

THE ARKANSAS ULTRA RUNNER
December 2012
The Newsletter For Members of the Arkansas Ultra
Running Association

AURA Website - www.runarkansas.com

AURA Forum/Message Board - www.arkrrca.com

Message from AURA President - Stan Ferguson

Greetings Ultra Race Fans,

Big surprise that my ramblings this month will again be mostly about one of my favorite topics: the Ultra Trail Series. As I write this we are seven races into the 13 event schedule. We have a record number of people signed up—currently 71, and 62 of these folks have made an appearance. So far Mark DenHerder has done every race, and he and Lisa Gunnoe have already achieved “High Mileage Club” status.

I guess the reason I’m so big on the UTS is that to me, it’s one of—if not THE centerpiece of what the AURA is all about. Yes, there have been some slight tweaks here and there, but I think the core philosophy has remained unchanged since the first series started back in 1990. While giving our club update last month at the annual Arkansas RRCA meeting, it gave me reason to reflect on the essence of the UTS, which I feel is important as decisions are made with where to take it in the future. One aspect is quite evident by the name, which contains “Ultra” and “Trail”. Yes—we are the Arkansas **ULTRA** Running Association, but variety is good! Sometimes it takes a little coaxing to draw out those with more of a normal mindset—but who may have a suppressed ultra gene. So a mix of about half ultra events and half being marathon distance or less (but with a significant percentage of trail) seems very right.

For those of a competitive nature, the ultimate achievement is of course claiming the title of King or Queen of the Trail. (Some of us have secretly whispered suspicions that PT may have aspirations of being the first to claim both of these titles.) Neither the early UTS royalty nor recent winners have achieved great fortune through this acclaim, but certainly all have earned the respect of their ultra/trail brethren by their accomplishment. At the same time, it has never been our focus to recognize King or Queen-types three-, five-, or some other number deep in each age category. Verily, I would say that if one is overly concerned with whether he is fourth or fifth back in a certain age range--that the whole thing is being taken far too seriously. But all hail the Kings and Queens!

With some format adjustments made beginning with the 2009-2010 series, we introduced the High Mileage Club. I believe this is a status to be held in high regard. I'm always interested in checking out other race series', and most have some type of recognition for maximum participation. For many, it is "all or nothing". An example is the Ironman/Ironwoman title in the Arkansas RRCA Grand Prix series. Definitely that title warrants respect, as much dedication and sacrifice is required to make it to every single one of a set schedule of 20 races taking place all over the state throughout the year. But I think it is also important to allow for the fact that people have lives outside of running—so the High Mileage Club status does not require attendance at every race. In fact, I would admit that the UTS High Mileage threshold may be a little softer this year than normal. But if a few more people are able to get there I don't think that's a problem. Also, because no running event just magically materializes out of thin air, people who put on a run or volunteer get mileage credit towards this award as well.

A final aspect—that I think is very important, is that a large portion of the races in the UTS are technically free "fun runs". There are pros (--that I've mentioned before) and cons to this from an administration standpoint, but the main thing is that it most closely parallels our mission. It's not just that if every event in the series carried a \$60, \$90, or \$100+ price tag it would add up to a significant investment for a runner, but that this wouldn't even be in direct line with our objective. Our primary purpose is not to raise money for one or more charities or increase revenue for a business, and certainly not to financially benefit a race organizer. --It is to promote awareness and participation in our type of running. With our format, I believe we are doing that.

Other series' in which you might be interested... If you have kids just getting into running, or know folks who maybe aren't quite ready for the UTS, there's the **Arkansas Trail Running Series**—which is specifically geared towards first time trail runners. All of the races are very short. For the super-competitive and ultra-mobile, there are a couple of national series' I'm aware of. The annual **Montrail Ultra Cup** is in its second decade and is contested by some of the best ultra runners in the country. Also there is the **Trail Runner Trophy Series**—which is based on a combination of top-performance and participation (number of races). It has both an ultra and sub-ultra category. The Ouachita Trail 50 has been on the TRTS menu for the past several years.

That's it for this time, so until next year—Happy Trails!

Arkansas Traveller 100 Race Report

Since last month AURA was lucky enough to get a race report from Sarah Miller the 2012 Female winner of the Arkansas Traveller 100 in a time of 22:38:50. Sarah ran the Traveller in 2011(27:15:46---8th Female) and paced a friend in 2010. Below is her report followed by a photo of Sarah. Great performance Sarah!

It's never a good thing when race weekend sneaks up on you. Between applying for graduate school and surviving a specialized tissues lab, I had almost completely forgotten that the race was one week away. Luckily all that busy work had already caused a decrease in my weekly mileage, so I wasn't too worried about the lack of a true taper. I was in the best shape I had ever been in coming into the race weekend. I had spent all summer getting in quality runs in the heat, so I was pretty excited to see the cooler temps at the start. I started the race in shorts, a short sleeve shirt, and arm sleeves, which worked out pretty well until the rain started about mile 19. Stupidly I hadn't gotten a trash bag at the start, so I was completely soaked through by the time I got to Pumpkin patch. By this time I was really cold and just wanting to be done. The year before when I ran AT, I picked up some pumpkin bread on the second time through pumpkin patch aid station, and I spent the entire year thinking about that awesome pumpkin bread, hoping that they would have some this year. Thankfully they had some pumpkin bread and were handing out garbage bags, so I started feeling much better. That trash bag became my friend for the rest of the race. When I would warm up, I stuck it in my pack, but I was scared to lose it in case it started raining again. From pumpkin patch aid station to Lake Winona is a little bit of a blur, I tried keep my caloric intake fairly high during this stretch since my stomach seems to shut down 10 to 12 hours into races. I alternated half a bottle of Ensure with a Hammer gel between aid stations, which seemed to keep my stomach happy and my energy levels fairly constant. At Lake Winona, I dropped my wet arm sleeves and picked up my good gloves, another Ensure, and my ipod. Coming out of Lake Winona, I knew would be a fairly tough section for me, so I just tried to keep an easy pace. I love cheese puffs, and had eaten them on most of my long summer runs, so I saved some cheese puffs from one of the earlier aid stations to reward myself for climbing Smith Mountain. I don't really remember much else through this section to Powerline.

At Powerline, I put on a dry long sleeve shirt and got my headlamp. For the next two miles or so I was busy trying to get my hydration pack readjusted, get the cheese off a sandwich, and get my light situated. In hindsight, it probably would have been more efficient to do all these little things at the aid station but my brain always seems to space out when I get to an aid station. Then all of a sudden I had reached to 50 mile marker and was feeling really good. A dry shirt and pop tart is an amazing combination. This is my favorite section on the course so I decided to stop holding back a little bit on the downhills and flats and just go at whatever pace felt good. It was starting to get dark a little bit after I got to the turn around, so I pulled out my headlamp at the next big hill and switched my ipod from lectures to music. By now legs were still feeling pretty good but I could tell my stomach was starting to get queasy. But I was still having a good time listening to some new music and running in the dark.

Back at Powerine, I changed my shoes for a bigger, cushier pair and picked up my dad, who was going to pace me. At the weigh in I was down four pounds, so I forced down a couple bites of peanut butter sandwich and a cup of coke. I knew from how my stomach was feeling, that not wanting to eat which would be a big problem at Lake Winona weigh-in if I had lost four pounds since the first powerline weigh in. As we were leaving

Powerline, one of the volunteers told me that I was five minutes behind the first place women. This surprised me even though I had been passing people since the turn-around; I hadn't been paying much attention to how many. With renewed energy, we took off trying to move at quick jog. I was enjoying getting to talk about the day and finding out about the football games that were played earlier that day which made the next couple of miles fly by. When we got to aid stations, I feel my pack to make sure I had enough water to get to the next aid station and grab a pb & j sandwich and a gel then started walking and eating. From Smith Mountain, the sections began to blur together, but I think I passed the first women around Club Flamingo. My dad's stomach was really starting to give him problems at this point and he was falling further and further back until finally I was running by myself. I was really shocked to see how well my quads were holding up. Last year they were totally trashed by mile 70 to the point were I couldn't even run downhill. This year though I was bombing down all of the hills as fast as my legs could turnover. From about Smith Mountain to Lake Winona I had needed to pee, but wanted the extra weight at the weigh-in. That little bit was all that was needed to squeak in above 5% loss. With the last weigh-in out of the way, I took a minute to pee and quit trying to force food down. From Lake Winona in, I was running pretty well on the downhills but it was definitely starting to hurt at this point. Last year I got really cold and had to warm up by the fire at each AS, so I had packed extra clothes in my drop bag. This year, thanks to my trusty trash bag shirt I was warm enough to leave all that stuff in the bag.

I hadn't wanted to eat anything in a while, but getting close to Pumpkin patch, I got a craving for oranges. Luckily, I found some oranges at pumpkin patch, which hit the spot. By this time, I was just moving at a fast walk cause of all the rocks. When I reached a puddle I just plowed through it, my feet had been wet for 18 hours; one more wetting wasn't going to hurt. I was getting very frustrated at this section by the time I finally reached the smooth forest road. Once I hit that downhill I was ready to run since I had walked almost the entire way from the last aid station. After walking for so long, even though I was probably on doing 12 minute miles, it felt like I was flying down that long downhill section. When I finally got to the last uphill I had to breakdown and walk again but ran it on in once it leveled out.



Sarah Miller with El Presidente' Stan

Sunset 6/12/24

Prior to last year, it had been well over a decade since there was a 6/12/24 hour race in Arkansas. For several years, back in the 1990s, long time Strider member Clint Cusick, now deceased, put one on at the Benton High School track.

The ideal local venue was Sunset Lake on the south side of Benton. There is a one mile paved loop around the lake. The course was measured by riding a bicycle seven times around the loop, taking the shortest possible route each time. The cyclocomputer had been calibrated that morning against two separate miles on a certified running course. The resulting figures were augmented by two GPS units, a wrist mounted Garmin 305 and a larger hand-held unit. The resulting figure of 1.015 miles was an average of the three shortest distances noted on those rides.

The first edition of this race began Friday morning the day after Thanksgiving in 2011. Based on the positive feedback after the race we decided to hold the event again this year. One of the Strider members suggested we see about having it included in the Ultra-Trail Series. At the Catsmacker run back in the spring Stan was talking about getting the

schedule together for 2012-2013. Since the subject came up, I mentioned the plans for the 6/12/24. A few weeks later Stan e-mailed me asking for more details. He later informed the race was being included.

The biggest change for this year was starting the 24 hour runners Friday evening rather than Friday morning, and starting the 6-hour runners Saturday morning rather than Friday evening. With an anticipated 40+ runners during the busiest time, having that portion of the race during daylight hours would make it easier to track the runners.

As we did last year, we advertised the race as having no fees and no frills. However, once again, there was a well stocked aid station with water, a sports drink, soft drinks, pretzels, chips, bananas, crackers, peanut butter, and cookies; there was also soup and boiled, salted potatoes. Wimps were allowed since no one would ever be more than a half mile from their vehicle. The other side of that coin is there is an easy opportunity to drop out every mile.

A cold front blew through the area Friday afternoon resulting in a cold, clear night with the overnight below freezing. Saturday dawned sunny with the high reaching 50. While good for the runners, it was somewhat chilly for the volunteers.

Some runners came with a particular goal in mind, whether a personal best in time or distance, or a goal mileage such as 100 miles, 100K, 50K, marathon, or half-marathon. Others just came to do it as a training run, run what they felt like, or had time for. There was no requirement to run the full time. We ended up with 54 runners, more than double the number in the first year.

There were too many impressive performances to describe all of them here. Among the most outstanding were Tim Norwood and Tammy Walther, both of whom broke 100 miles during the 24 hour race. Tim, who finished second last year with 101.5 miles, finished in first place with 105 miles. Tammy glided through the first 60 or 70 miles with a smile on her face. Later on the smile would gradually fade to a more focused look. Exhaustion set in as she closed in on 100 miles with the clock ticking relentlessly toward the 24 hour time limit, but she made it and then some with minutes to spare.

Maurice Robinson, whose 71st birthday was that Saturday, celebrated by running 71 loops for over 72 total miles. Don Preston, age 57, completed just shy of 66 miles and Karen Hayes, 58, exceed her age, stopping just short of 60 miles. Lisa Gunnoe reached the 100K mark with 62.9 miles. Perhaps the grittiest performance of the day was by Andi Stracner who went over 70 miles, hanging in for virtually the full 24 hours despite bad blisters that, like last year, had her hobbling painfully for many miles.

In the 12-hour, almost everyone achieved the 50K distance or beyond, led by Jesse Garrett who finished with 41.6 miles. Jayme Butts-Hall, the only female entered finished with 31.4 miles in what was her first (and she says her last) 50K distance.

In the 6-hour, Caleb Ault cruised with seeming ease to a total of 41.6 miles, well ahead of his nearest competitor, while Stacy Shaver compiled 35.5 miles to finish as first female.

This race would not have been possible without the support from not only members of the Saline County Striders, but others as well who helped with the setup and tracking the runners as they passed. Singling out people risks missing some who contributed, but among those who did the most work were Nicholas Norfolk who was there virtually the entire time keeping track of laps for many hours, and Strider member Nicole Hobbs who also was on hand helping with lap counting Friday evening and Saturday afternoon, while running a quick half-marathon distance during the 6-hour race. Kimberly Morton and Raphael VanBlaricom from the LR Meetup Hiking Group helped with lap counting during the 6-hour race, as did Stan and Chrissy Ferguson. Kimberly also brought a big container of delicious cookies. Thanks to them, Kristen Garrett, Cindy Langley, Gregg Asher, Maurice Robinson, and several others who contributed their time before, during, or after during the race.

Tammy Walther Race Report

The Sunset 6/12/24 Hour Endurance Run took place on November 23-24. I decided to run the event and had committed earlier in the week, so there was no backing out as Black Friday rolled around. The run took place in Benton and was put on by the Saline County Striders. It featured a 1.015 mile loop around Sunset Lake. The course was paved, which was a positive for me. Finally, there was no charge to run...only donations.

I really had no idea what to expect going into this race. I had read about these types of races before, and I must admit that I was curious and interested, but a tad apprehensive. I had in my head a goal of 100 laps. Would I be able to hit this goal in the time frame without becoming too bored? I mean...100 laps. I wasn't too concerned about the pavement. Running a 100 mile race course on pavement was not new to me. However, I didn't know if I would be able to stay mentally strong with just a 1 mile loop. It seemed monotonous to me. Furthermore, runners would pass by their cars every mile, and I really thought that this would be very difficult. But I reasoned, how can this be any different than having your own personal crew meet you every 1-2 miles? There was no difference. I was there.

Keeping my mind in this race would be my first priority. Second, I would try to maintain a consistent pace for the full 24 hours. Third, I wanted to pay close attention to my nutrition. I would carry my water so I would remember to drink. I would drink Ensure and take in the GU gel packs. My overall goal was to complete 100 laps in the 24 hour period. Breaks would need to be limited and short.

There were 13 runners that started the 24 hour race and each had their own specific goals and time frames. There was a time clock set up by the aid station, and there were lap

counters to keep up with each runner's laps. And yes, runners ran right by their car. However, this turned out to be really helpful. Cars were easily accessible, and individual supplies could be quickly grabbed. Also, the Striders had plenty of water and snacks out for runners through the night. They were amazing with helping crew all the runners through the night. And the lap wasn't monotonous...it ended up being really fun. New friends were made.

I moved pretty well for the first 12 hours. The most challenging section was from about 2 am to 6 am. It was freezing, and I was layered up with clothes. I didn't get tired, and I was able to move pretty consistent. At 7:30 am, the 6 and 12 hour runners joined in. And so it continued...

Around 1 or 2 pm (not sure of exact time), I was approaching my last marathon. I was very achy. My back hurt. I had some blistering on my toes, but I didn't have to cut my shoes lol!! So, I decided to change clothes. And then **Chrissy Ferguson** offered to pace me around for 8 miles. I was able to run...but each step hurt pretty bad. Having a pacer really helped. So I ran with Chrissy for the 8 miles, and then **Nicholas Norfolk** agreed to pace me the rest of the way so I could get my 100 miles in. **Please note that this was after he had counted laps all night.** I knew I was going to have to move if I was going to make the 100 miles, and again, each step hurt. Plus, it was starting to get really cold again. Thankfully, I was able to make the 100 mile goal in a little over 23 hours. I quit at about 6:30-6:45 pm (not sure of exact time) with 100 miles down. I do not think that the last 26 miles would have been possible without these great runner friends who helped pace me around. A huge thank-you to Chrissy and Nicholas as well as the Striders and other runners on the course for all their help and encouragement with this run.

Tired, really sore, and freezing...I was so ready to sit down and warm up for a second before heading home. There was still one last runner on the course, but I knew that I was done...both physically and mentally. No more laps for me...at least right now!! Definitely recommend this event.

My advice for next year is that we all agree on and run for the same charity...my choice would be the American Heart/Stroke Association as my dad suffered a severe stroke several years ago. This year, the total number of miles ran by all runners was approximately 1893 miles. If every runner finds at least one person to donate \$1 for every mile that they run, matches it, and then we put all that money together, we could do some good for our charity of choice...and all that just for doing something that we love. This would make the run even more special for everybody. Just smile if you're in!

Karen Hayes Race Report

Sunset Endurance Run - 6, 12, 24-Hour

November 23-24, 2012

Sunset Lake, Benton, Arkansas

Sunset is a unique run in the AURA Ultra Trail Series. 24 hour runners start at 7:30 Friday night; 6 and 12 hour runners start at 7:30 Saturday morning. A one-ish mile paved loop around Sunset Lake, the course features flat, runnable terrain. No gravel, rocks, roots, hills, mud or water crossings. No possibility of wandering off course. Trail Series competitors can score points for any start time or distance, using a convoluted space/time continuum only explainable by Stan Ferguson.

The challenge of the Sunset Run is pure distance. I made an underwhelming Traveller attempt this fall, debuting as the earliest DNF of the race. I dropped at Winona after my knee went wonky at mile 10. Yippee, only 90 miles to go. My knee seemed right again in a couple of weeks, and I was anxious for redemption. Sunset offered the opportunity to try . . . well, anything.

My race plan was a rehash of last year's Sunset plan. Walk a quarter mile, run a half mile. Repeat, repeat, repeat. This year throw in a running lap every 3rd time. Walk fast, run slow. Minimize aid stops. Problem? Stop and fix it. Big problem? Stop and volunteer. I would never be more than a half mile from my drop box and car.

My mileage goal was inspired by Maurice Robinson's 70-lap run last year for his 70th birthday, which he was reprising with 71 laps this year. I was turning 59 on November 28th, and I set my goal for 59 laps. I wasn't sure I could finish in 12 hours, so I planned to start with the 24 hour runners. I hoped to run the 59 and see if I could keep my knee under control. The worst outcome would be learning I should buy myself a bike for my birthday. Thirteen runners started the 24 hours, and I was lucky bib number 13. I checked my quarter mile markers. Capri Inn billboard. Little tree at the half-mile. Henry Street sign. Aid station. My main tasks were to repeat my intervals, press the lap button on my Garmin when I passed the aid station, drink every lap, and eat every hour.

The weather was cool at the start, but I warmed up quickly. I knew almost everyone starting at 24 hours, and my variable pace ensured I saw them all. The laps passed easily, and my mind rolled on in the dark. After a couple of laps, most runners abandoned headlamps and flashlights for ambient light. I ran alone a lot and enjoyed short exchanges passing or being passed. I trash talked the geese, lost myself in confusing running arithmetic, watched the night sky. I quickly forgot to push my lap button, and had to ask for a lap count.

Maurice and I fell into rhythm for a while, and talked about figs, family life, bees and the Space Station. Truly incredible volunteers kept us going. We were generating running heat. The volunteers were not and the temperature was dropping. RD Pete Ireland got the soup on early, and Nicholas Norfolk kept recording the laps and patiently answering

when I asked for the umpteenth time how many I had run. The amazing Kristen Garrett was there for the first part of the run, and returned again to cheer us on in the dead of night. After 6 hours, Pete reversed our direction from clockwise to counter-clockwise. I celebrated by buying champagne for the house, and Don Preston passed out cigars. I made my first big stop for a shoe makeover and food restocking.

As we ran into the second quarter of the 24 hours, the temperature dropped sharply. First I zipped my running jacket. The gloves went back on. Soon I stopped at my car for a second jacket. Picked up my mittens. I decided to put on my fleece running pants. I wasn't about to sit down in my frosty chair, so I leaned against the fence and wrestled one shoe past the ankle zipper. Dang! Pants on backward. Life on the loop was getting harder by the minute.

About the time the stick broke off my fun-meter, I fell in with Tammy Walther and revived. Tammy was cold too. Really cold. We ran lap after lap, my run/walk plan out the window. Tammy's pace was consistent and doable, and it kept me warmer. I ate a crunchy frozen boiled potato and chewed peppermint Pepto tablets. Tammy gave in and wore her Snuggie, looking for a while like a Star Wars extra. Within a couple of laps, she had tamed the Snuggie into a stylish Egyptian sarong. Andi Stracner joined us, working on some long mileage to prep for Rocky Raccoon. The unstoppable Jesse Riley continued his rounds, and finally put on a vest.

It was a long stretch between moonset and sunrise. Once the sun came up, the world was new. The geese tuned up, and the sky was pink and beautiful. Our drop bag area looked like Occupy Sunset. Camp chairs, folding tables, supplies everywhere. We couldn't wait for the 6 and 12 hour runners to arrive.

At 12 hours, we reversed directions again (Opa!), and the new runners were off. Holy cannoli, these people were fast. Occupy Sunset had added a whole new subdivision. I was barely plugging along. Reid Landes kept me going a while, then Maurice and I rejoined forces. My laps were counting down to 59, and the end was in sight. Fresh faces kept flying by and I knew I must look like a cautionary tale to never overestimate your own ability. Maurice ran my final lap with me and I was DONE.

13:27:58 Garmin time. Yep, 12 hours would never have been enough, and the possibility of continuing to 24 was beyond imagination. I wanted to award every volunteer a bottomless coffee cup, electric socks and a lifetime supply of hand warmers. I was ready for sleep. Lisa Gunnoe's camp bed was an attractive mound of sleeping bag, comforter, and possibly a bear skin. Surely she had room for two. I heated up my car and headed for the house.

A tough night, but I got what I came for: 59 miles and a happy knee!



The 24 Hour group photo before the start.



Sunrise on Saturday morning at the Sunset 6/12/24

The following two pages have the results from the Sunset 6/12/24

24 Hour - Female

Place Name	Age	City, State	Distance (Miles)
1 Walther, Tammy	41	Little Rock, AR	101.51
2 Stracner, Andi	39	Mayflower, AR	71.06
3 Gunnoe, Lisa	45	Judsonia, AR	62.93
4 Hayes, Karen	58	North Little Rock, AR	59.86
5 McCourt, Susan	35	Farmington, AR	46.69

24 Hour - Male

Place Name	Age	City, State	Distance (Miles)
1 Norwood, Tim	34	Benton, AR	105.05
2 Robinson, Maurice	71	Benton, Ar	72.05
3 Preston, Don	57	Bigelow, AR	68.01
4 DenHerder, Mark	48	West Fork, AR	60.91
5 Riley, Jesse	49	Mabelvale, AR	54.81
6 Jarrell, Herb	68	Kilgore, TX	44.66
7 Harmon, Michael	46	Little Rock, AR	26.91
8 Speer, Dustin	31	Hot Springs, AR	22.33

12 Hour - Female

Place Name	Age	City, State	Distance (Miles)
1 Butts-Hall, Jayme	30	Alexander, AR	33.51

12 Hour - Male

Place Name	Age	City, State	Distance (Miles)
1 Garrett, Jesse	29	North Little Rock, AR	41.61
2 Meroney, David	42	Little Rock, AR	35.53
3 Jones, Cody	31	Benton, AR	33.51
4 Stracner, Jason	38	Mayflower, AR	33.51
5 Smith, Skip	54	Little Rock, AR	32.48
6 McFarland, Shannon	36	Rogers, AR	21.31

6 Hour - Female

Place Name	Age	City, State	Distance (Miles)
1 Shaver, Stacy	46	North Little Rock, AR	35.53
2 Speer, Rachel	31	Hot Springs, AR	30.45
3 Blanton, Annette	52	Cabot, AR	29.44
4 Phillips, Susy	34	Maumelle, AR	27.41
5 Gimblet, Elaine	65	North Little Rock, AR	27.41
6 Massingill, Judy	53	Conway, AR	27.41
7 Ho, Tina	41	North Little Rock, AR	26.39
8 Jones, Alice	62	Benton, AR	21.82
9 Hill, Tala	52	Jacksonville, AR	20.31
10 Watterson, Serena	18	Mayflower, AR	16.24
11 Brown, Anastasia	17	Mayflower, AR	15.23
12 Hobbs, Nicole	27	Lonsdale, AR	13.19
13 Jones, Leigha	30	Benton, AR	13.19
14 DenHerder, Marquita	45	West Fork, AR	11.17

6 Hour - Male

Place Name	Age	City, State	Distance (Miles)
1 Ault, Caleb	25	North Little Rock, AR	41.62
2 Smith, Malcolm	49	Texarkana, TX	35.53
3 Foes, Jeffrey	47	Alton, MO	35.63

4	Young, Jonathan	31	Benton, AR	31.47
5	Ho, Chris	37	North Little Rock, AR	31.47
6	Shaw, Blake	16	Ponchatoula, LA	30.96
7	Johnson, Cody	25	Jacksonville, AR	30.45
8	Peterka, George	52	Hot Springs, AR	30.45
9	Bianton, Arland	53	Cabot, AR	29.95
10	Milligan, Joe	52	Maumelle, AR	28.42
11	Ferren, Cliff	57	North Little Rock, AR	26.39
12	Weils, Jacob	43	Little Rock, AR	26.39
13	Wright, Jarrat	17	Benton, AR	26.39
14	Eagles, Johnny	60	Little Rock, AR	25.37
15	Daniel, Ronnie	42	Little Rock, AR	23.35
16	Gimblet, Ron	62	North Little Rock, AR	22.33
17	Perkins, Pete	53	North Little Rock, AR	21.32
18	Sanders, Scott	43	Little Rock, AR	20.31
19	DenHerder, Gerrit	17	West Fork, AR	16.24
20	Landes, Reid	41	Little Rock, AR	15.23



Congrats to Tammy Walther (RRCA Masters Female Ultra Runner of the Year and RRCA Master Female Runner of the Year for her road accomplishments, Stacey Shaver-Matson (RRCA Female Ultra Runner of the Year, and George Peterka (RRCA Masters Male Ultra Runner of the Year), and PoDog Vogler (RRCA Male Ultra Runner of the Year). PoDog was not available for the photo taken at the RRCA awards ceremony at Hot Springs.

Other AURA members honored at the State RRCA meeting include Nicholas Norfolk winner of the Buzz Wilson Arkansas Spirit Award and Kristen Garrett the Al Becken Volunteer of the Year and Most Improved Female Runner.

For a second year in a row the ladies of AURA finished 2nd in the Grand Prix Series. Way to go Ladies! Again the men finished last, but did score more points this year. May we can work our way out of the basement in 2013.

Upcoming AURA Series Runs

LoVit Trail Marathon (Lake Ouachita Vista Trail)

Saturday, December 8th, 2012 - 8:00AM

Distance: 26.2 miles (approximate)

Location: Shangri La Drive on Lake Ouachita, near Mount Ida

Directions:

Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida off of Hwy 270. You will turn onto Shangri-La Drive and make the first left which is OLD HWY 270. Look for signs posted for the run. Registration will be set up 500 ft down OLD HWY 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.

Aid: There will be a total of 6 aid stations set up along the trail; all will have water and Gatorade, along with various goodies. Drop bag service will be available.

There is no application or entry fee. There will be a waiver to sign and a can for donations to cover run expenses.

Please keep your own time and check in at the finish.

Race contact: Phil

Check out more information on the Lake Ouachita Vista Trail:

<http://lakeouachitavistatrail.com/WP/>

Athens Big Fork Marathon Saturday, January 5, 2013 8:00AM

Also **17-mile Blaylock Creek “fun” run**; both events are out-and-back courses utilizing the Athens-Big Fork trail.

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

NOTE: This event is NOT for trail-newbies.

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

MORE Notes:

Please do not be enticed into trying this run because of the difficulty warning--it is merely an honest attempt at preventing the run organizers from having to find and rescue someone ill-equipped for the event.

A cut-off time of 10:30am (2.5 hours) will be enforced at the turn-around (half-way) point for the 17-mile run. Runners reaching that point after 10:30 must turn around (-- NOT proceed on the marathon course).

If you cannot find the Big Fork Community Center without further instructions--please disregard this race.

For more information, contact Stan or Steve

<http://www.athensbigforkmarathon.com>

Merry Christmas from AURA.

Wishing you good running and happy adventures along the trails in 2013.