

# THE ARKANSAS ULTRA RUNNER

May 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)

## Message from AURA President - Stan Ferguson

All Hail this year's overall Queen and King of the Trail: **Deb Baker** and **David Joseph!** Deb and David were crowned at the 2011-2012 Ultra Trail Series awards ceremony held at Lake Winona this past weekend after the Catsmacker Run. The Queens and Kings honored in the other categories were:

Master: **Lisa "Pink Panther" Vorwerk** and **Mark DenHerder**

Senior: **Karen Hayes** and **George Peterka**

Super-Senior: **Elaine Gimblet** and **Pete Ireland**

Congratulations to all of these UTS royals, along with those who reached "High Mileage" status". In addition to Deb, David, Mark, and George, that group included **PoDog**, **Cliff Ferren**, **Steven Preston**, **Chrissy Ferguson**, and **Joshua Brown**. I see the High Mileage Club as an elite status—kind of like reaching gold or platinum with an airline's frequent flyer program. So if we're ever, like, traveling in a big group on a bus, or a large bunch goes out to eat cafeteria-style, I believe it would be appropriate to let these folks go to the front of the line.

Another group of people we recognized at the ceremony were the leaders/directors of this year's series runs: **Susy Phillips**, **Grant Davis**, **Tom Aspel**, **Mike Samuelson**, **Chrissy** and **Stan**, **Mark DenHerder**, **Jason Auer**, **Phil Carr**, **Steve Appleton**, **Jamie** and **Jay Huneycutt**, and **Paul Turner**. These brothers and sisters are definitely the life-blood of the UTS and are what help keep the AURA spirit going, so be sure to express your

appreciation to them for putting on the events.

We also had an abbreviated AURA meeting at Lake Winona along with the Catsmacker and UTS awards. Not too much business was covered, but we did highlight the current standings of the AURA teams in the Arkansas RRCA Grand Prix series. Our girls are running strong again this year, currently in third place but licking their chops in at the prospect of sucking up the Conway women--just a few points ahead. The AURA Men, aka the Walther boyz (Luke and Will) plus some Dusty Old Farts, have fielded a team in six straight races; they are still in the cellar, but have very realistic hopes of emerging. Go Dudes!

As for the next Ultra Trail Series, we are a bit behind in planning, but I can say that the first four events on the 2012-2013 schedule will be:

**Midnight Run** at Lake Sylvia, July 14, 8pm

**Mount Nebo Trail Run**, August 25 (date is not absolutely nailed down, but very probable)

**Bartlett Park Ultras** in Memphis area, September 22

**Arkansas Traveller 100**, October 6-7

I still welcome any feedback on past and potential series runs or on the series in general that would be useful in making it better. So feel free to shoot something to [Stan@RunArkansas.com](mailto:Stan@RunArkansas.com). I'd like to see a little more participation also. Is signing up a hassle? Is it not "cool"? Let me know what keeps you from participating in the series.

RAAT Update

I mentioned it last month, and many of you already know about Mike Samuelson's Run Across America on Trail adventure. He and three other runners began their journey on May 30<sup>th</sup>, and as I write this they have eight segments down. You can follow along on Twitter, Facebook, or just via the blog. Check it out at:

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

That's all for this time. Go Run!

Stan

Stan, thanks for a great lead in to the next segment! As Stan mentioned the Walther boyz are leading the AURA men's team. I thought would just run a few questions by the them:

Will:

What got you interested in running? My mom.

What do you like best about running? The best part of the is the finish.

What goals do you have for your running? My goal is to run a marathon someday.

What is the best advice you mom gave you about running? How to make a cramp go away...smell a rose...blow out a candle!!

Luke:

What got you interested in running? Watching my aunt April Owen run got me interested in running.

What do you like best about running? Winning awards.

What goals do you have for your running? I want to be number 1.

What is the best advice you mom gave you about running? My mom told me to remember running is fun!!!



Luke and Will

Next month look for a write up from Luke and Will's Mom Tammy about her recent 100 Miler in the Florida Keys.

### **Fog on the Mountain**

By George McDonald

A few months ago I made plans to run the Mount Magazine 18-mile trail run on May 12th. Paul Turner (PT) was the race director with "Po Dog" Vogler assisting with the setup. He planned on us running just about every trail on the top of the mountain, plus a section of the Cove Lake Trail. I've never been to Mount Magazine and was looking forward to it. Linetta and I went up on Thursday to take in the mountain and check out the trails. Weather in Arkansas can be a fickle thing. The joke runs, "If you don't like the

weather, wait five minutes and it will change.” Thursday was clear and 72 degrees. We enjoyed the peace and quiet as there were only a couple of campers in the campground. Friday was cool and cloudy with a chance of rain. It drizzled off and on during the day. We hiked the trail to the top of Signal Hill, the highest point in Arkansas, 2753 feet (917metres). When we came back to the campground I could tell PT had arrived when I saw pink streamers hanging on tree branches. It cleared up in the afternoon and we took my motorcycle out for a ride to Paris (Arkansas) and back. We met a lady in the Chamber of Commerce. Butterflies are a big thing there and we had a personal invitation to come back for the Butterfly Festival in June. The forecast for Saturday was for a 70% chance of rain and 55 degrees for a low. The evening radar seemed to agree to this non-optimistic forecast. It rained lightly through the night and we awoke to 53 degrees, a cold drizzle and fog. I had not planned on this cool temperature or the rain. I drove to the Greenfield Pavilion and signed in. Most of the runners drove up in the early hours for the run. I was glad I didn't! As time for the start drew near the drizzle quit. After a few instructions, we were off on the Will Apple's Road Trail. This trail was like a freeway compared to most trails that we run. You could have driven a vehicle down this trail! It was a good start as the trail was level to slightly downhill, taking us 1.6 miles to the horse camp. PT was there taking pictures and noticed several had missed the turn, a yell went out and the runners backtracked on course again! Next came a quick dash across the highway then onto Bear Hollow trail. Park Maintenance had weed-eated all the trails and they were in excellent shape. We were all impressed on how well they prepped the trails for us. I had several runners behind me talking about repelling. You hear interesting tales on the trails... Bear Hollow Trail covered 2.8 miles running along the eastern rim of the mountain. I'm sure there were some great views, but we were surrounded by fog and raindrops pelted us as the breeze blew through the trees. Temperature-wise it was a great day for a trail run! I was soon running with David Mundorff and Greg Massanelli. They would stay with me for the next 7 miles. As we came near the end of this section I tripped and fell. My hands and right leg took the brunt of the scuffing on the dirt. But, no time to assess the damage, so I jumped up and continued to run. We soon intersected the Benefield Trail, which had two sections. The eastern loop was a 1.1 mile section that circled a ridge. There were more great views as we started to see the fog lift to reveal part of the valley below. There were several rock points that had paths worn to the edge. I'm sure that some had sheer drop-offs, but no time to check it out! As we popped out of the woods we crossed the highway and went right back on the trail. This section paralleled the southern ridge. We were within feet of the edge and had some great views of the rock ledges. I knew I would have to come back later to check this section out. After 200 yards we crossed the highway again and arrived at the first water-stop. We picked up the western end of the Benefield Trail. This section was a soft, grassy section. A little over a mile later we crossed the highway again, connecting us with the Mossback Ridge Trail. This 2.2 mile section was a nice, mostly-level section through the open forest. We discussed the Cove Lake Trail as David was nursing a foot problem and decided the down-hill would be too much for his foot. The rain began to fall very lightly again. We soon reached the road and crossed to Signal Hill. This little just-over-a-mile trail would lead us up to the highest point in Arkansas and into the campground on the other side of the hill. We met several hikers out for the day as we approached the top. A quick picture,

then we went down the other side toward the campground. As we entered the campground I wondered if Linetta would catch us running through, as we were about 15 minutes earlier than I had predicted. True to form, she had anticipated an early arrival due to the cooler temperatures as she had noticed runners coming through sooner than expected. As we reached the north end of the campground we came to the main aid station manned by PT's parents and his sister Jane. What a neat, entertaining family affair! It was also at the intersection of two trails, which gave runners a choice of doing the 6-mile section of the Cove Lake Trail out-and-back, or cut the run short and take the North Rim Trail back to the Visitor Center. We reloaded our water bottles and grazed through goodies on the table, then bade David farewell as Greg and I started out on the Cove Lake Trail. Over the next 3 miles we would drop over 1,100 feet in elevation, then turn right around and gain back every inch of it! Once we came off the ridge we began a steep half-mile trail of rocks and slick-worn CCC rock steps constructed in 1930. As we left the park boundary, the trail narrowed and we had man-made trip hazards of rock dams constructed across the trail to control erosion. The drizzle had quit as we made our way down the side of the mountain. When we reached the pine forest the trail leveled out and we met several of the gazelles on their way back up the mountain. We came to some switchbacks and before we knew it there was the turn-around! Back up the mountain we went, but not as fast as the downhill. I made it down in 33 minutes, but returned to the top in 46 minutes. That last half-mile was a bugger! It was great seeing the aid station again!! I refilled my water bottle and it was time to finish this, as the North Rim Trail was 2.7 miles from the Visitor's Center. The trail was nice and wide and for most part, slightly down-hill. The sun was beginning to show itself and I was trying to maintain position. I managed to pass one person and finished in a respectable 3 hours and 43 minutes. A little short of my 3 and half hour goal, but still happy! PT and his crew did an excellent job and the food at the finish was awesome. Those who chose to sleep in missed an excellent race. This trail is definitely on my list for next year! See ya on the roads and trails.



George on Mount Magazine

## **Run for the Hero's ~ Race Across Georgia**

By Deb Baker

Fellow AURA Sister Deb Baker recently went to Georgia to run in cross state relay event here is her write up.

When I was asked to join an all female relay team to run across the state of Georgia over Memorial Weekend, I just could not say no. We would be running 260 miles from Columbus to Savannah to raise money for the House of Hero's, a charitable organization that assists Veterans and their families with home repairs and maintenance.

At 3:15AM on Saturday May 26th our team of 8 women and our 2 drivers gathered with the other teams at the National Infantry Museum on Fort Benning. I was #1 which meant I would be starting our long journey to Savannah. My first leg was 7.2 miles. After loading our gear into the RV and getting team photos taken, it was time to line up at the start. Our National Anthem was sung, prayers were said for the runners and we were off into the dark. Being that we were on a military base, we had a police escort most of the way. I was very glad of this because it had several turns where the rest of the course was fairly straight ahead and I had no idea where I was going.

One of our drivers was manning the RV while the other was driving a pickup. He would meet us at our relay exchange points with 2 runners in the truck. Runner #2 would get out and exchange with #1 who would then get in the truck and they would drive to the next exchange spot. Here runner #3 would eventually get out and run. The next stop would be the RV where the 4<sup>th</sup> runner would be ready and waiting. This allowed everyone to get some rest, food and a dry change of clothes back at the RV.

As the day progressed it got very hot and the pavement was baking. We really had to pay attention to heat and dehydration issues. Scott (one of our drivers) took our temp. after each hot run and had an ice bath ready in the back of the pickup where we could submerge our arms up to our shoulders. This lowered our core temp quickly. He also had sheets in the ice that could be wrapped around us if needed. He would meet us every ½ mile or so during our run and offer ice water and iced rags for our necks. This was a life saver out there with 0 shade.

I was scheduled to run 6 legs ranging from 3.8-7.2 miles. In the beginning I was disappointed that I was driving all the way to Georgia and only getting to run 33 or so miles total. Over the course of the night things would change. One of our runners was not doing well and would not be able to run any more. At 2:00AM I was about to start my 5<sup>th</sup> run and was thinking how glad I was to only have 2 legs left because I was exhausted and very sleepy. I was then informed that 3 of us would have to run an extra leg due to a runner being out, that included me. At the start, 7 extra miles would have excited me. Now I was wondering if I could get it done. I guess it was going all out on each run that

made this relay so tough, but it was a race so we had to keep up the pace as best as we could.

I finally got back to the RV, flopped on the bed still in my wet clothes and fell asleep for an hour or so. The whinny of a horse woke me up and it was time to get ready for my next leg. I tried to get some food down and stretch out my stiff body. I really struggled through the next 6 miserable miles. My body was just not responding very well. I felt like I was standing still. My teammates were really supportive and reminded me that I had just gotten us 6 miles closer to Savannah!!

My last leg was on the busiest road with little room to run. The heavens opened up on me about 5 min in and I was soaked but it felt so good. Then the sun came out and I was sizzling again but I felt much stronger on this last run and 5 miles went by quickly. Now we were less than 13 miles from Savannah! When our final runner headed out, we all drove on to Savannah in the RV to be there to cross the finish line as a team. Because of traffic issues, our final runner had a motorcycle police escort the final 6 miles to the finish. She loved it☺

Our team crossed the finish line in 36 hours 17 minutes raising \$5,400 for The House of Hero's. We were the first all female team! Crossing the finish line as a team was very powerful and proud moment for all of us. I started out thinking this would be a piece of cake and found out how wrong I was. It was tough mentally and physically, but mission accomplished. Of course I am hoping to be on the team again next year and see if we can do it faster and raise more money for such a great cause. What a great experience, I would recommend it to anyone who loves to push their limits and be a part of a team.

Just a final note: There were 6 men who ran as individuals and they all finished. Their times are not posted yet but one of them was the husband of Emily Ansick, the winner of our OT 50.

### **THE POOR MAN'S TRIP TO THE GRAND CANYON – MAY 23-24**

AURA Queen Lou Peyton recently went on little fun run out in Arizona here is her write up of the trip.

I think it was the end of last year or the first of this year that Thomas Chapin came in Easy Runner and mentioned his having run "Rim to Rim to Rim" at the Grand Canyon during the summer. Thomas wanted to get a group together to go back to do that and I had been trying to find a way to make this happen, for me. Thomas already had a plan in his head as to how it could/would work and it would be an inexpensive trip as trips go. He was talking my game plan. I repeated a couple of times to him that day, "I'm in for the trip".

Thomas came up with a plan in the early months of the year. Thomas made reservations for two campsites at the south rim, the north rim and again on the south rim, for May 22,

23, & 24. Two campsites, two tents per campsite with options for more if needed. Several people were interested in this idea. The idea was to get to the south rim of the Grand Canyon, however, you wanted to travel. We would meet at X campsite on the evening of May 22.

These are the people who actually followed up and went on this adventure. Thomas Chapin, Kristen (Thomas's wife), and Samuel (son), and Tom Chapin, Thomas's dad, also Hobby, a cousin from Colorado. Others, were Stephanie Stewart, Greg Eason and I, Lou Peyton. Stephanie, Greg, and I left L.R. at 5 a.m., Sat. May 19 with plans to drive 14 hrs. Arriving at Albuquerque, New Mexico and camping at Turquoise Trail Campground. This we did with no problems. We camped, got up the next morning and traveled to the top of Sandi Peak, hiked around, and I talked about returning there in the future to spend more time and possibly trek that 7 miles trail and bike up the Mtn. on a bike as we saw many people doing. People were arriving at the mountain top, and setting up to watch the eclipse that night. We spent probably an hour looking around and then continued on to Sedona, Az. We noticed many trains traveling through New Mexico. On the return trip, several days later, I counted nineteen trains enroute to somewhere out the window of the truck. Greg and Stephanie took turns driving and we rotated seats in the truck so if anyone, of the three of us, wanted to lie down in the back seat and sleep, we could. They did not let me drive which was o.k. with me because I would have slowed our progress. If you don't know how Meeme and Peepe Peyton drive just ask around and they will tell you...SLOW, COMPARED TO MOST PEOPLE...WELL, COMPARED TO ALL PEOPLE !

We saw numerous gambling casinos in New Mexico. New Mexico was beautiful, scenery wise except for most of the homes, which were poor...BUT...On to Sedona...We arrived in Sedona about mid afternoon and found a campsite at Cedar Creek Park Campground. This was the only campground with showers which were high on our list. Greg picked the site and we set up tents and started dinner. We had an assembly line to wash, rinse and dry the few dishes that we used and it worked well.

I was awake at 4:15 every morning. The sun came up and I was totally awake. The children, Greg, and Steph., slept in a bit. I went for a few walks in the early morning, ate breakfast (oatmeal and coffee) usually before anyone else was up. We did a hike from the camp that was just outside of the campground, cross the highway, and up the trail which went to the top of the ridge and one could look back into the campground, kind of like in the hills of Arkansas but probably a littler higher and steeper. I did about half as much hiking as they did and I turned around early and backtracked. We took photos on top before I turned back. It was time for lunch, again. Did I mention that Stephanie and I ate about every two hours on this trip? We had a good time and joked about our eating BUT, we did eat healthy food and not junk. We changed clothes and drove into Sedona and to the beautiful chapel that was built in 1952 which was just breathtaking. We went inside and there was a very sacred feeling in the chapel. People were lighting candles and saying silent prayers. There was really a holy feeling there and a love your neighbor sense of attitude. We toured more, and looked at all the Navaho jewelry in a market area like a strip mall setting. Steph found a beautiful necklace that she needed. I was

overwhelmed with too much to choose from and I let the opportunity pass. We went back to the campground for a dip in the creek for Steph and Greg and I started our evening meal. Then showers, and to bed early, again. Repeat me up at 4:15 a.m. This morning we drove to the state park where Steph took a run in the heat for approx 1:15 or so and Greg and I saw the movie about the area about how Sedona was formed, etc. The photography was taken from cameras in helicopters flying into canyons and between rock formations. We waited for Steph to return and went to get ice cream, etc. Maybe this was when she bought the necklace. When one is vacating it all runs together. We saw the Sliding Rock Park and people on the slide. We considered going there but didn't. We got up Tuesday morning, packed and started our way to the south rim of the Grand Canyon via Flagstaff. I texted Thomas and they were eating in Flagstaff and on their way shortly. We checked into the park, went to the Tower Gift Shop, looked at the canyon for the first time, bought a couple postcards, went to find our campsite. When we arrived, Thomas, Kristen, & Samuel were there. Tom (who cooked the evening meals for us) arrived shortly, about midnight Hobby who is Thomas' cousin arrived. There were mule deer and elk in and around the campgrounds on both the north and south rims. We marveled at their grace and beauty and they did not appear to threaten us. They were just eating leaves off the trees and not bothered that we were in their area. Steph woke up during the night on Tuesday and counted 8 deer in our small camp area. They were just sniffing around and didn't bother our gear. She said they licked the camp light and glassware that we left out on the table.

Our first dinner at the canyon was cooked was a boil, Tom said. In a roasting pan were red potatoes, cubed, corn on the cob, sausage cut into chunks, and boiled in a Cajun spice mix. This was simmered about an hour, I think. We went to see the sunset on the south rim, came back and ate the dinner which was very good. I ate two bowls full and it was spicy, and delicious, to me. The next morning was our departure for the trail after packing up gear into two vehicles, and the five of us who were trekking across to the north rim left for the start. It was about 7:00 or a couple minutes past when we took a photo and started down the trail. The Trekkers on day one were, Steph, Greg, Lou, Thomas, and Hobby. Kristen, Tom, and Samuel, drove to the north rim where they would meet us. The Grand Canyon is beautiful, in every way. I could do without the dust on the trail but that was my only complaint. The people we encountered were nice, the mule train hauling trash (Kim Fischer said (trash out supplies in) was interesting that we saw. There was one group riding mules up the trail. I noticed that the mules looked very strong and in health. I wondered if they enjoyed what they were doing which was moving fast on the trails. I like to think they enjoyed their jobs.

We (the five of us, trekkers) spread out a bit. We had not planned to stay together but to go at our own pace (which I like). We were all at Phantom Ranch together (bottom of the canyon). We enjoyed the iced lemonade and ate our snacks that we brought along in the air conditioning of the dining room. We were there about 20 min. then filled our water bottles, bladders, and headed out for Cottonwood Canyon. Ribbons Falls was along this part of the trek as I remember. When we got to the first trail going to Ribbon Falls, only Thomas wanted to take the detour to go there. With no takers we went on toward

Cottonwood. When we got to Cottonwood the temp was even warmer. I did not see a thermometer but I think it was over 100 or 97 for sure. We all sat at a picnic table in the shade. I took off my long sleeve yellow sun shirt and ran water from the spout on it and on my bandana, put them back on and got on down the trail...Hobby was having problems with the heat and had not moved much when I left. Thomas had planned to stay with Hobby. They have done adventures before and planned to stay together. I got to the house a couple of miles down the trail first. I wanted to refill my water containers because the climb out had not started yet but there was not water coming out of the spigot. Steph. And Greg arrived shortly. We looked around. I had propped my feet up for a few minutes before they arrived. Greg was the first to head out the trail going for the next stop which was 3 miles up the trail. We all had water. We were not out but just wanted to top off our containers. The trek up was as pretty as the trek down into the canyon. Many overlook areas and all breathtaking. It was a gentle up, up, up. We saw other people coming down, along the way. We usually just exchanged greetings and no long conversations. We were starting to take some breaks (to rest and breathe) before the last water stop, which reminded me of the water fountains at Hot Springs where people fill their water jugs. We finally got to the last water stop. About 8-10 people were there who had trekked down from the north rim with this point as their turnaround destination. We refilled our water and started the last two mile trek out of the canyon. It was UP, UP, UP, WITH MORE SIGNIFICANCE, and lots of dust on the trail... We came out of the canyon in this order, Stephanie, Greg, Lou, Thomas, and Hobby. Our crew was waiting for us at the top and gave us a ride to the campsite for that night. Thomas and Hobby were a little behind so Tom drove back to pick them up. We set up camp, took showers, Tom cooked, again and this time spaghetti with sausages in a large pot, and garlic bread on the grill. Our meals were VERY SIMPLE AND MOST DELICIOUS. I always had two helpings and there was food left over which bothered me that we had to throw away...Tom teased me about throwing food out. I like to save the left over food for another meal and that could not be done while traveling like were doing.

There was much wind on the North Rim...I'd estimate the gusts at 35 mph and at our house we watch the wind because we like to paddle kayaks and wind is an issue with me. We had to double up real tight for the sleep on the north rim. The Chapin family took my tent and I moved in with Greg and Steph. Greg was going to sleep outside but because of the wind he moved inside and had the smallest space even though it was his tent. I was in the tent 30 min. before the kids got their clothes washed, dried at a Laundromat, nearby, and I thought the tent was going to blow away with me inside. I'm talking about gusty, kind of scary...The wind died down sometime during the early morning hours. We were up about 5 a.m. (I was, anyway) and we were preparing for the trek for the ones who had opted for both days. Steph, Greg, and Thomas were the trekkers (planned ahead) for day 2 and the return to the south rim. Again, about 7 – 7:15 a.m. they were driven to the trailhead to start the trek/run back. Hobby, left for home in Colorado in his car that had been driven around with this preplanned. Thomas, Steph. And Greg planned to run some on the return trek. They came out of the canyon in this order, Steph, Thomas, and Greg. All in good shape and ready for ANOTHER MEAL! Tom cooked cheeseburgers and hot dogs, and chips, for us, this evening (Thursday). I think that Kristen won the eating

award as she ate three hot dogs. Kristen must not have eaten all day because I don't know how that tiny girl held three hot dogs but I saw her eat them. The cheeseburgers were wonderful. I could not let them throw the left over food away. I brought them back and ate a hamburger on the return trip. I'm not sure of the fate of the hot dogs but they came back to AR. too. We got up early, well 6-7 a.m. We made coffee and oatmeal for those who wanted it then broke camp and we all headed for home. The Chapin family had a couple of days to spend in Arizona, for vacation but Greg, Steph. And I headed for another long day on the trip home. We spent that night (Fri.) in Amarillo, TX. And got to L.R. about 3:30 -p.m. on Sat. What a great, safe, trip. It was a poor man's trip and I enjoyed every minute of it. Thank you guys for the great experience.

Lou Peyton

## Race Results

# Mt. Magazine Trail Run

May 12, 2012

## Mt. Magazine State Park, Arkansas

### 18 miles Time

Clayton Bell M 2:28:01  
Chris Block M 2:28:02  
PoDog Vogler M 2:29  
David Joseph M 2:32  
Josh Brown M 3:02  
Brant Bishop M 3:04  
Mark DenHerder M 3:05  
George Peterka M 3:06  
Alan Hunnicutt M 3:17:11  
Deb Baker F 3:17:11  
Rich Brown M 3:17:20  
Will Blanchard M 3:17:24  
Cliff Ferren M 3:23  
Jim Hart M 3:25  
George McDonald M 3:43  
Greg Massanelli M 3:45  
Shelly Chronister F 3:47  
Brad Simpson M 3:48  
Tina Ho F 3:56  
Sinjun Venable M 3:58  
Karen Call F 4:20  
Bill Coffelt M 4:22  
Tracey Heath F 4:22  
Josh Drake M 4:22  
Wendy Pruitt F 4:22  
Sloan Cooper M 4:23  
Susan McCourt F 4:23  
Rick Bushmiaer M 4:23  
Susan Russell F 4:34  
Michael Harmon M 4:39  
Fletcher Smith M 4:39  
Lisa "Pink Panther" Vorwerk- F 4:40

Ron Gimblet M 5:13  
Elaine Gimblet F 5:13  
Lisa Gunnoe F 5:24

### **12 miles Time**

Asa Thacker Time n/a  
Dave Mundorff 2:30  
Steve Hobbs 2:46  
Pete Ireland 2:59  
Sydney Venable F 3:33  
Bill Brass 3:54  
Ann Moore F 3:54

### **Other Distances**

Reid Landes (10.5) 1:54  
David Bird (7.5) 1:23

### **The Catsmacker - 23 miles (+/-)**

Place	Name	Time	Sex	Age	City
1	David Joseph	3:25:11	M	21	Fayetteville
2	Joel Perez	3:29:06	M	34	Little Rock
3	Scott Sander	3:31:52	M	43	Little Rock
4	Rob Seibert	3:35:21	M	41	Little Rock
5	Jimmy Brown	3:50:30	M	42	Jonesboro
6	Robert Williamson	3:50:30	M	46	Jonesboro
7	Deb Baker	3:52	F	49	Little Rock
8	Steve Appleton	3:52	M	38	Little Rock
9	Reid Landes	3:55:13	M	41	Little Rock
10	Rich Brown	3:58:53	M	50	Searcy
11	George Peterka	4:00	M	52	Hot Springs
12	Andrey Dumchev	3:55	M	30	Russia
13	Stacey Shaver	4:03	F	40	North Little Rock
14	Jenny Brod	4:05	F	31	Maumelle
15	Cliff Ferren	4:06	M	56	North Little Rock
16	Jason Auer	4:10	M	29	Fayetteville
17	Thomas Chapin		M	34	Little Rock
18	Stan Ferguson	4:16	M	48	Maumelle
19	Jon Tilp	4:27	M	55	Hensley
20	Audy Swain	4:27	M	49	Naylor
21	Jimmy John Ward	4:27	M	40	Quitman
22	Frank Massingill	4:27:05	M	54	Conway
23	Stephanie Stewart	4:28	F	32	Little Rock
24	Jon Honeywell	4:34	M	42	Little Rock
25	Jenny Wilkes	4:34	F	29	Little Rock
26	Jen Freilino	4:35	F	28	Little Rock
27	Becky Humes	4:40	F	33	Little Rock
28	Greg Eason	4:19	M	37	Conway
29	Tina Coutu	4:19	F	48	Little Rock
30	Pete Ireland	4:33	M	71	Benton (Minus a little)
31	Paul Turner	6:00	M	49	Conway (Plus 8 miles)
32	PoDog Vogler	6:00	M		Russellville (Plus 8 miles)
33	Jim Sweatt	4:46	M	56	North Little Rock

34 Scott Rogers 4:58 M 47 Memphis  
35 Eunika Rogers 5:08 F 41 Memphis  
36 Jesse Garrett 5:13 M 28 North Little Rock  
37 David Meroney 5:18 M 41 Little Rock  
38 Susan Russell 5:18 F 62 Little Rock  
39 Arland Blanton 5:33 M 53 Cabot  
40 Kimmy Riley 5:36 F 39 Mabelvale  
41 Karen Hayes 5:36 F 58 North Little Rock  
42 Dennis Baas 5:34 M 65 Little Rock  
43 Mark Roth 5:34 M 50 North Little Rock  
44 Judy Massingill 6:01 F 53 Conway  
45 Belinda Jared 6:01 F 41 Conway  
46 Lori Dather 6:01 F 46 Conway  
47 Danjamin Belanger 6:58 M 68 Little Rock

**Kitty Run - 12 miles (+/-)**

Place Name Time Sex Age City

1 Steven Preston 1:54:07 M 29 Little Rock  
2 Chad Yocum 2:00:18 M 37 Hot Springs  
3 Andy Halfhill 2:02:23 M 32 Little Rock  
4 Nicole Hobbs 2:19:31 F 27 Lonsdale  
5 Alex Wan 2:24:12 M 37 Little Rock  
6 Jared Friemel 2:24 M 26 Benton  
7 Karen Cal 2:25 F 58 Little Rock  
8 Paul Mattocks 2:30 M 64 El Dorado  
9 Eva Bailey 2:37:50 F 44 Benton  
10 Chrissy Ferguson 2:40 F 51 Maumelle  
11 Carrie DuPriest 2:40 F 54 Little Rock  
12 Trina Bright 2:46 F 50 Maumelle  
13 Misty Brown 2:43 F 35 Little Rock  
14 Phil Brown 2:43 M 45 Little Rock  
15 Lisa Vorwerk 2:54 F 44 Dover  
16 Michael DuPriest 2:31 M 51 Little Rock  
17 Pete Perkins 3:10:36 M 53 North Little Rock  
18 Bob Marston 2:57:14 M 61 Roland  
19 Donna Duerr 2:53 F 56 Roland  
20 Fletcher Smith 2:49 M 54 Little Rock  
21 Diana Chambers 3:09 F 49 Little Rock  
22 Courtney Schulist 3:19 F 26 Bald Knob  
23 Rosemary Rogers 3:19:49 F 64 Maumelle  
24 Bob McKinney 3:19:49 M 69 Little Rock  
25 Bill Brass 3:18:22 M 72 North Little Rock  
26 Ann Moore 5:00 F 71 Little Rock (Out-n-back)

Check out the Catsmacker report at the following link:

<http://www.arkansasoutside.com/the-2012-catsmacker/>

## Final UTS Standings

UTS Standings

Page 1 of 3

### 2011-2012 Ultra Trail Series Standings

Open • Master • Senior • SuperSenior • UTS Miles

UTS Race Schedule

#### Open Division

##### Women

Rank	Name	mOOn	Nebo	Bartlett	AT	Styx	BDes	LOV	ABF	WR	RR	OT	Mgz	Total
1	Deb Baker	46	47		86	42	34	43	42	39.5	51.5	57	54	542
2	Katie Helms		58			53	45	54	53	56	51.5	57		427.5
3	Lisa Vorwerk		30			31	16	32	31	16	29		43	228
4	Stacey Shavers-Mason	32		52			56			39.5		35		214.5
5	Jenny Brod	32			102					28		46		208
6	Lisa Gunzoe	11		41							11	29	26	118
7	Karen Martin	57		51										108
8	Chrissy Ferguson		36						22	35				93
9	Karen Hayes	17	34				22	26						89
10	Elaine Gimblet		12								17	23	32	84
11	Jamie Hunycutt	23					28							51
12	Tala Hill		18								23			41
13	Dottie Rea											17		17
14	Elizabeth Quinn											11		11
15	Ann Moore		8											8

##### Men

Rank	Name	mOOn	Nebo	Bartlett	AT	Styx	BDes	LOV	ABF	WR	RR	OT	Mgz	Total
1	David Joseph	41	40		79	59	59	60	30	58	51	60	49	586
2	BoDog Vogler	63	68	51	109	48		38		41.5		49	60	527.5
3	Mark DemHerder	52	57		55	37	48	32	52.5	41.5	62	32	32	501
4	George Peterka	13	9	52	46	9	31	26		24	34	26	26	296
5	Joshua Brown		18		66	19	25		24	30	28		38	248
6	Steven Preston	29	34	52	38		13	14				26		206
7	Cliff Ferren		8		26		19	20	18	18	40	38	14	201
8	Jake Anderson							49	36			60		145
9	Paul Schoentaub				93							38		131
10	Paul Turner		46			31			52.5					129.5
11	Don Proton			41			9	10		12	16	20		108
12	Alan Hunnicutt	23	7				13	37					20	100
13	Johnny Eagles			41	32						6	10		89
14	Stan Ferguson		28									49		77
15	Jason Auer		22									32		54
16	Bill Coffelt		15			25							60	50
17	Joshua Drake								8		12	14	7	41
18	Patrick Barker	7	6					7	12	8				40
19	James Holland	35												35
20	Matt Kirkpatrick	17	12											29
21	Rodney DeClue										22			22
22	Michael Harmon		2					4			3	7	4	20
23	Patrick Riley	10	4			6								20
24	Pete Ireland	4	3				6				2	4		19
25	Joe Milligan		5								9			14

<http://www.runarkansas.com/UTSStandings12.htm>

6/7/2012



**Men**

Rank	Name	mOOn	Nebo	Bartlett	AT	Styx	BDea	LOV	ABF	WR	BR	OT	Mgz	Total
1	George Peterka	45	46	52	88	22	44	53		53	45	43	54	555
2	Cliff Ferrin		35		61		33	42	51	42	56	54	26	400
3	Alan Hammett	56	29			43	55						45	226
4	Don Preston			51			27	31		31	51	43		217
5	Johnny Eagles			41	74						22	52		169
6	Paul Schoenlaub				104							54		158
7	Bill Coffelt		57			54							32	143
8	Pete Ireland	38	11				21				16	26		102
9	Patrick Riley	34	17			26								77
10	Joe Milligan		23								28			51
11	Herb Jarrell	22												22
12	Greg Bourts	16												16

**Super Senior Division**

**Women**

Rank	Name	mOOn	Nebo	Bartlett	AT	Styx	BDea	LOV	ABF	WR	BR	OT	Mgz	Total
1	Elaine Gimblet		52								51	51	51	305
2	Ann Moure		41											41

**Men**

Rank	Name	mOOn	Nebo	Bartlett	AT	Styx	BDea	LOV	ABF	WR	BR	OT	Mgz	Total
1	Pete Ireland	43	31				51				41	51		217
2	Patrick Riley	54	42			51								147
3	Joe Milligan		55								52			105
4	Herb Jarrell	32												32
5	Greg Bourts	26												26

If you suspect errors in these standings, please reference the UTS listings and individual race results. If you still think there is an error, contact the Arkansas Trail Series Association.

[ Home ] [ Arkansas Trail Series ] [ Arkansas Trail Series ] [ Arkansas Trail Series ]

