

THE ARKANSAS ULTRA RUNNER
November 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-Peeps! Wow—October is pretty crazy for us! Thanks to everybody who ran, helped, or otherwise participated in the 22nd Arkansas Traveller 100! Chrissy has a write-up elsewhere in this newsletter so I won't dwell on that event too much here, but I have to say that outside of our day jobs it is definitely the number one thing for us every year in regards to the amount of time it takes up. Actually I think if you summed up the total hours devoted to the race by all those involved it would probably be comparable to the gross work effort of some small countries.

Let's talk about the Ultra Trail Series. We just came off of Race Number Five of the series—which took us to the fabulous and scenic Boston Mountains. Thanks to Jason Auer and the Mark DenHerder family for taking us on a tour of Devil's Den State Park with the second annual Styx n'Stones run. There was another run at Devil's Den for a couple of years some time ago that consisted mainly of the Butterfield Trail, but this one takes in several other parts and provides a lot more variety. Not being able to make this run last year, it had been a while since I'd been on these trails—but the memory of them does not fade quickly. Yes—there are some beautiful parts, and also a bit of treachery. I would consider it a good trainer for Athens-Big Fork. Questions were received from at least a couple of folks about the Sunday scheduling of this run. The main driver for it being on Sunday was just the mass of running events that take place during the month October. We felt that the time of the year is prime enough to squeeze it in, but wanted to avoid direct conflict with other established events. So we decided to give it a try on Sunday this year, and the turnout seemed to indicate that it was not a deal-breaker for most people. Most folks know by now that we're always open to feedback, so if you have major issues with this feel free to give me a yell with a better suggestion.

When we first announced the inclusion of the Sunset 6/12/24 Hour Endurance Run in this year's UTS, I said that there would be a different scheme set up for doing points—with the focus being

on performance rather than place. After much number crunching and running through various scenarios, finally, here are the details. (Drum roll, please...)

The basics for the Sunset points will come from this simple table of performance “standards”:

	Male	Female	Points
6 Hour	38.5	35	50
12 Hour	66	60	70
24 Hour	110	100	90

However many miles a person achieves, that amount will be divided by the standard (male or female) for that event, with the result multiplied by that event’s points value.

Example 1: a female who completes 100 miles in the 24 hour event would receive 90 points.

Example 2: a male running 40 miles in the 6 Hour event would get 51.95 points (40 divided by 38.5 times 50). If he ran that same distance in the 12 Hour event, the points calculation would be $40/66 * 70 = 42.42$.

One other aspect is a coefficient to adjust the points WITHIN the different age categories. This is NOT to benefit elder participants in their competition against youngsters, but to help give performances at Sunset a similar weight to what another series race would yield.

The coefficients are: Master 1.05, GrandMaster 1.15, Senior 1.3, SuperSenior 1.5

So if our example of 40 miles in 12 hours featured a 60-year-old man, he would get the 42.42 points in the Open division, 44.55 Master points, 48.79 Grand-Master points, and 55.15 Senior points.

Clear enough?

That’s the plan for this series; we’ll see how it works. If you intend to do this one, be sure to submit an application so that they know how many runners to expect. You can get to the entry form through the AURA website (www.RunArkansas.com) under the event calendar or UTS page. If you have trouble downloading it give Pete a shout at pirel@prodigy.net.

Another bit of UTS news involves the White Rock Classic 50K. I’m happy to announce that Lisa Gunnoe and PoDog Vogler are teaming up to make sure this event lives on. Many thanks to Jamie and Jay Huneycutt for taking this one on for several years in the post-Jose period, and in advance for their assistance in transitioning the run to Lisa and PoDog in 2013. It’s still not known for sure whether the traditional route starting near Cass will be used next year, or if it will be another altered route. So stay tuned for that information.

Next up of course is the 3rd annual Bona Dea 50K. Folks, this one is FAST. Get your 50K P.R. here. Round and round and round they go! Word is that Tom will once again be making his famous Irish chili. Hope we see a bunch of you there.

Stan

Arkansas Traveller 2012 – by Chrissy Ferguson

It's hard to believe it was 20 years ago that I first came to run the Arkansas Traveller 100. My first time was in 1992. An ultrarunning friend Suzi T. convinced me to come after showing me the sub-24 hour belt buckle. It was the most beautiful buckle I had ever seen and I had to have one. When I arrived here in Arkansas from California I couldn't believe how wonderful and friendly all the runners and volunteers were. Cindy McClellan took me in, fed me, housed me and took me anywhere I needed to go on my trip out each year. I even told Cindy that one day I will live here, maybe when I retire. In 1995 Dave Cawien was to pace me as he had done in 1994, but a torn calf muscle prohibited him from pacing. I received a phone message saying he would not be able to pace but he would find someone. When Dave called me back he had the name and phone number of a potential pacer for the last 32 miles. That pacer's name was Stan Ferguson, a 3-hour marathoner who wanted to know more about ultrarunning and the 100 mile distance. We met at Chili's restaurant the Thursday before the race. We discussed what I needed from him and I gave him the equipment he would need race day (running pack and flashlights). Race day morning I ran with Ray "Bones" Bailey, I told Bones that Stan Ferguson was pacing me the last 32 miles; he said "good luck trying to get him to talk". When I picked Stan up at Powerline 68 mile aid station I was on record pace, we ran and talked all through the night. By the time we reached Drop-off (now known as Club Flamingo) I knew I would marry him. When we crossed the finish line I was second overall with a course record time of 17:53. We actually finished before 12:00 mid-night, so I had completed the course on the same day as I had started (not many 100 mile finishers can say that). On Monday evening Stan took Cindy and me out to dinner. After dinner I walked Stan to his car, I gave him my phone number and address, kissed him on the cheek and told him "if I hang around you long enough I'll marry you". I figured well that will be the last time I'll hear or see him, but believe it or not he called me. Stan and I married at the Traveller pre-race meeting the next year. On the inside of our wedding bands it simply says "Thanks Dave".

This year at the Heart of the Traveller run my right foot was hurting after completing the Monday 23 mile run. I went to see Mike DuPriest thinking he would be able to fix it. After an examination he said he was pretty sure I had a stress fracture and I needed to go see Doctor Tilley and have it x-rayed. After having Tilley x-ray and examine it he concurred with Mike's diagnosis. Of course the first thing out of my mouth was "Can I run the Traveller next month?" This was Tilley's response "Do you want me to answer that as your ultrarunning friend or as your doctor?" I said "give me both answers." His said "as your friend, if you don't run a step on it till race day morning I think you can start and maybe even finish if you tape it. Here's my answer as your doctor, no you can't run the Traveller, you must stay off it for at least 8 weeks." Of course I liked the ultrarunning friend response and that's what I did. For 5 weeks I only did stairmaster, and taped my foot race day morning. When the gun went off I had decided all I wanted to do was finish under the 30 hour time limit. When I crossed the finish line in 28:40 I think I was almost as happy as when I broke the course record in 1995! Finishing really is Winning, what a wonderful feeling!

In the 22 year's running of the Traveller I have either run, paced/crewed or race directed 21 of these years. The Traveller has changed my life completely; it is part of me and my wonderful life here in Arkansas. We have the best volunteers and ultrarunning community anywhere in the world. If you have never run anything else you don't know what an amazing thing we have here. Some of our volunteers have helped all 22 years of the Traveller, others are just getting involved in our sport and taking on responsibilities at the Traveller. I want to say to all "Thank you for your precious time each year and for making this race one of the best 100 miler ever! Without our wonderful volunteers we wouldn't have the gem that shines so brightly each year- Thank you, Thank you, Thank you!"

For this year's race the weather report about a week out was warm and dry Saturday and Sunday, but as race day approached the weather report deteriorated. By Friday at the pre race meeting the weather report was rain, wind and cold temperatures. I warned runners to dress in layers, carry a poncho or garbage bag and put warm clothes in their drop bags. I believe most runners heeded my warnings. We had 105 registered runners, 101 starters and 80 finishers at this year's Traveller. This was the highest finishing rate ever in the 22 years running – Amazing! Sarah Miller from Mississippi made her 100-mile debut last year at the Traveller and finished as first female this year in a time of 22:38. Robert (PoDog) Vogler became just the third male to win the Traveller 3 times, finishing in a time of 18:45 after completing the Grand Slam of Ultrarunning earlier this year. Congrats to them, as well as Kimmy Riley and Vicente Ledezma—who earned their 10-time finisher jackets. This was my 16th finish at the Traveller, and like the president—I'm just looking for four more years. ☺

A Pretty nice way to end the year - by PoDog

My race season for the past 5 years has revolved around Traveller. It is the race I train for all year. But this year I got into Western States and had a go at the Grand Slam. I had Traveller in the back of my mind the whole time, but I had a lot of work to do before I could really think about Traveller. All I could do was hope I had enough left to run a good Traveller.

I did not have a very specific race plan in mind. I would not be going for a time, but I was truly going to race. I would start out the race hopefully at a conservative pace and just see what happens. If someone made a big move, I would not let them get too far out front, but I would try to stay back and then go hard the last 30 miles of the race. I am always strong the last 30 miles of Traveller, and with four 100's under my belt this year, I knew I had the legs to finish out the race strong this year.

I started the first 10 miles in the front pack running a pretty slow pace. No one really seemed to want to pass me. Then Shannon decided that we were running too slowly and he took off. It was a good call too, because he was exactly right. We were running pretty

slowly.

I continued to run mostly with Mark until Winona aid station. When we ran through the big rain storm I was able to stay warm enough and focused. I figured that no one else had ever run a 100 in conditions like this before except me, and I had run in them 3 months earlier at Western States. So I thought the rain was a big advantage for me. I knew that as long as you do not get too cold and you stay focused on your race, those conditions are not what should hurt your race. In fact the cool weather was going to help my race because my biggest issue is cramping. I knew I would not cramp as easily in this weather.

I found out that Shannon was 15 minutes ahead of me at Winona, so I decided I needed to not let him get any further out front. I sped up on the road to pig trail and found out I had made up 3 minutes by Pig Trail aid station. I continued to push just a bit and I kept making up ground. I ran hard on the downhill road sections and took it easier on the uphill and technical sections.

By turn around Shannon was only 3 ½ minutes up on me and I was gaining fast. I quickly could see him and his pacer ahead and I decided to take a hammer gel before trying to catch him. While I did this, he got quite a bit further ahead of me. Then I decided that I was in no big hurry to catch him. It was good for me to just hang back where I could see him. It can be very lonely in the lead of the race. You never know how far ahead you are or what is going on behind you. I was not in a big hurry to get the lead. However, just running easy behind him I was slowly gaining on him and I caught him shortly before copperhead road aid station. We ran together for a few minutes and talked as friends. It is a great thing about our sport. Even in the middle of the battle for 1st place, we are always friends.

As we approached copperhead, I knew it was time to leave my friend behind and to get back to the race. I got in and out of copperhead as fast as I could and ran hard up the hill. I knew there was a long downhill after the short uphill and I was running great downhill. I pushed hard and never looked back. My plan now was to run the road hard and then take my time over the more technical sections of Smith Mountain. I picked up my pacer at power line and ran into the darkening evening. It was especially hard seeing in the dark sky twilight and fog on Smith Mountain, but I knew it would be darker for everyone else, and I knew I could always run hard on the roads if someone caught me, so I took my time. I continued to run hard on the roads and take my time on the technical sections all the way until Pumpkin Patch. I asked at every aid station what my lead was, but I only got confusing and unreliable information, so I kept running hard. When I got to E tower, Deb Baker was there and the radio people told her that there was someone really close behind me. My pacer and I ran like scared rabbits down the big hill to Pumpkin Patch. My legs still had something left and I poured it into the long downhill.

At pumpkin patch they told me I had over an hour lead and was fine. I could not believe we had run so hard from E tower, but I was glad to be able to shut it down and take it

easy to the finish.

Overall I had a great race. I like to start slow and let the race come to me. I was able to do that, and my legs felt strong all day long. I have never been able to run the road from Power line to Power line hard because it is always hot and I am fighting cramps. This year I had almost no cramping and could be much more aggressive on the road. That made the biggest difference in my race.

2012 AT100 (Cool Runnings) by Bill Coffelt

Blame it on me! I'm the one who called for cooler weather this year. In the 6 previous AT's I'd run, it was always hot and or humid! The 7 years I worked aid stations it was always nice. I was due a cool running.

I had planned for everything in my drop bags. Lots of socks, extra shoes, cold weather clothes, and dry gear. The race start was a perfect 46*. I hit my splits perfect at Brown's Creek and Flatside. The strange thing was I was leading the pack. As we made the way back to Sylvia on the OT, the real hosses passed by. I reached Sylvia, made a shoe and sock change, picked up my camelback, and headed out with a 5 minute cushion towards my 22 hour finish pace. I ran a comfortable pace to Pumpkin Patch when the thunder began to catch up with us. Twenty minutes later at Electronic Tower all hell broke loose. Lightning, hail, and ponchos! The downhill trek down to Rocky Gap was like running down a creek bed. Wet and foggy glasses didn't make it any easier.

The folks at Rocky Gap were phenomenal! There were 5 of us all in there together and they got us all in and out in a flash. The rain tapered off as I made it down the hill to Winona. At Winona, I lubed my feet and put on dry socks. I was eating everything I could get my hands on at every aid station and I picked up a gel-flask for lunch. I left at 11:55 and I was 10 minutes under target pace. The rain gave way to an occasional drizzle for the next couple of hours. I kept a smooth pace through Pig Trail, Flamingo, and on to Smith Mountain making quick stops at the aid stations. Even though it was staying cool, I kept drinking and taking S-caps and stopping to pee. The climb up and over Smith Mountain went very quick. In a flash I was at Powerline weighing in. More lube, dry socks, and a clean pair of shoes. I was feeling really good and now up to a 12 minute cushion on my 22 hour pace. The section of road to Copperhead and the Turnaround was getting very sticky with mud and clay. I picked up my headlight at Turnaround and headed back with a whopping 20 minute cushion. Life was good. I started running with Jake Anderson and just past Copperhead, the headlight came on. Night running was a lot different this year without contacts. My glasses mess with my short range depth perception. I usually slow down after dark anyway and by the time I changed into some warmer clothes at Powerline, I only had 5 minutes of cushion. We could hear thunder in the distance but hoped for the best. Jake and I pressed on over Smith Mountain in the fog and mist and all my cushion was gone by the time we reached the aid station. The Rockers had opted for warmer clothes and chicken noodle soup was sounding really good. Jake and I were doing

more shuffling on the flats and downs while walking the hills. By Flamingo it was obvious that a 22 hour finish was probably out the window. That didn't stop PT from giving us the pep talk and urging us to pick up the pace.

The pig trail section always seems to magically morph to crap after dark and our pace slowed even more. We decided to run as much as we could to Winona and just see how we felt. By midnight the cold was setting in and I added some wind pants and another shirt at Winona. Jake was in and out as I was changing and I told him to go on and I would catch up. I ran all the way to the intersection but saw no light ahead. I turned and ran up the hill past the Ranger's house and still no light in sight. I finally caught up with a light but it was Brian Kuhn. Jake had missed the turn at the bottom of the hill! I pushed on up to Rocky Gap and alerted radio that #16 was off course. I knew he wouldn't go too far before realizing his mistake. I felt bad for him. I ate more gel and cookies and power walked up the hill to Electronic Tower. I was tired of peeing every 20 minutes so I quit drinking. All I needed was a piece of pumpkin pie at Pumpkin Patch and I would coast in. They had a huge fire going and full of smiles. I shouted my number to the Hamm Radio crew at the top of the hill and shuffled down to Sylvia. I ran the pavement section up to the last hill and power walked to the finish. 23:08 wasn't bad for an old guy on a tough weather day. My legs felt pretty good and no blisters thanks to Andrew Lovie's cream! I visited with Stan a bit and then headed back to the campground for a 3 hour nap. Finish #5 was made a lot easier by all the great aid station workers. Stan and Chrissy along with the whole AURA family make this the best weekend of the year.

2012 AT100 - by Cliff Ferren

Last year I was blessed with a successful completion of the Arkansas Traveller. After dreaming of doing it for a couple of years, it became a reality. I just barely got in under the 30 hour time limit, but a win is a win!

Should I run it again? It took everything I had, and I was pretty beat up, especially my feet. However, after the pain began to recede, I decided to give it another shot. I had several goals. I wanted to show it wasn't just a fluke, and I wanted to improve my time. I also wanted to help my friend and training partner Stacey Shaver have a successful finish. She's a much better runner than I am, but last year had trouble with the Traveller and was determined finish it this time.

One of the biggest challenges in preparing to run 100 miles is to train hard enough to finish and yet avoid injury. I had some tendonitis last year, but it didn't really bother me this time around. I guess my body is slowly adapting to the long miles.

In any event, I increased my weekly mileage, adding an early Sunday morning run to follow the Saturday long run. I also added an early Wednesday morning run of 10-15 miles.

Once again, I trained with a group, and we made many trips to the Traveller course to do our long runs. I developed plans, including different lubricants and shoes, to try to avoid

the blisters that caused me so much grief in 2011.

I had good training runs at the Heart O' the Traveller. I and my training group also ran what I called the Start O' the Traveller: a training run from Lake Sylvia past Camp Ouachita and then on the actual Traveller course all the way to Pumpkin Patch, about 30 miles. We did this run in Mid-August.

All in all, I was fairly confident going into the Traveller from a training standpoint. I also had 3 pacers this year: Karen Call, Tina Ho and Tala Hill. Everything was looking good! Then the weather forecast began to look questionable. It was good/bad/better/worse, then finally looked nearly perfect with a "slight" chance of showers.

On race morning we started in the dark: with Stan and Chrissy a 6 am start means you start running at 6 am! A cold wind was blowing, so I started out in long sleeves and stayed in them. At various times I was too hot or too cold, but mostly I was just about right.

I started with a pretty fast pace, but I felt good and was running with a good group of people, including Stacey and a guy wearing a Tutu—Kevin Straw from Philadelphia. However, I knew I couldn't fly with the eagles all day and hoot with the owls all night. After the 2nd pass through Browns Creek I slowed down to a more appropriate speed and the fast group went on. Stacey and Kevin both had great runs, finishing hours ahead of me. I don't think I really hurt myself by going out too fast and probably should have been a little more aggressive with my pace the rest of the day since it's hard to make good time after dark. Having run this race in 2011, I had a goal time at all aid stations—just anything faster than last year. I started out ahead and stayed there pretty much through the finish.

As I headed down 132C toward Pumpkin Patch, I heard a few rumbles of thunder. Uh Oh! Maybe it will go around us... As I got to the aid station here it came, hard and cold! I ran for the next several hours with a 39 gallon leaf bag on my head. It didn't help my time at all, but at least I stayed fairly warm and about ½ dry. It was such a relief to finally pull off the bag and run normally again. I changed into dry socks at Club Flamingo and re-lubricated my feet. I continued on to Powerline, where I met Karen Call, my first pacer.

Despite having "issues" with her headlight, Karen kept me moving. This was a section I had trouble with last year, and it didn't take long for me to remember why. First, it's full of long up hills and down hills. Then the sun goes down and you're running in the dark. Finally, the blisters hit me again—I'm still looking for that silver bullet to keep the blisters at bay. After a while I decided that it only hurt a little more to run on the blisters than it did to walk on them. I knew from last year that blisters aren't fatal—at least not usually, so I ran/walked on.

I had hoped to be back sooner, but we returned to Powerline just after midnight, and Karen turned me over to Tina for the trip over Smith Mountain. I don't run with an iPod; I like to listen to the woods and other runners. Sometimes I even sing! Fortunately, Tina was very kind and patient—even asked if I sang in the choir. That's above and beyond!

Anyway, the 2nd verse from *Beautiful Star of Bethlehem* seemed appropriate: “Beautiful star the hope of light, guiding the pilgrim through the night, over the mountain ‘til the break of dawn...” That’s about how long it took for me to get to Winona.

My expectation was to mostly walk this section, and that’s what we did, pulling into Club Flamingo about 3:30 am, a little ahead of last year. We were greeted there by Lisa Luyet and Karen Althoff, friends of mine who were working with PT and company. It was great to see them, but no time to stay and visit. On to Winona to meet Tala for the final push to the finish.

There should be an extra star in the crown of the pacer who takes a tired runner uphill from Winona through Rocky Gap and to the finish! It’s certainly not an easy task. Tala carried my back pack, and when I was ready to make the final “sprint” to the finish, I gave her extra shirts and everything else I wouldn’t need.

As I was slowly making my way down 132C, I was passed by Kimmy Riley, and I could feel the race slipping away, energy levels way down. It was at that point I ate the Hammer Gel Espresso that Tala had tried to get me to eat a half hour before. Wow! It’s amazing what some caffeine can do. I wonder how many I could have eaten during the night without trashing my system? I might have finished an hour sooner, or I might have crashed and burned!

In any event, I mostly ran it in from the Crossroads to the finish and passed Kimmy and Dexter, charging into 75th place! A finish is a win as Chrissy would say, and I actually cut my overall time by 16 minutes and 40 seconds, even with the cold and rain.

There are lots of thanks to go around at this point, especially to Karen, Tina and Tala for giving up a good night’s sleep and keeping me moving. Thanks also to my wife Karen who puts up with my running habit and the tolerant people I work with, who no doubt are mildly amused by that crazy runner in the office at the end of the hall.

Finally, the Lord has richly blessed me with family and friends and by giving me the ability to complete the Arkansas Traveller, now for the second time. To Him be the glory!

A Hundred Mile Story **By Reid Landes**

Dreaming Big

A couple of summers ago, I bought a watch – a Timex 1440. I just needed a watch; I was looking for functionality, not a name. Anyway, I’m reading the box after I bought it and learn it’s a “sports watch for all 1440 minutes in a day.” 1440 minutes. Divide that by 100 miles. That’s 14.4 minutes a mile. Six seconds is a tenth of a minute, so 4 tenths is 24 seconds. 14:24/mile. I don’t know how many times I’ve done that

calculation. But after every time, I'd think: "Can I do it? Can I string together one hundred 14:24 minute miles? One right after the other?" And when did running a 100 miles enter my mind? Not sure. Back in 2008 running alongside Kyle Baldwin and Guy Patterson on the Catsmacker? Or 2009, maybe, after running the White Rock Classic and Ouachita Trail 50 – my first 50K and 50-mile races? But I knew for sure I wanted to give it a try after pacing Michael Koppy¹ in the 2010 running of the Arkansas Traveller 100. After training hard for an early January marathon in 2011 (the Athens-Big Fork – I "DNF'ed") and then turning 40 years old, my focus turned to the Arkansas Traveller 100. Early February 2011, I remember coming up on another runner one morning when running 4 hours on a snowy Ouachita Trail. He asked if I was training for something. I said "The Arkansas Traveller 100." *Every time* I ran 10 or more miles, I considered it training for a 100-miler. In fact, I probably thought about it quite a bit on every run I went on. I dreamed about it. I crunched numbers on it. I thought about it *All The Time*. But in the end, an injury kept me from toeing the line for the 2011 AT100.²

Once running again (mid-October 2011), I set my sights on the 2012 Arkansas Traveller 100. This time, though, I tried to not think about it so much. (Obsessing about it was bad for my soul and family relationships.) "Just do what you can, Reid. And don't be bothered if you can't." With the help of my wife, I was able to "keep it real" and learned a thing or two about being flexible. Overall, I averaged 38.2 miles/week from January to September, and got in 21 long runs (20+ miles).³

Though I did a better job of not thinking about a 100-miler (or running) so much, I did think hard about what it would take to get it done. I lined up my crew early on: Trey Spencer, a good friend from work, and my dad. Jeff Thostensen – another friend from work, agreed to pace me on the last leg of the run (which would surely start in the middle of the night Reggie Garrett, a strong outdoorsman in my church family, also agreed to pace me. He's an accomplished runner, but had not run much for quite some time. He graciously trained up enough for about a 20 mile pacing section. This team of 4 plus another 2 or 3 volunteers *per runner* it takes to put on a race like this made my personal helper:runner ratio something like 6:1 to 7:1. This goes to remind me that a big dream of one person frequently needs others to make it come together. It'll be good to pay it forward.

The few weeks leading up to the race, my legs felt tired and every one of my runs felt harder than usual. Supposedly one can expect this, but it sure didn't build confidence. I started substantially tapering my weekly runs with 27 miles two weeks out, and 11 miles race week. Race week, I tried to get as much sleep as I could, or at least lay in the bed as long as I could. At night, I'd lay down and my mind would start rolling over all the things I needed to do: work, family things, church things, and, of course, the race. Not as much sleeping as I would've liked, but laying down counts as resting, or so I'd tell myself. *Finally*, the day before the race, my legs felt itching to run.

The Race

I rolled out of the bed at about 3:45 AM. Breakfast was 4 toaster waffles with honey, a banana, and a couple glasses of milk. My lovely wife came down to see me off and tell me "Don't quit! I'll see you tomorrow morning." With that, I got a large travel mug of coffee, and made the 33 mile drive to the start line. Driving there, I spent some

time thanking God for the opportunity I was facing and for all the folks that were helping this race to happen.

Once there, I waited in the Camp Ouachita meeting hall keeping warm and listening to others talk about the day's forecast: a mid-50s high, a mid-40s low, and a real chance of rain. Besides a little chatter with others, I was mainly giving myself a pep talk: "Keep it easy, Reid. Nice and easy. And don't forget to eat and don't let yourself get too cold." Then, en masse, we all walked out to the start – a line of flour across the road. I was *so* ready to get this thing started. Life had been extremely busy leading up to this race with training and big projects at work and fall sports with the kids and church things and... I just wanted to let out scream of relief at "GO!" I opted for a happy holler instead.

Down the road I trotted. I ran with Josh Bornhorst for a little ways. I envy his nonchalant attitude to running 100 miles. Maybe one day I can be like that. Then I fell in with the small crowd surrounding Chrissy Ferguson – the AT100 race director. I listened to her tell stories about various different races and give out bits of wisdom to the newbies. While with this group, I met Kaysi Rinks – a newbie. Chrissy's group was running a little bit faster than me on the downhills and flats, so I let them get a little ahead. When we hit some hills, I was able to catch back up, and then eased past them with a brisk walk. Kaysi kept running, though. I thought: "Didn't she hear Chrissy say 'Walk the hills.?'?" I worried for her.

Coming into the first aid station (mile 5-ish), I took off my wool sweater, and handed it off to Deb Baker.⁴ I knew I'd see it again in about 1 to 1½ hours. Then we hit some big hills, and I continued walking. I chatted with Rich Brown – a friend who I always enjoy running with, and John Goble – a fellow from Missouri who, to my knowledge, has one of the most even splits on the AT100 (running the second half at a pace that was about 1.03 times the pace for the first half). I met Frank from Idaho, by way of Texas. And Charles from Memphis – he helps a lot with the St. Jude Marathon. I met Roberto from St. Paul, Minnesota – he would go on to finish and then drive 14 hours back home the same day (crazy!). We reached the top of the hill and second aid station (mile 8.6). I had food (Clif Blocks) and water, so I kept rolling onto the only single track trail section of the race. I got passed some, and passed some. I caught up with Kaysi, and got to talk with her for awhile. She's an assistant principal at an alternative school. The more I talked with her, the more I could tell she has a real heart for kids. We're blessed to have folks like her in the world.

At the Brown's Creek aid station (Mile 11.9), I picked up my sweater, topped off my water, and pushed on. On the climb out of Brown's Creek, I talked with Kaysi some more. I was worried about her still, especially when I asked about how much she had been eating. She and I kept power walking the hill, and caught up with Jason Auer – a fellow from NW Arkansas who helps put on the Styx-n-Stones 30K at the end of October. After reach the top of the big hill, we began a long descent into the Lake Sylvia aid station. I slowly pulled away from Kaysi and Jason. I was looking forward to the Lake Sylvia aid station – the first time I'd see Dad and Trey.

Approaching the Lake Sylvia aid station (mile 16.4), I started hoopin' and hollerin' out of excitement. Trey heard me, and he and Dad were ready for me. I changed out of my Brooks Cascadia 7s (a trail shoe) into Asics 2170s (a street shoe). Dad and Trey handed me some candied orange slices and a topped off water bottle, took my sweater for

me, and I was off. Things were good the next 6 or 7 miles. Having food and water, I rolled through Pumpkin Patch (mile 21.9) and kept going. I saw Kaysi again. She was ahead of me by a little bit at Pumpkin Patch. She was running strong. In fact, she ran the long hill that we hit a little bit after Pumpkin Patch. She was gone.

On the hill, I started hearing some thunder, and the clouds to the west had their “rain face” on. When I felt the first drops, I immediately put on a kitchen-sized plastic bag. I’d left the pre-cut head and arm holes small enough where I had to squeeze in them, leaving less room for rain to get in. The rain was coming down pretty steady and definitely cold. I got to Electronic Tower (mile 24.4), and saw Deb Baker again. She asked if I needed gloves. I said “Please,” and she was off to get them from her truck. On second thought, I hollered to her that I’d be fine, and rolled on.

The next section was mostly flat and downhill. I ran harder than I had been to generate some warmth. My fingers were getting too cold, so I started wiggling them to keep warm them up some Rain was sneaking down my neck into my dry shirt. Not good. But then I hit Rocky Gap (mile 28.6). They’re tent went over the trail. I noticed they had a stove right away... and a pot was on it. They offered me a cup of warm broth. “You betcha!” And it was g-o-o-d! Very grateful for that one. Not only did it pick me up physically, but it was a mental boost, too. I rode the boost up a rocky hill out of Rocky Gap, up to a smooth forest road that would take me down down down to Winona Lake (mile 31.9) – the fastest section of the race for me. By this time, the rain had turned into a light drizzle.

Dad and Trey heard me coming into the Winona aid station. I gently took off the plastic bag, changed shirts, and put it back on. I also put on a wool sweater and gloves. I had eaten most of my candied orange slices, and was staying on top of my fuel. My crew set me up with more orange slices and a bottle of “secret go juice.”⁵ Coming into the aid station, I asked about warm soup. A very kind aid station volunteer ran to a camper to heat some up for me in a microwave. The warm soup and sweater had me feeling really good. I floated down the smooth road for the next few miles taking it all in. I cruised through the Pig Trail aid station (mile 36.5), and caught up with Jenny Brod on the next section. Though she was feeling the early miles more than she had hoped, she had a great attitude. That’s Jenny for you. We talked a bit, and I pushed on. Heading down into Club Flamingo (mile 39.4), I saw Kaysi. I was glad to see her doing well. She stopped at the aid station, but I rode the long downhill right on past it.

There were some more rolling hills on smooth roads out of Club Flamingo. And I was rolling with them, so much so that I missed a turn right after passing a fellow. Fortunately that fellow was Brian Kuhn, and he was on his way to his 9th finish of the AT100. Brian knew I missed the turn, and hollered at me. Phew! I ran with him on to Smith Mountain (mile 42.6). I didn’t stop, but continued up the climb. On the long climb, my stomach turned on me and I threw up. Since I had been eating regularly, and bit by bit, I didn’t lose much. I could see someone behind me and it propelled me up and over the mountain and down into BM Road (mile 45.8). Still having plenty of water and enough food on board, I ran on.

At Powerline (mile 48.2), I weighed in at 155 pounds, up 3 pounds from the day before. Strange. Dad and Trey had some warm mashed sweet potato soup⁶ for me, and another bottle of secret go juice. Seeing Dad and Trey cheered me up. The soup was very

tasty, too. On I ran toward Copperhead Road, feeling good. When I got to Copperhead Road (mile 52.1), I had some more of that tasty potato soup.

Usually during a race of 50+ miles, I'll have a low point. During these low points, I'll wonder why I'm doing what I'm doing, or will be just sick of running. The sections from Copperhead Road to the Turnaround (mile 57.9) and back were the low point for me. I wasn't enjoying some long flatter sections in which I felt compelled to run. And then, I lost my hat when I stopped to take off my plastic bag (because I was starting to sweat and the sweat wasn't able to evaporate). But, even though I was feeling low, it was only a little low. Not so bad. During this section, I saw Kaysi again. She still looked strong. I was excited for her.⁷ I was also looking forward to getting back to Copperhead Road again to get some more potato soup and pick up Reggie, my first pacer.

At Copperhead Road again (mile 63.7), I got my headlamp, a 12 ounce bottle of soup, and Reggie and I were off. Though I was glad to have Reggie along, I wasn't talking much. I was feeling tired, but still okay. Before I knew it, we were at Powerline again (mile 67.7). I ate some more soup. It was good and dark by now; I was slowing down, and I knew I wouldn't see Dad and Trey again for a few hours. So I picked up an extra sweater and tied it around my waist. Better to have it and not use than to need it and not have it. Reggie and I ran pretty well through BM Road (mile 70) and then headed up Smith Mountain. I felt like I was walking well up the mountain, but coming down was frustrating. I could feel the gravity pulling me down, and I wanted to run, but the dark made it difficult to run safely (in my inexperienced opinion). Reggie was good to stay ahead of me so I could follow his footsteps. That seemed to help.

I didn't stop as we pulled through the Smith Mountain aid station (mile 73.2); Reggie would fill up my water bottle at an aid station then catch up with me. We did the same thing at Club Flamingo (mile 76.4). (I do remember a Club Flamingo volunteer running to us before we got there to get a water bottle and fill it for us. What service!) I was tired, but still trying to run the flats and down hills. Reggie would help me "run" the tangents whenever we saw them. I wasn't talking much, just focusing on the 10-15 feet in front of me. We passed through Pig Trail (mile 79.3) in the same way as the two before it. Having Lake Winona – a crew station – as the next stop got me a little excited. I ran that section about 3 minutes faster than I had the first time through. I remember a nice, smooth stretch with a slight descent where Reggie kept me rolling nicely.

At Lake Winona, I got excited! (1) I saw Dad and Trey, and would get some more soup. (2) Jeff, my second pacer was there. (3) I saw Keith Straw – the pink tutu guy – in the aid station, and thought I might just get to pass him, and (4) I was on 22 hour pace. Before Lake Winona, I tried to not give much mind to my time. I knew things slow down on the second half, and can slow down a whole lot. I got some more secret go juice, another 12 ounces of potato soup to go, and headed out with Jeff. Jeff was pretty excited, too. We took out of Lake Winona pushing hard to pass Keith Straw. We caught him, and passed him with a brisk walk up a pretty big hill. You see, Keith Straw is kind of famous with his pink tutu. I've seen him in Runner's World™ and know that he's fast. But he caught us again on a downhill. It was good to chat with him. He was a pleasant Englishman – polite and encouraging, and good to share some stories of his adventures with us. We hit another bigger, long hill, and pulled away from him before Rocky Gap (mile 87.2). I felt like I had some energy left, but knew 13 miles is still a long way with

87 behind you. Jeff helped me keep things tempered.

We came up on Electronic Tower (mile 91.4). And who was there, but Deb Baker! And Karen Hayes, too. Yay, Deb! And Karen's excitement to see me was also a boost. Jeff and I ran on, hitting some smooth forest service road that would take us to Pumpkin Patch (mile 93.9). As we approached Pumpkin Patch, we saw some lights coming up behind us. Oooo! That put a spark in me. I didn't want to get caught! Jeff and I ran onto rough & rocky Forest Service Road 132C. We were running. Jeff would help me navigate around puddles, and then, I saw some lights up ahead, too! We kept running, and passed Brian Cockrell and his pacer. (I had ran with Brian C. for a long way on the Ouachita Trail 50 miler in the spring, but he eventually pulled away from me and beat me by 30+ minutes. So I was secretly chasing him on this race.) When we did walk on this section, I was swinging my stick-legs as fast as I could. I felt strong, but couldn't wait to see the ham radio guys at Cross Roads.

People sometimes ask me what I think about when I run for a long time. In retrospect, I was fairly well focused on the path before me, pretty much the whole time I was running this race. I really didn't think about much... until the few miles. The last few miles of the race, though, my thoughts turned to my family. I had spent a lot of Saturday mornings away from them; and Angela had been quite patient with my training. So my primary thought was this: "Finish strong for them. Finish strong!"

When Jeff and I hit Cross Roads (mile 97.8), we took off running pretty hard down the hill. I wanted to get this done. Funny thing, though: I had to stop 2 times during this last 2.4 miles to tie my shoes – that was the only time during the whole race. (I also had to stop because of my secret go juice and potato soup – both high in dietary fiber, but after 4 or 5 times, a body starts to lose count.) When we hit the paved road, I asked Jeff to run ahead and let my family know I was on my way. In the last ½ mile, there is a steep hill. I ran up it as quickly as I could, topped the hill and ran harder for the finish.

And there they were! Angela and Novelynn and Andy and Jack and Dad and Mom! I whooped and hollered and ran it in. Done!

Folks tried to get me inside as quickly as possible for fear I would get cold. I was deliriously happy to be done and see my family, so they probably thought I was crazy. They got me inside to where it was warm, and then it was back to reality. The 100 miles started to hit me, and my sweet-toothed boys started asking me about the cookies and goodies and cokes they saw around. Yes, it was good to be done...GREAT to be done. The theme of the race is "A good time running." That it was, in several ways.

¹ Michael Koppy, 60 years old at the time, ran the 2010 AT100 in 25:47. It was his first 100 miler.

² I always said "Lord willing, I'll run the AT100." He wasn't willing in 2011. Soon after I withdrew my race registration, several things came up with work and family life that would've made training extremely difficult, if not impossible. That injury was a blessing in disguise. God is good!

³ **Training Summary**

Mont	Ja	Fe	M	A	M	Ju	Ju	A	Se	Over
h	n	b	ar	pr	ay	n	l	ug	p	all

Weekly mileage	24 .1	35 .6	32 .6	31 .3	32 .0	49 .1	42 .7	48 .0	47 .6	38.2
Long runs	20	33 20	26 25	50	20 22	23 21 24 25	30 20	20 50 30	27 23 20 28	

⁴ Deb Baker had trained for this race, but a stress fracture in some small bones of her foot took her out of the running, but she was such an encouragement and help at the aid stations. I saw her at least 4 times that day, even late into the night. She was always helping. Great lady.

⁵ “Secret go juice” is concentrated orange juice, reconstituted with apple juice, and with bananas that have been simmered down to about half or a third of their original volume. A 24 fl. oz. bottle has between 800-1000 calories.

⁶ Mashed sweet potato soup is half sweet potatoes, half Russet potatoes, boiled and mashed in chicken broth with some onion, a little milk and olive oil, and salt and pepper to taste. It’s pretty thick and carries some good calories (but also a bunch of dietary fiber which keeps you moving in more than one way ☺).

⁷ Kaysi Rinks went on to finish in 23 hours 34 minutes. Wow!

Below is an email that we received from our good friend Lou Myers of London, England back in September after the Paralympic Games that had just concluded.

From: Louis Myers

Subject: Paralympic Games. 2012

Date: 10 September 2012 11:36:46 GMT+01:00

Sadly it all ended at 10:30 last night, what surely has been the most remarkable Paralympics ever held, and may I say, rather humbly, in Great Britain.

We do seem to have an innate habit of cocking up royally in this country, BUT, this time we rose to the occasion, "Didn't we do well", so many travellers to my town have said publicly, " How friendly the Brits are", aint that wonderful.

Through-out the Opening and Closing ceremonies of both these games, the main theme and words have come from the "Tempest' by Will Shakespeare, the last words last night captured the essence of this wonderful occasion.

'O, WONDER!

HOW MANY GOODLY CREATURES ARE THERE HERE!

HOW BEAUTEOUS MANKIND IS!

O BRAVE NEW WORLD,

THAT HAS SUCH PEOPLE IN'T!

The Tempest Act 5 scene1.

FROM THE HEART OF LONDON 2012. Bye Bye.

Lou we would have come and visit us again in the near future.

Arkansas Traveller 100

October 6-7, 2012
 Ouachita National Forest
 Perryville, Arkansas

Results

Place	Name	Sex	Age	State	Time
1	PoDog Vogler	M	46	AR	18:45:57
2	Thomas Chapin	M	34	AR	20:25:34
3	Shannon McFarland	M	36	AR	20:57:04
4	David Murphy	M	40	MO	21:29:27
5	Reid Landes	M	41	AR	21:32:46
6	Brian Cockrell	M	36	LA	21:41:39
7	Keith Straw	M	57	PA	21:44:57
8	Matt Crownover	M	40	TX	21:57:44
9	Sarah Miller	F	22	MS	22:38:50
10	Michael Poole	M	31	TN	22:59:33
11	Bill Coffelt	M	52	AR	23:08:25
12	Brian Kuhn	M	39	TX	23:28:21
13	Kaysi Rinks	F	37	MO	23:34:14
14	Frank Morris	M	31	TX	23:37:29
15	Molly Barnes	F	43	CO	23:40:30
16	Jake Anderson	M	31	TX	23:48:26
17	Rich Brown	M	51	AR	23:48:46
18	Dale Humphrey	M	53	MN	23:57:54
19	Rich Handerson	M	57	OH	24:18:55
20	Dean Harvie	M	36	TX	24:31:07
21	Stacey Shaver-Matson	F	40	AR	24:31:37
22	Stephen VanDenburgh	M	46	CA	24:46:55
23	Erno Lindner	M	35	TN	24:51:46
24	Scott Brockmeier	M	50	GA	26:08:49
25	Rich Wessels	M	43	TX	26:11:19
26	Matt Victoriano	M	32	NC	26:14:00
27	Liz Bauer	F	53	GA	26:23:09
28	Joseph Nance	M	34	TN	26:32:25
29	Roberto Marron	M	37	MN	26:34:18
30	Isaac Espy	M	49	AL	26:41:46
31	Mark DenHerder	M	48	AR	26:43:47
32	Stephanie Stewart	F	32	AR	26:46:33
33	Arnold Begay	M	49	OK	26:47:31
34	Joshua Bornhorst	M	38	AR	27:01:28
35	John W Taylor	M	50	MN	27:11:13
36	Charles Hurst	M	54	TN	27:11:57
37	Christopher Baldwin	M	39	AR	27:16:13
38	Brett Bassham	M	52	TX	27:27:53
39	Vicente Ledezma	M	61	TX	27:38:49
40	Butch Allmon	M	57	TX	27:42:58
41	Shannon Taylor	M	42	LA	27:49:47
42	Amanda Alvarado	F	36	TX	27:54:56
43	Mike Mengers	M	28	OK	28:00:05
44	Cole Walton	M	25	CO	28:00:25
45	Robert Scott	M	58	CT	28:09:41
46	Robert Cervero	M	61	CA	28:13:16
47	Kier O'Neil	M	44	AR	28:21:55
48	Rob Seibert	M	42	AR	28:25:03
49	Stephanie Suvak	F	39	IN	28:28:48
50	Kristin Parker	F	26	WA	28:29:51

51	Matthew Pearson	M	29	AR	28:33:23
52	Jim Ingalls	M	67	TX	28:40:29
53	Chrissy Ferguson	F	51	AR	28:40:46
54	Jennifer Vance	F	27	VA	28:42:44
55	Vincent Swendsen	M	50	NC	28:49:58
56	Randy Spears	M	52	TX	28:50:08
57	Gregory DeKeyser	M	31	IL	28:50:29
58	Max Roycroft	M	48	TX	28:57:19
59	Tammy Walther	F	41	AR	28:57:58
60	Steve Hoger	M	55	NE	29:05:13
61	Salli Scott Young	F	39	TN	29:07:34
62	Scott Rogers	M	48	TN	29:07:34
63	Jay Freeman	M	65	AR	29:09:41
64	Ian Maddieson	M	70	NM	29:12:14
65	Randy West	M	55	AL	29:13:53
66	Sammy Barnes	M	56	AR	29:19:20
67	Anjanette Arnold	F	36	MN	29:19:49
68	Jason Auer	M	29	AR	29:23:26
69	Donn Miller	M	61	OR	29:25:41
70	Ernest Stolen	M	63	AK	29:29:30
71	Wayne Nelson	M	46	MN	29:31:26
72	Eunsup Kim	M	59	TX	29:36:00
73	Hiromi Hatta	F	51	Jpn	29:37:03
74	Scott Harper	M	42	TX	29:39:37
75	Cliff Ferren	M	56	AR	29:42:19
76	Dexter Litwiler	M	37	IL	29:43:41
77	Kimmy Riley	F	51	AR	29:54:09
78	Carlos Reyes	M	57	TX	30:02:35
79	Leonard Martin	M	59	TN	30:59:08
80	Katsuyuki Hatta	M	48	Jpn	31:01:40

101 starters

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AT100 Team Challenge

The AT100 Team Challenge is a contest between teams of runners representing their respective states of residence. A "travelling trophy" is presented to the winning team--to be returned and re-awarded at the following year's AT100.

Teams are comprised of entrants in the AT100 who share the same state of residence, as listed on their entry forms. Foreign entrants are combined to form an international team. There is no limit to the size of a team. All finishers' times are graded based on age and gender, with the lowest four graded times by a team's members used to assess that team's total time. (The grading aspect was introduced in 2001.)

2012 Team Challenge Results

	Name	Sex	Age	Time	Graded Time
#1 Arkansas 80:28:13	PoDog Vogler	M	46	18:45:57	17:57:21
	Thomas Chapin	M	34	20:25:34	20:25:34
	Shannon McFarland	M	36	20:57:04	20:57:04
	Bill Coffelt	M	52	23:08:25	21:08:14
#2 Texas 91:33:14	Matt Crownover	M	40	21:57:44	21:56:33
	Jim Ingalls	M	67	28:40:29	22:47:12
	Vicente Ledezma	M	61	27:38:49	23:21:08
	Brian Kuhn	M	39	23:28:21	23:28:21
#3 Tennessee 98:50:20	Michael Poole	M	31	22:59:33	22:59:33
	Charles Hurst	M	54	27:11:57	24:26:36
	Erno Lindner	M	35	24:51:46	24:51:46
	Joseph Nance	M	34	26:32:25	26:32:25
#4 Minnesota 100:18:48	Dale Humphrey	M	53	23:57:54	21:42:49
	John W Taylor	M	50	27:11:13	25:14:06
	Roberto Marron	M	37	26:34:18	26:34:18
	Anjanette Arnold	F	36	29:19:49	26:47:35

Styx n'Stones Trail Races

October 28, 2012
 Devils Den State Park, West Fork, Arkansas

30K (2012-2013 UTS Race #5)

Place	Name	Time
1	David Joseph	3:00:32
2	Mark DenHerder	3:05
3	John Hughes	3:07:29
4	Stan Ferguson	3:14:45
5	John Haddock	3:18:27
6	Jason Rimes	3:31:55
7	David McWhorter	3:32:53
8	Curtis Nunn	3:37
9	Erich Washausen	3:40
10	George Peterka	3:42
11	Alan Hunnicutt	3:42
12	Andrew Puckett	3:42
13	PoDog Vogler	3:51
14	Bill Coffelt	3:51
15	Chris Ho	4:28:18
16	Tina Ho	4:27
17	David Heim	4:30
18	Rich Brown	4:37
19	Rick Bushmaier	4:37:51
20	Lena Manning	4:46:45
21	Angela Stewart	5:08:43
22	Lisa Vorwerk	5:26:35
23	Johnny Eagles	5:26:35
24	Cindy Lee	5:27:48
25	Susan McCourt	5:33
26	Nicholas Norfolk	5:33
27	Don Preston	5:36:31

15K

Place	Name	Time
1	Joshua Baxter	1:39
2	Ben M	1:40:19
3	Max Washausen	1:47:17
4	Corina Miller	1:49
5	Levi Campbell	1:49:38
6	Leslie Johnson	1:50
7	Adolfo Aguirre	1:55:00
8	Sergio Saucedo	2:05
9	Bobby Bevel	2:11:30
10	AnnMarie Bevel	2:11:30
11	Jen Freilano	2:14:35
12	Ryan Westin	2:14:36
13	Rodney Abshier	2:26:10
14	Chrissy Ferguson	2:35:00
15	Teresa Hall	2:52
16	Josh Drake	2:54:30
17	Sarah Nichol	3:12:33
18	Krystal Ford	3:12:33

19 Debra Reynolds 3:15:33

Other Distance

Lisa Gunnoe 5:26:35 **17.9 miles / off course

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Bartlett Park Ultras
BARTLETT, TENNESSEE

9/22

50 MILE

Place	First Name	Lastname	Age	State	Time
1.	Thomas	Keene			8:43:11
2.	Tim	Dines			8:50:04
3.	Harry	Camp			8:51:20
4.	Karen	Martin			9:51:52
5.	Rob	Phillip			10:04:51
6.	Bruce	Tanksley			10:05:35
7.	Linda	Scavarda			10:05:55
8.	Dwayne	Thompson			10:41:26
9.	Keith	Ingram			10:44:40
10.	Virgil	Esteves			10:49:02

40 MILE

Place	First Name	Lastname	Age	State	Time
1.	Mark	DenHerder			6:08:55
2.	Chris	Ho			7:20:54
3.	Cory	McDaniel			7:28:27
4.	Tina	Ho			8:14:36
5.	Jonathan	Young			8:27:29
6.	Nicholas	Norfolk			11:50:07

50K

Place	First Name	Lastname	Age	State	Time
1.	Olaf	Wasternack			3:42:24
2.	Arthur	Priddy			4:12:24
3.	Thomas	Chapin			4:26:28
4.	Michael	Poole			4:58:13
5.	Kevin	Leathers			5:00:03
6.	James	Hook			5:12:57
7.	Richard	Brown			5:17:38
8.	Joshua	Brown			5:20:13
9.	Stacy	Shaver			5:23:20
10.	Jason	Auer			5:25:36
11.	Tim	Borgognoni			5:40:13
12.	Barry	Martin			5:41:30
13.	Ben	Mansur			5:41:33
14.	Suann	Lundsberg			5:45:40
15.	Von	Ralls			5:47:20
16.	Tracy	Douglas			5:47:20
17.	Robert	Williamson			5:47:42
18.	Darris	Ware			5:48:34
19.	Dustin	Speer			5:51:07
20.	Gary	Kowalski			5:51:24
21.	Steven	Reagan			5:54:46

22.	Scott Irwin	5:56:15
23.	Bill Luton	5:56:15
24.	Michael Montgomery	5:57:23
25.	Ying Malady	5:59:06
26.	Parker Magness	6:02:17
27.	George Peterka	6:06:32
28.	Daniel Worley	6:14:15
29.	James Reasons	6:14:30
30.	Garrett Kelly	6:16:52
31.	Paul Kilvington	6:20:12
32.	Mark Watson	6:23:47
33.	Frank Dembia	6:30:04
34.	Marty Koster	6:33:53
35.	James Oglesby	6:34:15
36.	Tyler Hamilton	6:40:49
37.	Jerry Turner	6:48:06
38.	Monica Rawson	6:50:01
39.	Nathan Bass	6:50:26
40.	Chuka Bible	6:51:29
41.	Lee Hollingsworth	7:11:42
42.	Libby Jones	7:18:11
43.	Rachel Cartwright	7:23:29
44.	Jan Show	7:25:45
45.	Katrin Hartwig	7:31:31
46.	Tim Wilkinson	7:35:45
47.	Lena Manning	7:41:00
48.	Eddie Gallarno	7:42:21
49.	Gina Deuter	7:48:25
50.	Joshua Drake	7:52:36
51.	Tala Hill	7:52:41
52.	Susan McCourt	7:56:19
53.	Graham Gallemore	8:01:44
54.	Jeffrey Vieyra	8:04:28
55.	Michael Harmon	8:06:33
56.	Arland Blanton	8:15:13
57.	Don Preston	8:19:14
58.	Johnny Eagles	8:24:23
59.	Annette Blanton	8:35:33
60.	Lisa Gunnoe	8:39:50
61.	Mark Cato	9:52:55



The 3rd Annual
Bona Dea 50K

Saturday, November 10, 2012
Russellville, AR
8:00am start

Part of the 2012 - 2013 AURA Ultra Trail Series

Introduction:

Ultrarunning made an appearance in the Arkansas River Valley back in the early 1980's with the Arkie 50 (miler), conducted on the Bona Dea Trails in Russellville. Over 25 years later, ultrarunners returned for the first Bona Dea 50K, in 2010. With the flat course and cool weather, many PRs were set over the multi-lap course on hard surface trail. ([2010 Results](#)) Put it on your calendar for 2012 and come see what you're made of!!

Directions:

Take Exit 81 off I-40 in Russellville. West-bound traffic will have to turn left on Aspen Ln, then take an immediate left onto Arkansas Ave (AR Hwy 7). East-bound traffic will exit onto Arkansas Ave, and should turn right. Once on Arkansas Ave, drive south and take the first right turn onto Dyke Rd/Lake Front Dr. Continue west on Dyke Rd/Lake Front Dr until reaching the Bona Dea Trailhead parking lot.

Details:

The race will utilize a 3.4 mile loop on paved trail: nine complete loops, then a short out and back at the end. An aid station will be available at the completion of each loop. If you have a drop bag for special supplies, it can be left at the aid station. Times will be captured on each lap.

Entry:

There will be no entry fee or advanced registration this year, but if you will let [Tom](#) or [Stan](#) know if you plan to attend it will help in knowing how many runners to plan for.

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Saline County Striders

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Sunset 6/12/24 Hour Endurance Run

Friday & Saturday, November 23-24, 2012

Location

Sunset Lake, Benton

Times

The 24 hour race will begin at 7:30PM on Friday,
November 23rd.

The 6 and 12 hour races will begin at 7:30AM on
Saturday, November 24th.

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

Course

The course will follow a one mile paved loop around
Sunset Lake (The actual distance is 1.015 miles). There
will be lighting on at least part of the trail loop after
dark but it is recommended that the 24 hours runners
bring a flashlight or headlamp just in case.

Entry Fee

None (donations will be accepted)

No Fees, No Frills

Water will be provided along with some snack foods
and soft drinks.

*Runners are encouraged to bring a water bottle and/or
another personal container marked with their name to
use for liquids to minimize the use of disposable cups to
avoid unnecessary trash.*

No awards are planned at this time, but we *may* have
overall male/female first place awards for each race.

Other

Runners are welcome to bring someone with them to

help count laps or just cheer them on.

Entry Form

Although there is no entry fee, advance registration is encouraged so that we have some idea of the minimum number of people to prepare for. This form may be submitted by e-mail. There is a waiver to sign on race day.

Directions

From westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge and turn right. Take the frontage road west past the Saline County Fairgrounds and turn left on Fairfield Street.

From eastbound I-30, take the Sevier Street exit (Exit 116) and turn right from the frontage road onto Fairfield Street.

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

Questions may be referred to Pete Ireland.

2012-2013 Ultra Trail Series Standings

Open - Master - GrandMaster - Senior - SuperSenior - Miles

UTS Race Schedule

Open Division**Women**

Rank	Name	Midt	Nebo	BP	AT	Styx	Total
1	Stacey Shaver	51	54	55	102		262
2	Tina Ho	22	19	51		55	147
3	Chrissy Ferguson	28	25		86		139
4	Lena Manning			44		44	88
5	Jenny Brod	40	37				77
6	Karen Hayes	34	31				65
7	Jenny Wilkes		65				65
8	Deb Baker	62					62
9	Susan McCourt		6	27		21	54
10	Jen Freilino		43				43
11	Angie Stewart	3	3			33	39
12	Lisa Vorwerk		12			27	39
13	Tala Hill			33			33
14	Lisa Gunnoe			21			21
15	Judy Massingill	12	9				21
16	Debra Reynolds	2	15				17
17	Angie Orellano-Fisher	16					16
18	Lori Dather	9	5				14
19	Katy Lemasters	6	2				8
20	Rosemary Rogers		4				4

Men

Rank	Name	Midt	Nebo	BP	AT	Styx	Total
1	Thomas Chapin	66	47	62	93		268
2	Mark DenHelder	55	53	54	38	52	252
3	David Joseph	43	64			63	170
4	Bill Coffelt	37	41		55	20	153
5	Tom Brennan	77	75				152
6	Rich Brown	21	15	40	46	10	132
7	PoDog Vogler				109	20	129
8	Michael Poole	9		51	66		126
9	Brian Cookrell	31			79		110
10	Jason Auer	16	25	34	32		107
11	Stan Ferguson	14	35			41	90
12	Chris Ho	11	22	43		13	89
13	George Peterka	18	13	22		32	85
14	Alan Hunnicutt	24	14			32	70
15	Dustin Spear	17	19	28			64
16	Jonathan Young	10	12	32			54
17	James Holland	49					49
18	Nicholas Norfolk	6	10	26		3	45

19	Chuka Bible	13	11	16			40
20	Caleb Ault		29				29
21	Paul Turner	27					27
22	Cliff Farren				26		26
23	Joshua Drake	5	7	12			24
24	Michael Harmon		8	9			17
25	Joe Milligan	7	9				16
26	Nathan Winham		16				16
27	Todd Blanchard	15					15
28	Johnny Eagles		6	3		4	13
29	Don Preston		4	6		2	12
30	Malcolm Smith	12					12
31	Greg Bourns	3	5				8
32	Frank Massingill	8					8
33	Rick Bushmaier					7	7
34	Mark Cato	2		2			4
35	Herb Jarrell	4					4
36	Ron Gimblet		3				3
37	Bill Braas		2				2

Master Division**Women**

Rank	Name	Midnt	Nebo	BP	AT	Styx	Total
1	Stacey Shaver	48	59	54	102		263
2	Tina Ho	25	31	51		53	160
3	Chrissy Ferguson	31	37		86		154
4	Karen Hayes	37	48				85
5	Lena Manning			43		42	85
6	Deb Baker	59					59
7	Lisa Vorwerk		19			31	50
8	Tala Hill			32			32
9	Debra Reynolds	6	25				31
10	Lisa Gunnoe			26			26
11	Judy Massingill	13	13				26
12	Angie Orellano-Fisher	19					19
13	Lori Dather	9	9				18
14	Rosemary Rogers		6				6

Men

Rank	Name	Midnt	Nebo	BP	AT	Styx	Total
1	Mark DenHerder	56	55	51	62	59	283
2	Rich Brown	27	32	58	75	13	205
3	Bill Coffelt	45	44		89	22	200
4	Tom Brennan	67	66				133
5	PoDog Vogler				105	22	127
6	George Peterka	21	20	47		34	122
7	Stan Ferguson	14	38			48	100
8	Alan Hunnicutt	33	26			34	93
9	Chuka Bible	11	16	36			63
10	Cliff Farren				51		51

11	Joshua Drake	5	7	30			42
12	Paul Turner	39					39
13	Michael Harmon		10	24			34
14	Don Preston		4	18		6	28
15	Johnny Eagles		6	12		9	27
16	Joe Milligan	6	13				19
17	Todd Blanchard	17					17
18	Mark Cato	2		8			10
19	Greg Bourns	3	5				8
20	Malcolm Smith	8					8
21	Frank Massingill	7					7
22	Herb Jamell	4					4
23	Ron Gimblet		3				3
24	Bill Braes		2				2

Grand-Master Division**Women**

Rank	Name	Midnt	Nebo	BP	AT	Styx	Total
1	Chrissy Ferguson	34	44		101		179
2	Karen Hayes	45	55				100
3	Deb Baker	56					56
4	Tala Hill			51			51
5	Judy Massingill	22	27				49
6	Debra Reynolds	16	33				49
7	Angie Orellano-Fisher	28					28
8	Rosemary Rogers		21				21

Men

Rank	Name	Midnt	Nebo	BP	AT	Styx	Total
1	Bill Coffelt	58	60		103	34	255
2	Rich Brown	36	49	54	87	28	254
3	George Peterka	30	32	43		50.5	155.5
4	Alan Hunnicutt	47	36			50.5	135.5
5	Cliff Ferren				73		73
6	Johnny Eagles		20	26		22	68
7	Don Preston		10	32		16	58
8	Joe Milligan	18	26				44
9	Frank Massingill	24					24
10	Greg Bourns	8	14				22
11	Herb Jamell	12					12
12	Ron Gimblet		7				7
13	Bill Brass		4				4

Senior Division**Women**

Rank	Name	Midnt	Nebo	BP	AT	Styx	Total
1	Angie Orellano-Fisher	51					51

2	Rosemary Rogers		51				51
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Men

Rank	Name	Midnt	Nebo	BP	AT	Styx	Total
1	Johnny Eagles		44	51		51	146
2	Joe Milligan	53	55				108
3	Greg Bourms	31	33				64
4	Herb Jamell	42					42
5	Ron Gimblet		27				27
6	Bill Brass		21				21

Super-Senior Division**Men**

Rank	Name	Midnt	Nebo	Bartlett	Total
1	Greg Bourms	51	52		103
2	Bill Brass		41		41

If you suspect errors in these standings, please reference the [UTS Rules](#) and individual [race results](#). If you still think there is an error, contact the [AURA Ultra Trail Series coordinator](#).

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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