

**THE ARKANSAS ULTRA RUNNER**

**February 2012**

**The Newsletter For Members of the  
Arkansas Ultra Running Association**

**AURA Website -**

**[www.runarkansas.com](http://www.runarkansas.com)**

**AURA Forum/Message Board -**

**[www.arkrrca.com](http://www.arkrrca.com)**

### **AURA President message:**

Greetings Ultra Race Fans! I'm writing this fresh off the trip to Crosses, AR for the temporarily (?) relocated White Rock Classic 50K. It was a great turnout, and I'd like to commend and thank Jamie and Jay Huneycutt for working through obstacles to make that run happen again. I don't want to tread on their territory if they submit a race report, so I'll refrain from recapping the course, performances, etc.

One thing a few folks commented on was the dilemma presented by White Rock and the River Trail 15K (and 2011 Grand Prix awards ceremony) being on the same day. I've mentioned before that one of the few guidelines we've had in scheduling UTS runs was to try to avoid conflicting with the dates of Arkansas RRCA Grand Prix races. This was one of the unfortunate exceptions. I remember many years ago a standard being set within the (Arkansas RRCA) Long Distance Running Committee, that a club should not schedule any of its races on the same day as a Grand Prix race. I don't believe it was ever captured as a written rule, and while I personally try to keep that in mind, it's not uncommon that a collision occurs. This most recent conflict is actually the converse of that courtesy, but it's happened long enough that precedence has been forgotten.

The River Trail 15K started as an Arkansas Running Klub event, directed by Sybil and Bob Taylor, and was held in the early Spring for a few years. After a one year lapse, it was resurrected in 2007 by other parties and scheduled each year to conflict with the Sylamore Trail 50K on the third Saturday of February. It was also arranged that the annual Grand Prix awards ceremony would be held after the race, which was previously held as a separate event in January. Recently it became easier for the organizers to obtain use of the Hospitality House in Burns Park (where the GP awards are held) on the first Saturday in February, so the 15K date was moved to conflict with White Rock instead. The Sylamore run and White Rock are doing well, in their 20<sup>th</sup> and 18<sup>th</sup> years respectively, so I guess everyone will just have to continue to decide on their own which is more important to them.

With the number of running events these days, there are certain prime times of the year when it's impossible, and really almost any time that it's hard--to not have conflicts. Luckily the number of "cross-over" runners—those who do a wide variety of races, is rather small. Not too many folks do a 5K road race one week, and a 50-mile trail run the next. --Sure there are some, but most are more focused on one or the other. --Or they don't get too distraught if a conflict comes up between two things they'd like to do. Usually if complaints do come up, they are from people who have never tried to organize a run. Complaining is easy; organizing a run—sometimes not so much.

Recently I got a note from the organizer of the Cossatot River Trail Run, looking for input on scheduling this year's run in October so it didn't conflict other runs in the state. Let's see, uh, Good Luck. Last year that run was on the same day as the Devils Den Trail Run, so hopefully we can at least avoid that kind of snafu again. Bottom line is that there are some times (like October in Arkansas) when you just have to prioritize as best you can what you conflict with. If you can avoid a day when a race attracting similarly-interested runners is already scheduled, that's sometimes all you can do.

H. U. R. T. Trail 100  
George Peterka

As far as I know, no one from Arkansas has ever run this race. So I will begin by describing it. The acronym stands for Hawaiian Ultra Running Team. It is a 100 mile race, held in the middle of January, in the hills behind Honolulu. The format is five 20 mile loops, with a 100K dropout option. Cumulative climb is 24,500 ft. The entire course is on trails.

This is the most beautiful race I have ever run. The entire course is in tropical rain forest. You are surrounded by tropical plants that I cannot begin to name, most of which I have never before seen, and it is just unbelievable. From on top you see Honolulu spread out before you. At night the lights of Honolulu are just beautiful. There are sections where you run on a ridge and see the valleys full of city streets below you.

But it is not an easy race. The trails are technical. It is a nonstop a mountain climb. There is mud, rocks and roots like you wouldn't believe. There are no easy miles. There is a 36 hour limit and the winning time was 22:44.

I had major mental problems on this run. The difficulty of the course just blew me away. I totally lost it mentally. By the end of the first loop I was thinking of quitting because I was convinced that there's absolutely no way on earth that I could do four more of these loops. And having other runners tell me things like "Oh yeah, this one's bad. I've done Hardrock and this one's worse", did not cheer me up. And if I cannot possibly finish what is the point of going any further? I should just quit now.

Let's analyze this a little bit. I was expecting to do a loop in six hours maybe a little bit under but not below 5:30. My actual time was 5:46. I was right on time. I was feeling fine. There were no injuries. There was nothing wrong with me but I was ready to quit. WHY?

The second loop went perfectly fine also. I had the afternoon heat to deal with. It was sunny and about 80°. Most of the course is shaded. I carried 26 ounces of water instead of the recommended 64. But I had been dehydrated at Western States and I was very careful not to get dehydrated again. I drank a whole lot of each aid station and made it through without any problems. I had to keep wiping sweat out of my eyes so that I can see and I slowed down some so that I wouldn't sweat so much. I made the loop in 6:27.

Inside my head however there was a battle raging. I was constantly fighting with myself whether I should keep going or if I should quit. Why am I continuing if I know that I cannot finish? I should go for the 100K. NO I don't want the 100K. I want the 100mile. I'd rather have a DNF than the 100K. I want the 100mile. But I cannot finish the 100mile. What fun?

The third loop was in darkness. I had a headlamp and I also had a waist light. The waist light I accidentally had on high beam and the batteries ran out at the end of the third loop.

It was cooler. About 68° for the low at night. I didn't have to drink as much to stay hydrated and I started eating more. In the afternoon when it's hot I mostly just drink because I have no appetite for food. I needed food to get more nourishment and I was eating a lot of soup on the third loop. I was shirtless for the entire race and was never cold.

The third loop took me 7:50 That's awfully slow. I was getting tired. Even with two lights the visibility is nowhere near as good as in daylight and that slows you down. And the course was getting more slippery. Let me explain this a little bit. In Western States the question everyone asks is how bad is the heat going to be this year. Because the heat is the main factor that will determine finishing times and finishing percentages. In HURT the question everyone asks is how slippery is it going to be this year because depending on how slippery the course is will determine the finishing times and finishing percentages. The course is rocks and roots covered with a slippery slime. This year was drier than average and less slippery than average. At night however a heavy dew fell and made everything slippery Also the mud tracked by the runner's shoes makes the course more and more slippery with each loop.

There are 3 aid stations per loop, at mile 7.3, mile 12.5 and mile 20 which is the end of the loop. This divides the loop into three sections. The aid stations are at the bottom of the mountain. Each section consists of climbing to the top of the mountain ( about 1500 ft ) going a little ways along the top and then coming back down on the opposite side to the next aid station. When the course becomes slippery the way down is worse than the way up and will probably take you just as much time as to go up. It is hard to find handholds when you are going down. You have to make very long steps going down from a slippery surface onto a slippery surface neither of which is flat and it's very slow. You have to carefully place your feet into places where you think they won't slip and then pray that they don't. Falls are frequent. There are some ropes, but there are also some ropes missing Are you wondering if you can fall over the edge? No, the vegetation is too thick you cannot fall over the edge and get hurt. In these mountains, in this volcanic rock, vegetation completely covers even vertical walls.

After the third loop I had all I wanted and was going to quit. I did not think that I could do two more loops. The race director showed me the 100K buckle and said "go to one more aid station and you will have this buckle - a 100K finish instead of a DNF" So I went to the next aid station - the 10th trip over this mountain. I made one mistake at this point. The batteries on my waist light had run down and instead of replacing them I just took my little handheld flashlight. This was slower than going with the waist light. It took me 3:14 to do these 7.3 miles.

I took the 100K buckle with a time of 23:17. I had gone 67.3 miles and climbed about 17,000 feet. I finished in 57th place out of 109 starters. There were 46 100mile finishers, 35 100K finishers and I was the 11th 100K finisher.

I did the math. It had taken me nearly 2/3 of the time to go 2/3 of the distance. That means that the last 1/3 would have to be done at the same pace as the first 2/3. That

seemed very unlikely because I was tired and I was going slow. I took the 100K buckle. The buckle is offered only once. If you do not take it and decided to continue and you do not reach the hundred mile mark before 36 hours it will be a DNF.

What can I say? I really screwed up big-time! If I had not quit I could have finished. There were three people behind me that still managed to finish. When you get daylight you can go so much faster, you get your second wind. In the afternoon it clouded up and was much colder than the day before. Also I did not enjoy the race because I was constantly fighting with myself whether I should keep going or quit. That was the worst part. If only I could turn off my brain and just run.

The most important thing in a hundred miler is not your legs, it's your brain. If I had not gotten it into my head that I cannot finish, I would have finished. You must believe, you have to be absolutely certain that you will finish, otherwise you haven't got a prayer. That is the lesson I learned in the HURT100. Live and learn - I will be back next year and I will be smarter.

P. S. The race is very well put on. The aid stations, volunteers, safety patrols, course marking are all excellent.

P. S. I wish to thank Darlene for crewing for me.



**22<sup>nd</sup> Annual**

**Ouachita Trail 50 Mile and 50K**

April 21, 2012, 6:00 AM

Maumelle Park, Little Rock, Arkansas

**Presented by the Arkansas Ultra Running Association**  
Proceeds benefiting Partners For Pinnacle

**Course:** A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

**Trail:** The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of Pinnacle Mountain trails will be utilized on the "out" section only.

**Aid:** Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carry a bottle. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

**Awards:** Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races.  
**Entry fee:** \$60 if postmarked by April 9th; \$75 thereafter. Please make check payable to Arkansas Traveller 100. **NO REFUNDS. NO RACE DAY ENTRY.**  
**Mail entry to:** Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

For more information visit website: [www.RunArkansas.com](http://www.RunArkansas.com); e-mail: [OT50@RunArkansas.com](mailto:OT50@RunArkansas.com); phone: 501-329-6688

**Ouachita Trail 50 Mile/50K - Official Entry Form**

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Age on 4/21/2012 \_\_\_\_\_  
(Minimum age is 18)

Gender \_\_\_\_\_ Short sleeve technical shirt size: Men S/M/L/XL/XXL: \_\_\_\_\_ OR  
Women S/M/L/XL: \_\_\_\_\_

*Entries received after April 1st are not guaranteed selected shirt size.*

Please check event: 50 Mile \_\_\_ 50K \_\_\_ (You may change from 50 Mile to 50K during the race)

**Race Waver F**

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race director and workers, Arkansas Ultra Running Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Big Rock Mystery Run

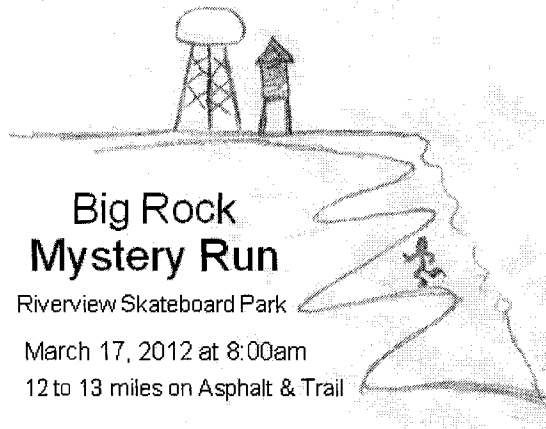
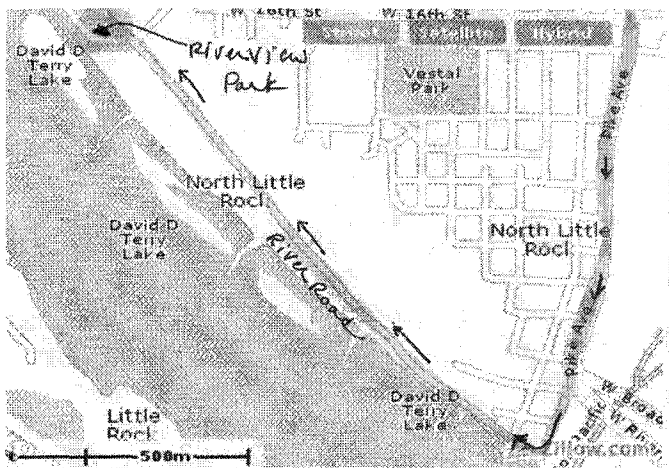
2011-2012 UTS Race #10

Directions:

- Interstate 40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road
- Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

No entry fee; No advance sign-up

For questions, contact Chrissy





Mount Magazine Trail Run  
8:00am - Saturday, May 12, 2012  
Mount Magazine, Paris AR

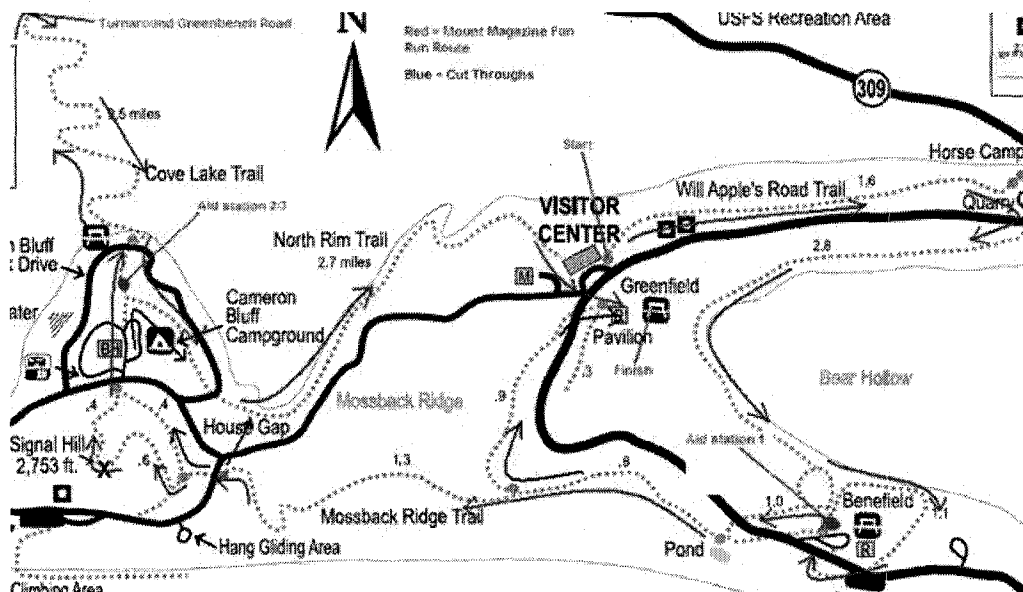
**Race #12 of the 2011 - 2012 AURA Ultra Trail Series**

Magazine is home to magnificent bluffs which make for breathtaking scenery, provide spectacular views, and make it popular for hang gliders and climbers alike. Magazine also offers numerous trails for hiking atop the mountain and into the valley below. It's now time to enjoy those trails as runners.

Come join us for the 2nd Mount Magazine Fun Run. We'll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top.

For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

This is a fun run and there are no entry fees or advance applications required. However, please contact PT if you intend to run--so we know how many runners to prepare for. Food will be provided after the run. Please carpool if possible, as this will help with parking.



**Directions:**

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion – across the highway from the visitor center.

Many thanks to Mt Magazine State Park, and the Forest Service (Mt Magazine RD) for helping to make this possible.

For lodging and camping information at Magazine go to <http://www.mountmagazinestatepark.com/>

For more information on the race please contact PT

## **The Catsmacker Run**

Sunday, June 02, 6:30 A.M.

From the Lake Winona Park

Distance: 22 mi. (+/-)

There will be SHORTER options  
for Wimpy Kittens.

### **Features:**

- A short section of Ouachita Trail
- Forest roads and 4-wheeler trails
- A "popular" segment of the Arkansas Traveller 100 course
- A surprise???

To get there: From Williams Junction (intersection of Highways 10 and 9, 30 miles west of Little Rock on Hwy 10): Go south on Hwy 9 for 5.7 miles. Turn Right onto Lake Winona Road. Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (Right) and FSR 778 (Straight). (If you go by the spillway, you've gone too far.) Go Right, up the hill, and turn Left into the park.

Swampstomper Results January 15, 2012

Swamp	Stomper	Final	Results
	Millington, TN		
	1/15/2012		
	50K (32.6M)		
Place	First Name	Lastname	Time
1.	Nick	Lewis	4:10:16
2.	Bryan	Kelpe	4:17:43
3.	Erno	Lindner	4:48:54
4.	Evan	Bone	4:59:55
5.	Charles	Flanigan	5:26:28
6.	Jeffrey	Walton	5:27:07
7.	Adrian	Hall	5:46:11
8.	Les	Jones	5:47:55
9.	Trapper	Pressler	5:48:32
10.	James	Hook	5:50:45
11.	Kevin	Leathers	5:53:47
12.	James	Holland	6:12:39
	Mary	Jones	6:12:39
14.	Keith	Rutherford	6:25:09
15.	Aaron	Cassat	6:30:47
	Gary	Kowalski	6:30:47
17.	Emily	Conley	6:31:09
18.	Glen	Okui	6:44:20
	Craig	Conley	6:44:20
20.	Kevin	Bourquin	6:51:30
	Ben	Mansur	6:51:30
22.	Warren	Gray	6:53:52
23.	David	Thierjung	7:03:54
24.	John	Jackson	7:12:57
	Josh	Wasmund	7:12:57
26.	Terry	Greer	7:19:40
27.	Jim	Halsey	7:21:08
28.	Nancy	Highlans	7:21:26
29.	Robert	Chandler	7:31:35
30.	Cullen	Beard	7:32:32
31.	Amy	Martin	7:35:49
32.	Trent	Rosenbloom	7:44:51
33.	Don	Frichtl	7:51:00
34.	Beth	Garrison	8:09:24
35.	Yu	Fukuda	8:10:39
36.	Leslie	Howard	8:37:07
	April	Lubiani	8:37:07

25K (16.3M)			
Place	First Name	Lastname	Time
1.	Jim	Slaba	1:58:56
2.	Beau	Mooneyham	2:00:55
3.	Andrew	Oberst	2:04:55
4.	Charlie	Duke	2:08:21
5.	Jeff	Fejfar	2:09:40
6.	Jason	Bettis	2:20:54
	David	Bradley	2:20:54
8.	John	Bradley	2:21:00
	Rob	Seibert	2:21:00
10.	Joshua	Giannini	2:22:05
11.	Laura	Scherff	2:22:46
12.	Cory	Johnson	2:23:04
13.	Ward	Collier	2:25:06
14.	Diane	Diebold	2:26:33
15.	Ian	Wallinger	2:27:55
16.	Mary-ellen	Kelly	2:28:17
17.	Fabien	Llambi	2:30:16
18.	Bjorn	Danielson	2:31:08
19.	Emily	Reynolds	2:31:54
20.	Ted	Farris	2:33:00
	Darrison	Wharton	2:33:00
22.	Robert	Hoehn	2:33:10
23.	Bruce	Keisling	2:33:52
24.	Brittany	Barbee	2:34:04
25.	Susie	Booth	2:34:58
26.	Zach	Barker	2:36:22
27.	Jen	Burton	2:41:25
28.	Roger	Markham	2:41:47
29.	David	Cluck	2:43:04
30.	David	Rhea	2:43:40
31.	Laura	Jaggar	2:43:55
32.	Jeff	Daniels	2:44:06
33.	Kate	Rice	2:45:15
34.	Nicki	Hutchens	2:45:18
35.	Heather	Cooley	2:46:15
36.	Tim	Roop	2:46:57
37.	Scott	Irwin	2:47:30
38.	Jeff	Hathaway	2:48:57
39.	Alison	Sullivan	2:50:54
40.	David	Twombly	2:53:02
41.	Matt	Morice	2:55:00
42.	Mike	Phelan	2:55:35
43.	TJ	Hawkins	2:57:07
	Jeff	Jenks	2:57:07
	Chris	Mathis	2:57:07

47.	Lindsay	Spangler	2:58:04
	Tony	Suttle	2:58:04
49.	Rosie	Jupson	2:58:55
50.	Brian	Nabors	3:00:58
51.	Cynthia	Bradley	3:02:22
52.	Laura	Barnett	3:02:41
53.	Sander	Ohnstad	3:03:52
54.	Brett	Rehberg	3:05:26
55.	Elizabeth	Peckham	3:07:33
56.	Tana	Repella	3:09:28
57.	Charles	Miller	3:11:31
58.	Charles	Trotter	3:12:10
	Elisa	Wisley	3:12:10
60.	Brian	Shwer	3:12:50
61.	Sue	Markham	3:14:57
	Tim	Smith	3:14:57
63.	Judy	Tolliver	3:15:27
64.	Holly	Hensarling	3:17:32
65.	Lori	Patterson	3:18:06
66.	Chris	Wilkinson	3:21:41
67.	Stacy	Chick	3:23:02
	Jessica	Hardy	3:23:02
69.	George	Brewton	3:23:42
70.	Mike	Harris	3:25:07
	Tom	McCann	3:25:07
	Eva	Rehkopf	3:25:07
	Sandra	Wahlquist	3:25:07
74.	Christopher	Dillon	3:26:44
75.	Wayne	Conley	3:30:06
76.	Lee	Forbes-Belie	3:30:38
	Amber	Ragland	3:30:38
78.	Caleb	Schmitt	3:35:56
79.	Mark	Haddock	3:42:22
80.	Bobby	Martin	3:43:54
81.	Bailey	Strawhecker	3:45:39
82.	Tina	Trotter	3:46:18
83.	Lisa	Warmuth	3:54:16
	Lisa	Chapman	3:54:16
	Tim	Mulrooney	3:54:16
86.	Jacob	Schmitt	3:55:03
87.	Brent	Beenders	3:55:13
88.	Patrick	Siglin	3:55:17
89.	Todd	Martchek	3:56:15
90.	Lisa	Overall	4:07:06

91.	Jeff	Dillon	4:10:20
92.	Kathy	Diaz	4:11:04
	Kim	Gardner	4:11:04
	Andy	Oglesby	4:11:04
	Tim	Wilkinson	4:11:04
96.	George	Higgs	4:16:10
97.	Angela	Graves	4:21:22
	Tammy	Oliver	4:21:22
99.	Andrew	Chicoine	4:28:19
	Melanie	Dakin	4:28:19
	Julie	Faulkner	4:28:19
102.	Vicky	Halsey	4:35:46
103.	Marian	Castroverde	4:42:26
	Allison	Hopkins	4:42:26
	Lisa	Marrero	4:42:26
	DJ	Watson	4:42:26
107.	Hilde	Haynes	5:05:57

Results from Athens Big Fork and Whiterock 50K still have not made it in yet.

AURA News Flash This just in:

ANNOUNCING THE FIRST ANNUAL HOOF IT FOR HEIFER 20K TRAIL RUN to be held at Petit Jean State Park on April 14, 2012. See link to race website below. Our Central AR Heifer Volunteer group is putting this race on with all proceeds going to Heifer International.

It's a beautiful trail! Come run with us while supporting a great cause. Please send this to others who might be interested.

<http://www.heifertrailrun.com/index.html>

We are still working on making the site friendly for mobile devices so it is best to use an actual computer for now.