

**THE ARKANSAS ULTRA RUNNER**  
**September 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**

Greetings AURA Brothers and Sisters! I'm writing this just after Labor Day, fresh off of the Saturday and Monday Heart of the Traveller training runs. While there seems to be something going on related to the AT100 at the Ferguson household just about every month of the year, I think it's safe to say this officially starts the rush. I'm sure the next month will be quite a ride—as always. Something I'm thankful for, and that probably saves me from several additional lumps on my head courtesy of the Queen Race Director, is that there are many of our members who step up and help out with various activities associated with the event. Thanks to Grant Davis and PoDog for helping Chrissy organize the Saturday run from Lake Winona, and Mike DuPriest and Susy Philips for making the Smith Mountain run happen on Monday. Also thanks to Rhonda Ferguson, Amy DuPriest, Thomas Chapin, and Marvin Fisher for their valuable help on these days. Thomas' pulled pork definitely set a new standard for post-run grub. In addition to the training runs, we had a Smith Mountain clean-up day in late August which was organized by PoDog. Once again Bill Walther was the big gun in this effort, and we also had Ann Moore, Melissa Martin, Charlie Dunn, Maurice Robinson, and Earl Simpson on work detail. I heard several positive comments on Monday about the luxuriously manicured route over the high point of the Traveller course, so the toil was definitely recognized and appreciated.

On August 17<sup>th</sup> at Cape Henlopen State Park in Delaware, Jennifer Bradley and Mike Samuelson completed their 80 stage, 3300+ mile journey by foot across the United States. Run Across America on Trail. Wow! I haven't talked to Mike since the adventure wrapped up, but have caught quite a bit of his blog and recaps and can't wait to hear more of his reflections on this epic accomplishment.

Thanks to Tom Aspel and his Golden Sun runners for keeping up the Nebo Trail tradition on August 25<sup>th</sup>. I think there were a couple of people who evaded the sign-in patrol, otherwise the finisher count would have topped 100. Tom had acquired 100 Watta Burgers for post-race consumption—which worked out perfectly. Clouds surrounded the top for most of the morning—blocking the views, but offering a little break from the heat. We even had a few brief

sprinkles. I guess it sounds kind of backwards, but this was the shortest race I have worked up to since I started back running this year. I was very happy to break two-hours. Who knows, by the end of the year I may even be up to doing 5Ks.

On another day in August, we followed a dozen or so ultra-friends on the Leadville 100 webcast. It was a bummer each time we learned one of our buds had to quit the quest, but how about this: all six AURA members who started this year made it to the red carpeted finish! It's hard to be sure, but I would think this was the best out-of-state 100-mile showing by our members since Bighorn in 2006. I hope some detailed reports will be put out there, but here are the basics:

Tom Brennan, Poteau OK, 23:51 – finally experiences running for more than 20 hours  
Paul Schoenlaub, St. Joseph MO, 26:16 – getting his tenth Leadville finish; BIG buckle time!

James Holland, Memphis TN, 27:18 – training on the mountains around Memphis paid off

PoDog Vogler, Russellville, 27:44 – three Grand Slam events down, one to go

Paul Turner, Conway, 27:57 – now batting .500 at the Race Across The Sky

George Peterka, Hot Springs, 29:16 – no way would he admit it, but I think he would have been sub-29 if he and Darlene had not baby-set a newby New Yorker the week of the race

Overall, Arkansans were four for five. Ted Herget of Jonesboro achieved Lead Man status and notched a very respectable 23:38.

Being that the primary objective of the AURA as a club is the promotion and encouragement of long distance running—specifically ultra and trail running, our showing at Leadville is a bullet I would use as evidence that we are succeeding. Another positive sign of progress is the number of 'AR' runners on the entry list of the upcoming AT100. For the past few years, Arkies have made up a third of the entrants, which is up from a steady 20 percent around the time of the AURA becoming an RRCA club. Certainly there are other aspects involved, but I do feel good about the growth we've seen with our events and the number of locals cutting their teeth on "extended" running. It will be even better if this builds a larger resource of folks to keep our events rolling—since more participation means that even more volunteers are needed, and so on. Hopefully it is not taken for granted and assumptions made that all these events just automatically happen. What is evident at the runs and what is key to the atmosphere we have is the fellowship built up over the years by people sharing interest in our mission and playing a part. If you don't believe that what we have is special, talk to folks from the surrounding areas who come to Arkansas to get their fix. It's taken a long time and much effort by lots of dedicated individuals to build. Let's keep it going for the long haul.

If not before, I hope to see everybody next month at the 22<sup>nd</sup> Arkansas Traveller 100, October 4-8.

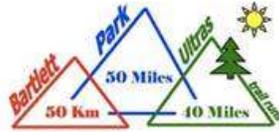
Happy Trails!

Stan

# Next UTS Event:

## The Bartlett Park Ultras– 50 Mile, 40 Mile, and 50K Bartlett, TN (Memphis area)

### The Barlett Park Ultras



Location: Nesbit Park 5760 Yale Rd Bartlett, TN

Race Date: September 22, 2012, 7:00 AM

The race registration link is:

[http://www.racesonline.com/index.cfm?fuseaction=public.race\\_detail&race\\_id=6684](http://www.racesonline.com/index.cfm?fuseaction=public.race_detail&race_id=6684)

Don't pass up the opportunity to glide along the trails by Stanky Creek. Go to RunArkansas.com and follow the Bartlett Park link to get information on this AURA event.

A couple of the AURA Brother's that took on Leadville were gracious to do a write up of their experience and here they are:

### Leadville 2012 Race Report George Peterka

I went with my girlfriend Darlene who was going to crew for me. We flew into Denver, rented a car, drove into Leadville, and got into the B&B about 3 PM. We went out for a walk and tried to find PoDog and PT at the hostel. I noticed the effects of altitude immediately. I was walking uphill on the sidewalk and talking to Darlene and was feeling lightheaded and needing to stop to catch my breath. This was my first Leadville, my first race with any altitude, and I was starting to worry if I wouldn't have any altitude problems. By the next day I felt fine, and the day after that I was power walking up at 13,200 feet without any problem. It just takes a day or two to get used to it.

I am going to do this race report a little bit differently. I am going to talk about all the people that I met on this trip and tell their stories. Their stories are much more interesting than mine. For me everything went according to plan, there were no major problems and I finished in 29:16. I expected to be not much under 30 hours. I will not mention any names because I do not wish to embarrass anyone. All these people live so far away from Arkansas that this newsletter will never reach them. We can learn something from their mistakes.

The B&B was really nice. It had nine rooms and was full of ultra runner's. We were all

together for breakfast and in the evening we sat in the living room or dining room and talked or watched TV. We had some pretty good people here. We had a guy that finished Hardrock 18 times and also finished Leadville 18 times. We had a guy that was going for his 10th Leadville finish. There was a lady that looked like some kind of professional athlete. She had her own trainer and did every running and biking event in Leadville and was very fast. So it was interesting just to sit and talk with these people.

I am going to touch on the subject of altitude. I arrived on Monday and had four days to acclimate. I did not have any altitude problems during the race but I went nice and slowly over Hope pass. I think that once you get into thin air you need to really slow down and not push it. There was a man in the B&B who was trying to break 25 hours. He arrived 10 days early and went over Hope pass and several other high-altitude runs during his training and he still had altitude problems during the race. I think he was pushing it too hard. He finished. Had a good run but was over 25 hours. There was another man in the B&B who flew in from sea level on the day before the race. He ended up in the hospital with pulmonary edema.

The course has been changed this year. After you go over Hope pass, you go into Winfield on trail and not on that dusty road. The trail has small hills and is 9/10 of a mile longer each way. This makes the race 1.8 miles longer. A second change is between Fish Hatchery and Treeline aid station. The owner of the land will not let the race go through his property so the course is diverted on roads around his property and that makes it longer also. People said that the race takes at least an hour longer to run than it took last year.

I had one problem during the race. I ran out of water on the way up Hope pass. I only carry one water bottle and that was not enough. I was afraid to drink from the streams because I thought I will get Giardia. In the switchbacks I got behind a lady that I knew. I told her my name and that I had run the HURT with her. She was tired, her legs were worn out. She said the HURT was 21 100's ago, Hardrock included. I could not believe it. She finished 21 100 milers in the last 26 weeks. I guess that would tire your legs. I told her I was afraid to drink from the stream that was next to us. She said: "This is my 10th. Drank from that stream every time. Never been sick." That was good enough for me. I started drinking from every stream I passed and rehydrated. I was 7 pounds down at Winfield and feeling fatigued but after I rehydrated and refueled I was just fine. I was only 20 minutes ahead of cutoff on the way back at Twin Lakes but I managed to increase it to one hour ahead of cutoff by Fish Hatchery and keep it at that. Darlene had soup waiting for me at the Tabor Boatramp, mile 93, and then she walked with me up Sixth Street. And we got it done.

I only wish I had put on some sunblock. I was shirtless and hatless the whole day in bright sun with no clouds. And I am burnt to a crisp. I wish to thank Darlene for crewing for me. 30 hours is a long time to be out there. One more thing I wish to add. The race had 1000 runners registered, and 800 started. The aid stations were a madhouse, every station was overcrowded.

I got to tell you this story. It was Wednesday evening and there was a knock at the door of the B&B. It was a man, in his mid-20s, carrying a backpack, asking if we had a room. He hiked into Leadville from the neighboring town, a distance of 20 miles, over Mosquito pass 13,200 feet, and was very tired. He was from New York City. He flew into Denver and hitchhiked and hiked into Leadville. He came to run the race.

The innkeeper said he could pitch his tent in the front yard and sleep in it. If you want a room in Leadville you better get it at least six months in advance, a year in advance is better. We had an unused bed in our room. So I let him sleep in my room for free. That way at least he would get a good night's rest before and after the race. I asked him why he came all the way out here to run. He said that actually he read about this race in a book. I knew exactly what was coming next. BORN TO RUN.

I didn't speak too much with him. He made some friends in town, who were going to give him a ride back to Denver, and he was hanging out with them. The only time he was in the B&B he was under the blankets sleeping. By and by we did find out a few things about him. He never ran a marathon or an ultra. He never ran on trails or hills. His only races were 5K's, 10K's and I think a half marathon. He did say however that he trained for this by doing long runs by himself, the longest one being 120 miles in 17 hours. That's impressive. I asked some of the veteran runners what they thought. They said you could never tell. These young fast guys can win the race and break the course record. He never asked me for any advice. I would have given him plenty and helped him. But I was not the first choice to ask since I had never run this race. I didn't want to stick my nose into his business especially since I had never run this race and he was probably a much better runner than I am.

He didn't have any drop bags. I offered him one that I could spare but he managed to find some bags in town. When he was packing his drop bags I saw that the only food he had was 4 Cliff bars. I told him I don't use Cliff bars in races because they digest too slowly. I told him I use gels. He said he liked Cliff bars. I saw he had no rain gear. I told him there's a 30% chance of rain if he wants to get something. I told him plastic garbage bags work well and I drove him to Safeway to get some. I saw him taking the drop bags there with nothing written on them. I let him use my magic marker and told him that he needs to write his name, bib number and aid station on the drop bags. The fact that he did not know this told me that he didn't read the race guide very well. At the start he was carrying two vitamin water bottles that he bought at a convenience store. One in each hand. The kind with the screw on cap. He didn't even have a water bottle. He looked like he wasn't expecting that he would have to carry water with him.

I looked for him the entire race, but never saw him after the start. Later on I learned that he was behind me and he missed the cutoff at about mile 30. They cut his wrist band and took his timing chip. He was not pleased, and a lengthy discussion with race officials followed. But they would not give him back the timing chip or refund his money or let him run without it. He said it was their fault because when he went through the previous aid stations all he heard was positive comments so he thought he's doing well and there's

no reason to hurry. The positive comments we hear when going through aid stations are meant to encourage the runners and lift their spirits and generally do not provide an accurate evaluation of their performance in the event.

Well what more can I say. He is a nice guy and I don't mean him any ill will. We were all beginners once and we didn't know what we were doing either. I'm sure he'll do better in his next race. I admire his courage for following his dream.

George

## **Leadville 2012 Race Report**

### **Paul Turner**

In 2010, I attempted to run the Leadville Trail 100. I made really dumb mistakes, pretty much gave up on myself, and missed the last time cut-off at May Queen (86.5 miles into the race). It broke me, and after a failed attempt at the Ozark 100 later that year, I decided to give the 100's a rest.

Two years later, I found myself back in Leadville, in what I was dubbing my "redemption run." Thursday, at the pre-race pasta dinner, I got to talk with a runner from Denver. I mentioned my "redemption run" and he commented that no one conquered the mountains, they "made peace" with the mountains. Thus the 2012 Leadville Trail 100, became my attempt to make peace with the mountains.

I went out early this year with some friends, and we spent the beginning of the week adjusting to the altitude. This included my first ever 14'er, a day long excursion up Mt. Elbert, the highest peak in Colorado. As the week wore on, I was surprised by how confident I felt. In part because I was well trained but also because I was going to be running at least 60 miles of the course with my good friend, PoDog Vogler.

In my previous 100's, the night before has afforded little sleep and been riddled with nightmares of not finishing the run for various reasons. This year, I slept like a baby, and when I woke up I was calm, cool, and collected, the absolute best I have ever felt before a 100. The Leadville cut-off is 30-hours, so PoDog and I decided we'd go out at a 28-hour pace, a time with room to finish faster if feeling well, but also a 2-hour cushion if there were problems. Our plan was simple: don't dwell in aid stations, move with a purpose, stay positive, and most of all, have fun.

The gun sounded at 4 am, Saturday, and we took off into a perfect, dark Colorado morning, along with 795 other runners. There is not a whole lot to talk about in the early parts of the race. We stayed with our plan, in and out of aid stations as quickly as possible, and moving with a purpose. Oh, as far as the having fun part, we actually spent a large part of the first 40 miles singing any song that PoDog could come up with.

That all stopped shortly after leaving Twin Lakes aid station, when we started the long climb up Hope Pass. You start at the low point on the course 9,200 feet and climb to 12,600. No singing on Hope Pass, but we did move with a purpose, and continued to have fun. This year on the backside of Hope Pass, we took a different route to Winfield (the turnaround aid station). Instead of running along a dusty old road, we were treated to a newly completed trail section. It was a really nice trail, but as we soon found out, it added extra distance to the race. Who needs extra distance in a 100 miler?! Not me, but it is what it is. We figure it was an additional 3+/- miles. It was on this new section of trail I had my first low spot. Fortunately it didn't last long, and before I knew it, we were in and out of Winfield and on our way to see Hope Pass one last time.

The climb up the back of Hope Pass is not as long as the front side, but it is quite a bit steeper. One thing that helped us was stopping every now and again to take in the view. The only word to describe it is BEAUTIFUL!! Soon enough we were over Hope Pass and making our way back to Twin Lakes.

About a mile before we got to Twin Lakes was the first time either of us looked at the actual time. The addition of the new trail, added about an hour to where we thought we were going to be. At this point, PoDog was feeling better than me and after chatting for a bit, he decided to shoot for a sub-25 hour run, and I decided the pace I was going was the pace on which I needed to stay.

Some good friends, David Bibbs and Jen Foster, had contacted us a couple days before the race and mentioned they were coming down. They met us at Twin Lakes on our way back in, and Jen paced us that last 40 miles. With PoDog feeling good and going for a sub-25, Jen hung back and paced me in from Twin Lakes. I moved pretty well from Twin Lakes almost back to Fish Hatchery (76.5). I knew this because Jen said if I slowed down, I would get a good swift kick in the hinny. Since that was never administered, I knew I was moving well.

At Fish, she and David doctored a blister on the ball of my right foot. After that Jen and I headed toward May Queen. One final climb awaited us, back up and over Sugar Loaf (11,071). Not as high as Hope, but from this side, a long steep climb, with about 4 false summits. Coming into May Queen, my blister busted and I'm here to tell ya, that hurt. Unfortunately there is not a lot you can do about it, so we got some food, filled up the camel back, and headed down the trail for the final 13.5 miles to the finish. I was well ahead of the 30-hour cut-off, but continued to move with a purpose, as best as I could. My own private goal, to be safe, had been to get back to Tabor Boat Ramp (93 miles) before the sun started peaking over the horizon, and I did.

Knowing I was in great shape and with the blister killing me, for the first time during the race, I was not moving with a purpose, just simply moving. Jen gave me a break and didn't administer the swift kick to my hinny. We moved slowly the next 5 miles, then Jen says, "PT, here are the cold hard facts: If you want to finish under 28 hours, we are going to have to run a little!"

My first reaction was I didn't give a rip about being under 28 hours. I think Jen knew better, as my head started swimming and I thought, "surely I can run a little!" We capped a little rise and on the short downhill, I actually started running again. It didn't last long, but when it ended, I found myself moving with a purpose again. That nice little kick to the hinny got me up the final climb, back into Leadville, AND a 27:58:20 Leadville Trail 100 finish!!!

As most of you know, PoDog is doing the Slam, and after pushing hard from Twin Lakes to Half Pipe, he decided to save his legs for Wasatch. In the end, he was only about 12 minutes ahead of me at the finish. The ONLY thing that could have made the race any better, would have been me catching up to PoDog, and the two of us crossing the finish line together!

Thanks, PoDog, for running with me, helping me move with a purpose, and most of all, having fun with me. Thanks, Jen and David! Jen, you are a wonderful pacer, and David, you are a hell-of-a one-man crew!!!

Oh, and yes, in the end, I made my peace with the mountains.

PT

For another great Leadville 2012 Race Report check out Tom Brennan's blog at: <http://mtntrailrunner.blogspot.com/>

The next couple of pages shows a few shots from Hope Pass.

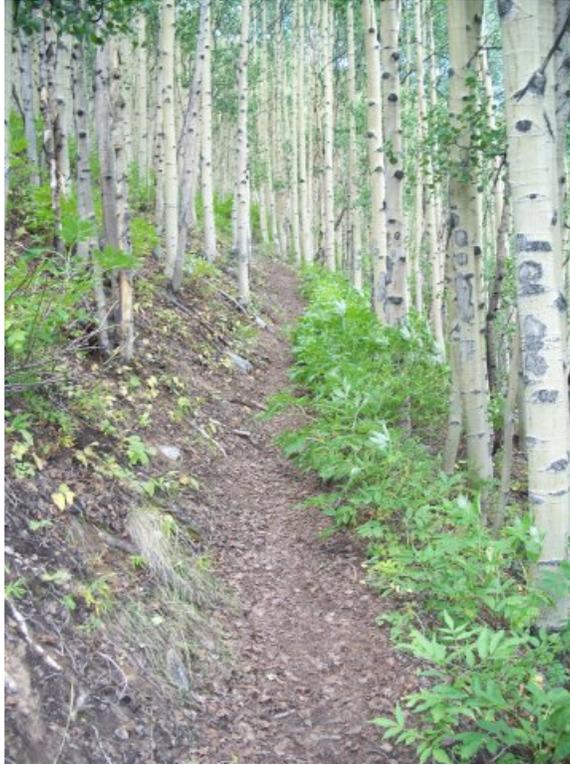


Above: Hope Pass at tree line looking South.

Below: The trail at the top of Hope Pass still looking South.



Below: A shot of the trail heading up the South side of Hope Pass on the return to the finish. This photo does not do justice to how steep the terrain actually is.



## **Mount Nebo Trails Run**

**August 25, 2012**

**Dardanelle, Arkansas**

**14 Miles (+/-) (2012-2013 UTS Race #2)**

For great report on the Mount Nebo Trail Run from AURA Brother Nicholas Norfolk go to the following link at ArkansasOutside:

<http://www.arkansasoutside.com/down-and-up-we-go-mt-nebo-trail-run/>

Results for the Mount Nebo Trails Run begins on the next page.

# Mount Nebo Trails Run

August 25, 2012  
Dardanelle, Arkansas

## 14 Miles (+/-) (2012-2013 UTS Race #2)

Place	Name	Sex	Age	City	Time
1	Chris Moutos	M	20	Fayetteville	1:32:35
2	Sean Salazar	M	22	Fayetteville	1:44:50
3	Tom Brennan	M	41	Poteau, OK	1:47:43
4	Chris Block	M	31	Little Rock	1:47:51
5	David Joseph	M	21	Fayetteville	1:47:55
6	Mark DenHerder	M	47	West Fork	1:48:55
7	Thomas Chapin	M	34	Little Rock	1:52:27
8	Tommy Griffin	M	29	Mountainburg	1:54:36
9	Bill Coffelt	M	52	Fort Smith	1:55:00
10	Stan Ferguson	M	48	Maumelle	1:56:05
11	Michael Witt	M	44	Dardanelle	1:58:31
12	Hank McLaughlin	M	54	Ozark	1:59:20
13	Caleb Ault	M	25	Maumelle	2:03:05
14	Jason Auer	M	29	Fayetteville	2:04:02
15	Chris Ho	M	37	North Little Rock	2:07:03
16	Dustin Speer	M	31	Hot Springs	2:07:35
17	Chris Montgomery	M			2:08:19
18	Jenny Wilkes	F	29	Little Rock	2:08:24
19	Paul Alexander	M	31	Little Rock	2:08:32
20	Nathan Winham	M	34	Little Rock	2:09:29
21	Robert Williamson	M	46	Jonesboro	2:10:08
22	Chuck Campbell	M	49	Russellville	2:12:39
23	Leslie Brahn	F	41	Memphis, TN	2:15:32
24	Jeff Thostenson	M	35		2:16:11
25	David McCormick	M	58	Dardanelle	2:16:26
26	Stacey Shaver	F	40	Little Rock	2:16:29
27	Jason Kimes	M	32		2:17:36
28	Steve Griffin	M			2:17:45
29	Jen Freilino	F	28	Little Rock	2:18:08
30	Jenny Brod	F	32	Maumelle	2:18:12
31	Rich Brown	M	50	Searcy	2:21:01
32	Ben Mansur	M	40	Little Rock	2:21:03
33	Alan Hunnicutt	M	58	Berryville	2:21:17
34	George Peterka	M	52	Hot Springs	2:22:10
35	Stendman	M	34	Little Rock	2:23:38
36	Corina Miller	F	27	Little Rock	2:23:40
37	Jonathan Young	M	31	Benton	2:24:00
38	Stephanie Stewart	F	32	Little Rock	2:27:02
39	Hillary Looney	F	38	Little Rock	2:27:40
40	Karen Hayes	F	58	North Little Rock	2:28:25
41	James McManners	M	49	Little Rock	2:29:45
42	Brenda Hanson	F			2:31:16
43	Eric Baker	M	45	Bryant	2:31:20
44	Nicole Hobbs	F	27	Lonsdale	2:31:20
45	Chrissy Ferguson	F	51	Maumelle	2:31:44
46	Chuka Bible	M	49	Memphis, TN	2:34:12
47	Tina Ho	F	47	North Little Rock	2:35:35
48	Patrick Barker	M	48	Little Rock	2:36:09
49	Debra Reynolds	F	55	White Hall	2:36:16
50	Brandon Fairrell	M	32	Fayetteville	2:36:17

51	Jayne Mayo	F	37	Conway	2:37:55
52	J.J. Mayo	M	44	Conway	2:37:55
53	Mark Vetter	M	44	Fayetteville	2:38:09
54	Rick Zachery	M		Russellville	2:38:12
55	Bryan Jenkinds	M	36	Russellville	2:40:19
56	Bryon Murders	M	29	Russellville	2:40:19
57	Jason Luker	M	29	Russellville	2:40:52
58	Alice Alexander	F	31	North Little Rock	2:40:55
59	Carla Anderson	F	60	Little Rock	2:42:08
60	Marty Koster	M	46	Jonesboro	2:42:32
61	Greg Cawein	M	37	Bella Vista	2:42:34
62	Alex Wan	M	38	Little Rock	2:44:26
63	Adiel Looney	F	36	Little Rock	2:47:13
64	Leslie Hesselbein	F	37	Dover	2:48:26
65	Nicholas Norfolk	M	29	Little Rock	2:49:08
66	Paul Mattocks	M	64	El Dorado	2:50:45
67	Joe Milligan	M	62	Maumelle	2:51:13
68	Kim Johnson	F	43	Harrison	2:51:41
69	Lena Manning	F	48	Jonesboro	2:52:48
70	Jeremy Lewis	M	30	Dover	2:53:49
71	RC Fason	M	67	Little Rock	2:57:16
72	Helen Ledbetter	F	48	Russellville	2:57:28
73	Thad Hinkle	M	45	Dover	2:57:34
74	Roger Williams	M	70	Memphis, TN	2:58:14
75	Cindy Lee	F	54	Fayetteville	2:59:01
76	Blair Parker	F	56	Memphis, TN	2:59:01
77	Lisa Vorwerk	F	44	Dover	3:02:11
78	Judy Massingill	F	53	Conway	3:03:35
79	Belinda Jared	F	41	Conway	3:03:39
80	Susan McCourt	F	35	Farmington	3:04:00
81	Greg Graber	M	47	Memphis, TN	3:05:01
82	Lori Dather	F	47	Conway	3:06:25
83	Brandie Daniels	F	37	Russellville	3:07:34
84	Holly Judd	F	40	Memphis, TN	3:08:49
85	Michael Harmon	M	46	Little Rock	3:13:42
86	Josh Drake	M	43	Hot Springs	3:13:49
87	Brad Simpson	M	38	Memphis, TN	3:19:53
88	Tina Rush	F	44	Russellville	3:20:49
89	Shawna Worrendorf	F	43	Russellville	3:20:49
90	Johnny Eagles	M	60	Little Rock	3:21:49
91	Greg Bourns	M	72	Mena	3:21:56
92	Don Preston	M	57	Bigelow	3:23:52
93	Ron Gimblet	M	64	North Little Rock	3:32:30
94	Rosemary Rogers	F	64	Maumelle	3:33:43
95	Bill Brass	M	73	North Little Rock	3:33:43
96	Angie Stewart	F	31	Fayetteville	3:06:35 (Late Starter)
97	Katy Lemasters	F	31	Fayetteville	3:06:54 (Late Starter)
98	Dan Belanger	M	68	Little Rock	3:45:39
99	Sloan Cooper				

#### Other Participants

Shana Buterbaugh	F	41	Little Rock	4:12:00	11 miles
Elaine Gimblet	F	65	North Little Rock	4:12:00	11 miles

For name/spelling or other corrections please e-mail [Stan](mailto:Stan)

## 2012-2013 Ultra Trail Series Standings

[Open](#) - [Master](#) - [GrandMaster](#) - [Senior](#) - [SuperSenior](#) - [Miles](#)

[UTS Race Schedule](#)

### Open Division

#### Women

Rank	Name	Midnight	Nebo	Total
1	Stacey Shaver	51	54	105
2	Jenny Brod	40	37	77
3	Karen Hayes	34	31	65
4	Jenny Wilkes		65	65
5	Deb Baker	62		62
6	Chrissy Ferguson	28	25	53
7	Jen Freilino		43	43
8	Tina Ho	22	19	41
9	Judy Massingill	12	9	21
10	Debra Reynolds	2	15	17
11	Angie Orellano-Fisher	16		16
12	Lori Dather	9	5	14
13	Lisa Vorwerk		12	12
14	Katy Lemasters	6	2	8
15	Susan McCourt		6	6
16	Angie Stewart	3	3	6
17	Rosemary Rogers		4	4

#### Men

Rank	Name	Midnight	Nebo	Total
1	Tom Brennan	77	74	151
2	Thomas Chapin	66	46	112
3	Mark DenHerder	55	52	107
4	David Joseph	43	63	106
5	Bill Coffelt	37	40	77
6	James Holland	49		49
7	Stan Ferguson	14	34	48
8	Jason Auer	16	24	40
9	Alan Humnicutt	24	13	37
10	Rich Brown	21	14	35
11	Dustin Speer	17	18	35
12	Chris Ho	11	21	32
13	Brian Cockrell	31		31
14	George Peterka	18	12	30
15	Caleb Ault		28	28
16	Paul Turner	27		27
17	Chuka Bible	13	10	23
18	Jonathan Young	10	11	21
19	Todd Blanchard	15		15
20	Joe Milligan	7	8	15
21	Nicholas Norfolk	6	9	15
22	Nathan Winham		15	15

23	Malcolm Smith	12		12
24	Joshua Drake	5	6	11
25	Michael Poole	9		9
26	Frank Massingill	8		8
27	Greg Bourns	3	4	7
28	Michael Harmon		7	7
29	Johnny Eagles		5	5
30	Herb Jarrell	4		4
31	Don Preston		3	3
32	Mark Cato	2		2
33	Ron Gimblet		2	2

### Master Division

#### Women

Rank	Name	Midnight	Nebo	Total
1	Stacey Shaver	48	59	107
2	Karen Hayes	37	48	85
3	Chrissy Ferguson	31	37	68
4	Deb Baker	59		59
5	Tina Ho	25	31	56
6	Debra Reynolds	6	25	31
7	Judy Massingill	13	13	26
8	Lisa Vorwerk		19	19
9	Angie Orellano-Fisher	19		19
10	Lori Dather	9	9	18
11	Rosemary Rogers		6	6

#### Men

Rank	Name	Midnight	Nebo	Total
1	Tom Brennan	67	65	132
2	Mark DenHerder	56	54	110
3	Bill Coffelt	45	43	88
4	Rich Brown	27	31	58
5	Alan Humnicutt	33	25	58
6	Stan Ferguson	14	37	51
7	George Peterka	21	19	40
8	Paul Turner	39		39
9	Chuka Bible	11	15	26
10	Joe Milligan	6	12	18
11	Todd Blanchard	17		17
12	Joshua Drake	5	6	11
13	Michael Harmon		9	9
14	Malcolm Smith	8		8
15	Greg Bourns	3	4	7
16	Frank Massingill	7		7
17	Johnny Eagles		5	5
18	Herb Jarrell	4		4
19	Don Preston		3	3
20	Mark Cato	2		2
21	Ron Gimblet		2	2

## Grand-Master Division

### Women

Rank	Name	Midnight	Nebo	Total
1	Karen Hayes	45	55	100
2	Chrissy Ferguson	34	44	78
3	Deb Baker	56		56
4	Judy Massingill	22	27	49
5	Debra Reynolds	16	33	49
6	Angie Orellano-Fisher	28		28
7	Rosemary Rogers		21	21

### Men

Rank	Name	Midnight	Nebo	Total
1	Bill Coffelt	58	59	117
2	Rich Brown	36	48	84
3	Alan Humnicutt	47	37	84
4	George Peterka	30	31	61
5	Joe Milligan	18	25	43
6	Frank Massingill	24		24
7	Greg Bourns	8	13	21
8	Johnny Eagles		19	19
9	Herb Jarrell	12		12
10	Don Preston		9	9
11	Ron Gimblet		6	6

## Senior Division

### Women

Rank	Name	Midnight	Nebo	Total
1	Angie Orellano-Fisher	51		51
2	Rosemary Rogers		51	51

### Men

Rank	Name	Midnight	Nebo	Total
1	Joe Milligan	53	54	107
2	Greg Bourns	31	32	63
3	Johnny Eagles		43	43
4	Herb Jarrell	42		42
5	Ron Gimblet		26	26

## Super-Senior Division

### Men

Rank	Name	Midnight	Nebo	Total
1	Greg Bourns	51	51	102

Good luck to PoDog at Wasatch as he completes the Grand Slam. You can track his progress to the finish at <http://www.wasatch100.com/> his number is 204

## Go Dog Go!!!!!!!!!!!!!!!!!!!!!!

If you are looking for community services hours come on out to the Arkansas Traveller 100. I am sure Stan could find something for you do on Saturday, Sunday, or both days. And if you think volunteering does not matter please read the email below sent from a runner that has been to the Traveller before and is coming back again this year.

To: AT100@runarkansas.com

**Subject:** Shining Station On A Hill

Hey gang,

Wow! Hard to believe it's time to travel to Arkansas once again! I hate to admit this, but I have started 5 hundreds in the past 2 years and finished only one. Even earlier this summer I was DNF in what I thought would be the perfect 100-miler for me. After completing only 78 miles of the journey, I proclaimed after the race I was done with ultras.

Of course it didn't take me long to realize there's a reason the AT 100 is my only 100-mile finish...The Volunteers! Yes, whether it's my buddy from the previous year reminding me to switch out my sunglasses with my regular specs as it will be dark on my return to powerline. Or the wonderful lady bending down with her hands on her knees making sure I wanted for nothing by my departure. It could also be that gentleman helping me to switch out a wet garment for a dry fleece to avoid a quick chill that could be hard to shake.

Even last year as I felt myself crumbling very well in the latter stages of the race, I would see that shining aid station on a hill and know I was going to make it there. If not for those lights and sounds, the laughs and concern, the legendary respect the racers are treated with by the people helping out, I doubt I would be lacing up for my 6th 100-mile start and hoping for my 2nd finish. I thought I was done, but I guess I've got some traveling to do after all. Lovin' me some Arkansas!

Can't wait to see everybody...even if only for a few minutes!

Thanks for all the great memories in the middle of what can be a hectic, gravelly run.

Good luck getting things together,

Brad Alsop

Louisville, KY

PS: In 28 years I hope to be like that 70-year-old dude running the Traveler again this year.

Gotta love that!

**Until next month, Run Long and Prosper!**