsletter. We had 38 finishers for that first event and only the top 10 men and top five women were listed. An AURA bumper sticker goes to the first person to tell me that they participated. chrlypytn@gmail.com

Bartlett Park Ultras

Bartlett, Tennessee
September 10, 2011

50 MILE

Place Name	Sex	Time
1 PoDog Vogler	M	7:28:12
2 Karen Martin	F	9:01:10
3 John Loucks	M	9:39:27
4 Michael Poole	M	9:42:25
5 Bruce Tanksley	M	10:12:04
6 Gary Kowalski	M	10:25:10
7 Warren Gray	M	10:33:30
8 Steve Bissonnette	M	10:41:52
9 Dwayne Thompson	M	11:00:53
10 Sarah Harris	F	11:21:30

40 MILE

Place Name	Sex	Time
1 Matt Walker	M	6:37:30
2 Chris Estes	M	6:52:32
3 Christy Scott	F	7:06:20
4 George Peterka	M	8:07:23
5 Todd Porter	M	8:27:32
6 Sarah Miller	F	8:29:04
7 Randy Saxon	M	8:30:02
8 Nathan Tadlock	M	8:42:38
9 Joey Smith	M	9:07:31
10 Johnny Eagles	M	10:20:54
11 Tim Wilkinson	M	10:47:56
12 Mark Higginbotham	M	10:49:02
13 Mark Cato	M	11:24:46

50K

Place Name	Sex	Time
1 Feb Boswell	M	4:02:12
2 Trapper Pressler	M	4:21:56
3 Erno Lindner	M	4:51:47
4 Joseph Antoine	M	4:58:02
5 Stacey Shaver-Matson	F	5:16:27
6 Steven Preston	M	5:16:33
7 Gary Thornton	M	5:42:21
8 Evan Bone	M	5:51:21
9 Christopher Baldwin	M	5:54:28
10 Lori Ladd	F	5:55:45
11 Maureen Fogel	F	6:10:38
12 John Fogel	M	6:10:39
13 Lisa Zaccarelli	F	6:12:36
14 Paul Kilvington	M	6:12:59
15 Scott Irwin	M	6:16:02

50K (cont'd)

16 Tracy Douglas	F	6:16:34
17 Rick Eddleman	M	6:16:35
18 Wade Anderson	M	6:16:39
19 Bill Luton	M	6:17:03
20 Don Preston	M	6:20:19
21 Scott McTurner	M	6:21:19
22 Iva Lightsey	F	6:29:03
23 Jennifer Whitley	F	6:34:52
24 Steaven Wischoff	M	6:35:33
25 Dennis Bisnette	M	6:35:49
26 Joshua Holmes	M	6:46:23
27 Lee Hollingsworth	M	7:04:40
28 Arland Blanton	M	7:17:05
29 Graham Gallemore	M	7:24:31
30 James Mcvay	M	7:27:42
31 Jennifer Harris	F	7:34:45
32 Sherry Rogers	F	7:37:40
33 Jan Show	F	7:44:06
34 Carter Branstetter	M	8:07:45
35 Rob Apple	M	8:07:48
36 Janna McKedy	F	8:21:05
37 Jim Simpson	M	8:34:09
38 Lisa Gunnoe	F	8:34:41
39 Phil Min	M	8:43:36
40 Betsy Kinnane	F	8:45:55
41 Denise Snider	F	8:45:55
42 Renee Bisnette	F	8:52:43
43 Angela Ivory	F	9:22:06
44 Carol Earles	F	9:45:32
45 Annette Blanton	F	9:45:33
46 Diane Taylor	F	9:52:50
47 Eva Paharik	F	9:52:51
48 James Culhane	M	9:57:42
49 Eugene Bruckert	M	10:01:50

Styx n' Stones Trail Races

Devil's Den State Park, West Fork, AR

October 22, 2011

30K (UTS Race #5)

Place	Female Runners	City, State	Age	Time
1	Katie Helms	Fayetteville, AR	34	3:24:00
2	Whitney Kerth	Little Rock, AR	24	3:25:00
3	Dulcinea Groff	Conway, AR	28	3:35:00
4	Deb Baker	Little Rock, AR	49	3:37:06
5	Abby Darrah	Fayetteville, AR	29	3:40:00
6	Lisa Vorwerk	Dover, AR	43	4:31:52
7	Rebekah King	Fayetteville, AR	46	5:31:30

Place	Male Runners	City, State	Age	Time
1	Tom Brennan	Poteau, OK	40	2:36:58
2	Stephen O'Neal	Bentonville, AR	32	2:42:33
3	David Joseph	Fayetteville, AR	20	3:00:06
4	PoDog Vogler	Russellville, AR	45	3:00:23
5	Mark DenHerder	West Fork, AR	47	3:08:49
6	Paul Turner	Conway, AR	48	3:10:52
7	Christian Loeschel	Fayetteville, AR	29	3:11:00
8	Tyler Fuller	Fayetteville, AR	24	3:12:00
9	Andrey Dumchev	Russia	30	3:20:00
10	John Haddock	Springdale, AR	45	3:20:35
11	Chad Johnson	Little Rock, AR	25	3:25:00
12	Bill Coffelt	Fort Smith, AR	51	3:33:00
13	Joshua Brown	Little Rock, AR	23	3:34:00
14	Dat Duong	Barling, AR	33	3:37:00
15	Alan Hunnicutt	Berryville, AR	57	3:40:00
16	Curtis Nunn	Prairie Grove, AR	41	3:48:00
17	George Peterka	Hot Springs, AR	57	3:56:00
18	Robert Chandler	Memphis, TN	49	3:56:15
19	Patrick Riley	Mena, AR	62	4:27:52
20	Kevin King	Fayetteville, AR	43	5:31:28

15K

Place	Female Runners	City, State	Age	Time
1	Sarah Whipple	Fayetteville, AR	25	1:38:55
2	Maria Lanning	Fayetteville AR	26	1:55:00
3	Michelle Roberts	Fayetteville, AR	34	2:00:00
4	Megan Kale	Muldrow, AR	29	2:01:00
5	Tracey Heath	Goodman, MO	44	2:08:01
6	Taylor Johnson	Fayetteville, AR	27	2:18:00
7	Sarah Nichol	Tulsa, OK	29	2:18:00
8	Krystal Ford	Tulsa, OK	25	2:18:00
9	Susan McCourt	Farmington, AR	34	2:21:00

Place	Male Runners	City, State	Age	Time
1	Sean Salazar	Fayetteville, AR	21	1:18:50
2	Adam Servies	Fayetteville AR	19	1:19:20
3	Siddhi Tfrost	Eureka Springs, AR	14	1:25:00
4	Elliott Morgan	Eureka Springs, AR	16	1:25:37
5	Steve Nimmo	Fayetteville, AR	54	1:36:00
6	Jason Kimes	Alma, AR	31	1:38:00
7	Matt Cheadle	Fayetteville, AR	56	1:40:00
8	Jeff Amerine	Farmington, AR	49	1:41:00
9	Lukas Malone	Fayetteville, AR	22	1:42:00
10	Greg Lewis	Fayetteville, AR	40	1:42:10
11	Rick Bushmiaer	Fayetteville, AR	33	1:50:33
12	Brandon Killian	Fayetteville, AR	37	1:51:00
13	George McDonald	North Little Rock, AR	58	2:07:03
14	Rodney Abshier	Springdale, AR	42	2:16:19

Styx n Stones Race Report by Mark Denherder

The seeds for this race were planted about a year ago after learning that the Gulpha Gorge run (Hot Springs National Park) wasn't going to happen, along with a desire to promote trail running in the northwest part of Arkansas. Several sites were considered before settling on Devil's Den State Park. Only later did we discover that an AURA UTS run had been held there several years ago.

After considerable exploration of the park's trails, and receiving input from various sources, a course was designed by a greenhorn race co-director. When trail-marking began the week before the event, it became apparent that ease of marking had taken a back seat to giving the runners a tour of the park. Anxiety was high as a host of lost runners seemed likely. Remarketing the 18-mile plus route was the only viable option. In the end, that was definitely the right call. A few runners still missed turns, but at the end of the day (and within the 6-hour cutoff!) all safely arrived at the finish.

We were extremely grateful and humbled by the overwhelmingly positive response--despite snafus related to chicken wings, poker chips, etc.- to the beautiful course on a gorgeous day. Couldn't have done it without assistance from numerous folks, not to mention the brave souls who turned out for an adventure in the Boston Mountains.....

AT100 Race Report by Chrissy and Stan Ferguson

So a newspaper writer called to get information on the race for an article in the local features section. Not from a sports coverage angle, the intended focus of the article--and thus the leading question was "What's new with the Arkansas Traveller 100 this year?" It's a common enough question, but definitely one that commands a pause for 11th year race directors preparing for the 21st running of the event. Thoughts that develop in seeking a response:

There are no announcements to make of a new course or significant re-routing. The friendly out-and-back course over a variety of surfaces and terrain has remained unchanged since the race's beginning in 1991.

Just a hair under half of the runners would be return participants--drawn back by the lure of another weekend of Good Time Running in the Ouachitas. That's about average, so nothing new there.

Twenty-nine of the entrants were attempting their first 100-miler. Again, that is around the usual number.

Over 250 volunteers would be helping at the race--more than twice the number of runners. Ditto.

Many runners would be impressed with the enthusiasm, dedication, and efficiency of the aid station volunteers--who it turns out have about as many cumulative Traveller finishes as would be seen by this year's participants. --Nothing new there, as our exceptional volunteers have always been the hallmark of the race.

No, what's new this year--and every year, is the fresh batch of new 100-milers whose lives are about to change. Seventeen of our 29 newbies completed their maiden journey back to Camp Ouachita, and greeting them at that moment never gets old and never needs a new twist. These, combined with seeing all our many returning friends makes each

year an affair to remember on its own. That may not read very well in the newspaper, so I guess you just have to be there!

So beyond all that, what stands out from this year's Arkansas Traveller? Well let's see: PoDog Vogler got his second win in three years, with his fastest time yet. Jenny Brod joined him in the winners' circle to mark the first time ever that Arkansans have won both the men's and the women's divisions. And Ted Herget posted a very strong runner-up performance--especially for his first attempt at 100 miles. Also, it was a pleasure to welcome Hiromi Hatta and Vincent Swendsen into the ten-time finisher club. Wait—there was one thing new this year. For the first time since 1991, neither one of us toed the Arkansas Traveller starting line. That's not a feature we hope to keep around!

AURA HOT FLASH!!!!

Several years ago I approached our President with the idea that maybe the AURA deserved a new Newsletter Editor being that there were new members joining every month and the Trails Series growing in leaps and bounds. I lamented that I was no longer leading the Ultra Charge and instead was back behind the line just making things up instead of making things happen. Stan fluffed (like an old pillow) me up and told me that there could be only one Big Shot. So I soldiered on.

Now as I approach my 7th decade, I think it is time. I feel that the AURA is again going into transition with new, younger runners (emphasis on young) discovering the running trails and the increasingly popular Ultra Trail Series. In July the Midnight 25 and 50K had over 200 runners.

At the AURA officers' meeting this year I informed Stanley that the Newsletter needed to reflect the membership and be more in keeping with their interest. The newsletter should be as “trendy” as others in our area. Several names were proposed and I am pleased to say that AURA brother Harold Hays has volunteered to be our new Editor. Harold is a long time runner and served as President of the Little Rock Roadrunners Club. He has been involved with the Arkansas Traveller since its beginning serving either as an Aid Station Captain (Flatside Pinnacle) or runner (finisher). He has the pulse of the Arkansas Ultra Running and the ability to relate to the AURA family. He is the One. I wish to thank all of my AURA brothers and sisters for allowing me to be a Big Shot.

In the Service of Truth,

The BS (February 1989 thru November 2011)

Stan Ferguson – President
Michael DuPriest - Vice President
Lisa Gunnoe - Secretary
Charley Peyton - Treasurer/Newsletter, BS

23rd Edition; Number Nin'er

The AURA – *Don't Stop the Feeling!*

A member of the Road Runners Club of America since 2001

It is Finished!