

THE ARKANSAS ULTRA RUNNER
July 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

At long last we have the plan for the 2012-2013 Ultra Trail Series mostly lined up. –Definitely the events for the remainder of calendar 2012. Look for the schedule in this newsletter. I know it's a recurring theme that I harp on, but I want to express my utmost gratitude to the folks who put on the runs that comprise the series. Most of these are fun runs, making the series very accessible and not a drain on participants' budgets. Please express your gratitude to these run organizers both in words and by not being a hassle to them. If you look through the UTS information, you will find a link to some trail etiquette. It's a good read, especially for newcomers.

There are not too many changes to the UTS this year, but there are at least a couple that I will mention here. The "age" categories are getting a tweak: The classification for those AARP eligible (50+) is being relabeled to "Grand Master". Perhaps this will remove some confusion for those who also follow the state RRCA Grand Prix series. Also like the GP, our "Senior" division will now start at age 60. We are keeping the "Super Senior" category, which will now be in place to recognize those age 70 and up. Another new twist that I'm looking forward to is the addition of the Sunset 6/12/24 Hour Endurance run in Benton on Thanksgiving week. All three options at the run will be part of the UTS. While we do have some precedent for multi-event races in the series, I believe this one will best entail a slightly different scoring methodology. This will be documented and published soon, but as a preview—what I'm looking at is a scheme where points are allocated based on miles completed rather than just place. The series kicks off on July 14th at 8:00pm with the Midnight Run at Lake Sylvia. This race has turned into quite the spectacle the last couple of years. If it gets much bigger Susy may have to go to "wave starts". –Just kidding. I hope. Anyway, make sure you get signed up for the UTS before the run so that you get counted for the series. UTS applications will be accepted on site before the Midnight Run, but it would take a little stress out of the pre-race hysteria if you mailed the application early or signed up online. Yes, there is an online sign-up option this year. Either way, just go to the club website to get started: www.RunArkansas.com and look for the Ultra Trail Series link.

The series entry fee is the same as the past couple of years: \$10 for AURA members and \$15 for non-members. If signing up online, AURA members can use coupon code AURAUTS13 to get the discounted price. Warning, if non-members try to use that code they may be visited by the ultra Goon.

So I'm writing this piece from Silverton, Colorado this month. While neither of us is in the race this year, Chrissy and I came out to soak up the pre-race atmosphere for Hardrock. We've also met up with AURA Brother Jimmy Sweatt to do a couple of course sections. This is my third trip to the area, and a little more familiarity has not made it seem any less stunning. There is simply no way for pictures to do it justice. WOW! Unfortunately Hardrock is on the same date as the Midnight Run this year. Between that conflict and some other commitments, in a few days we'll be trading in the beautiful weather and scenery for a return to the sweltering Arkansas summer. But we'll make the most of it while we can!

RAAT Update

The Run Across America on Trail crew is into their second month of this grand adventure and have entered South Dakota. You can see Mike Samuelson's daily reports on Twitter, Facebook, or just via the blog. Check it out at:

<http://runacrossamericaontrail.blogspot.com/>

That's it for now. Hope to see everyone at Lake Sylvia for the Midnight Run!

Stan



Picture from Hardrock course: Jimmy, Stan, and Chrissy on the Green Mountain pass, 12,980 feet, about mile 90 of the race.



Picture of Kings and Queens of the Trail from 2011-2012 UTS Awards Ceremony:
 (Front row) Karen Hayes, David Joseph; (Back Row) George Peterka, Deb Baker, Lisa Vorwerk,
 Elaine Gimblet, Pete Ireland; (not pictured) Mark DenHerder

2012-2013 Ultra Trail Series Schedule

(Note: this schedule is subject to additions/changes)

7/14/12	Midnight Run (50K)	Lake Sylvia
8/25/12	Mt. Nebo Trail Run (14M)	Dardanelle
9/22/12	Bartlett Park Ultras (50M/40M/50K)	Bartlett, TN
10/6/12	Arkansas Traveller 100	Perryville
10/28/12	Styx n'Stones Trail Run (30K)	Devils Den S.P.
11/10/12	Bona Dea 50K	Russellville
11/23-24/12	Sunset 6/12/24 Hr Endurance Run	Benton
12/8/12	Lake Ouachita Vista Trail Marathon	Mount Ida
1/5/13	Athens-Big Fork Trail Marathon	Big Fork
2/??/13	(Tentative) White Rock Classic 50K	Cass
?/??/13	Big Rock Mystery Run	North Little Rock
4/20/13	Ouachita Trail 50 Mile/50K	Little Rock
5/11/13	Mt. Magazine Trail run (18M)	Mt. Magazine S.P.

Back in May AURA sister Tammy Walther headed down to Florida for the Keys 100. Below is her account of her run. Since Tammy is too modest to brag on herself, I will do it for her. She was the 13th overall finisher and 3rd female. Way to go Tammy!

The Keys 100...

When I ventured into ultra running, I never realized where it would take me. And for the last three years, it has taken me down to southern Florida, running along the two-laned Overseas Highway (Hwy #1) from Key Largo, FL to Key West, FL. Each year seems to improve for me as I challenge my body and mind in this race. While my main goal has always been to finish the race, it has also been a learning experience on how to survive running so many miles in this environment of humidity and heat while staying fed and hydrated...something I still haven't figured out. The course is run on the road, mostly on the shoulder or pedestrian bridges, and the scenery is fabulous. It is flat with the exception of the 7-mile bridge, which takes you up and over for, well, you guessed it, 7 miles. Runners must move against traffic and be smart and alert as traffic flies by. The most challenging part of the run for me is not only the physical challenges but the mental challenges, for running into Key West takes a ton of patience and staying power to keep moving. Minus the rocks, dirt, and roots that I have endured while running long races on the trails, the road takes its toll on my feet and head in a much different way. The end can feel miles and miles away (no pun intended) right up until the finish, and at times I didn't even feel as though I was making any progress. This year, I felt as though I would never make it to that final turn onto Roosevelt Blvd, which is 3 miles to the finish. But, once I did, I felt that relief. It was pouring down rain, the same way that the race began. Yes, I was glad that it was finished, and yes, I wished it was all just beginning? Does that make sense?

Miles 0-25:

Key Largo, FL, mile marker 100 to Islamorada, FL, mile marker 75

Time: 6:10 am, May 19

Crew: Husband, Bill. Met me every two miles to hand off cold water, GU, and an iced towel.

Weather: Dark. Sunrise around 6:30. Rain set in at around mile 5. Poured for the first marathon.

Physically: Strong. No pain

Mentally: Excited and positive

Conversation:

Runner passing- "I'm just worried about how this rain is going to effect our feet."

Me- "Oh it will be fine. That is the least of my worries!"

Plan: Stay hydrated, cool, and optimistic

Miles 26-50

Islamorada, FL, mile marker 74 to Marathon, FL, mile marker 50

Time: 8 hours and 41 minutes on the course

Weather: Rain stopped. Humid. Sun was out. Heat began setting in.

Crew: Bill locked the keys in the crew van. Ran miles 30-40 without any crew. Yikes!

Physically: Some fatigue. No pain in feet or legs...yet.

Mentally: Work on pulling it together for the 7 mile bridge. Try to get refreshed and hydrated.

Conversation after 10 miles of running with no sign of my crew:

Me- "Where have you been @?"

Bill- "I locked the keys in the car."

Me- "Oh no (as I wiped tears from my eyes)! I was seriously worried sick."

Plan: Time to regroup. Approached the 7 mile bridge at mile marker 47.

Miles 51-75

Marathon, FL, mile marker 49 to mile marker 25, between Ramrod Key and Sutherland Key, FL

Time: 14 hours and 29 minutes on the course

Weather: Sunny. Hot. Made it over the 7 mile bridge.

Physically: By the end of this section-Tired, nauseous, dreaded stomach issues began around mile 60.

Energy was sinking. Needed to eat but couldn't keep anything down. Vomiting began. Feet were beginning to hurt.

Mentally-Tired, stressed about nutrition, anxious to finish

Conversation:

Bill- "You made it pretty good over the bridge."

Me- "I am sick as a dog right now."

Plan: Make it in to Key West with a PR!!!! Was it possible at this point?

Miles 76-100

Sutherland Key, FL, mile marker 24 to Key West, FL, mile marker 1 @ Higgs Beach

Official Finish Time: 21 hours and 25 minutes on the course (PR)

Crew: Worked on encouraging me to eat something. Met me every mile until the end. Walked some with me.

Weather: Dark. Chilly. Rain set in at around mile 95. Poured rain for the end of the race.

Physically: Feeling stronger as I got closer to the finish and was able to get an Ensure to stick to my stomach. Feet hurt so badly. Blister between each toe. Each step hurt. Feet looked like shriveled raisins.

Note to self: Don't put off changing shoes when they stay wet all day.

Mentally: Ready to finish. Move into third place. This was the most challenging and mentally-draining section of the race for me. The lights of Key West could be seen for miles, and it seemed as though I could reach out and touch them. Moving just 1 mile felt like 10.

Conversation with about 10 miles left to go:

Me- "Hey, Bill go back there and see what that light is getting closer to me."

Bill- "Yea, it's a female runner about 1/4 mile back!"

Me- "Ohhhh no!!!! Let's go!!!"

Plan: Finish strong. Run regardless of the pain in my feet. Remain in third place

So another year at the Keys100. Definitely worth the entry fee and the cost to travel down to make this run, which benefits prostate cancer awareness. I must say that I struggled pretty badly during the final marathon with stomach upset and painful feet, but it was worth it. I will continue to learn from my mistakes and perfect my hydration strategies for next year. Certainly, the best part of this year's race was earning a third place spot and getting one of the hand-made conch shell trophies. Another highlight was meeting John Pyle as he finished his trek across the US. Pyle was running in an effort to raise money for veterans. He had started running in San Francisco and finished his last 100 miles across the US with the Keys 100. I also met Henry Wrinkler AKA the Fonz at the Atlanta Airport and had my pic made with him. And...I must thank Bill, for his help as my crew, because this race time would not have been possible without his sincere support. He made me keep running through the pain, held my head as I puked, made me eat until it stuck, and took care of me when I could barely move the days following the race. What a fabulous man!! I love him for that! Smiles!

Lest we forget another of our own, Po Dog Vogler completed the Western States 100 a couple of weeks ago in an excellent time of 21:52:54. Read the report of his run the following link:

<http://endurancebuzz.com/2012/06/28/2012-western-states-100-race-report-podog-vogler/#more-27468>

Go Dog Go at Vermont!!!!



Tammy Walther

Full mOOon Run - Midnight 50K and 25K

Race Information

July 14, 2012

Location: Lake Sylvia day park

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

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

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

This will be the 2012-2013 AURA Ultra Trail Series kick-off race. UTS applications and AURA memberships will be accepted on site before the run starts.

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

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

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

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

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

Schedule:

06:45pm - Trail briefing for early starters

07:00pm - Early Start

07:45pm - Trail briefing

08:00pm - Race Start

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

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

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

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

Mount Nebo Trails Run

Saturday, August 25th, 2012 - 7:00am

Miscellaneous Information

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.

Race contact: Tom Aspel 479-857-4527

Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks.

Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

Camping and Lodging Information:

Campsites with water and electricity - \$18; Bench trail camping with no facilities - \$6.

Cabins are also available, \$85 to \$130. Capacities from 4 to 8 people.

Contact Mt. Nebo: mountnebo@arkansas.com or 1-800-264-2458 or (479) 229-3655

Okay, since nobody got the correct answer last time we will give it another try.

What mountain in Colorado is Harold standing on the top of??? One hint, it is one of the 53 14ers in the state of Colorado. For bonus points name the 14er directly behind Harold.



RETREADS(Retired runners eating out)

Join us the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Road. Come early to welcome old friends(11:15 a.m. in the lobby) At 11:30 a.m. sharp we join the food line. Wear an old race shirt or medallion to identify yourself. Questions: Charley and Lou Peyton chrlypytn@gmail.com