

# THE ARKANSAS ULTRA RUNNER April 2013

The Newsletter For  
Members of the Arkansas  
Ultra Running Association

AURA Website -  
[www.runarkansas.com](http://www.runarkansas.com)

AURA's thoughts and prayers are with all those effected by the tragedy today in Boston.

## **Message from the President – Stan Ferguson**

Thanks to all who hung around after the Big Rock Mystery Run to attend our most recent club membership meeting. It was a nasty day weather-wise, which had much to do with it being possibly the shortest club meeting on record. I'm not aware that anyone actually timed it to make that claim official, but if it gives you any idea—I'm pretty sure I've stood "on-deck" in a pre-race porta-potty line for a longer period of time. The primary order of business for the meeting was the election of officers for the next year. I am happy to welcome George Peterka to the board—who was nominated and subsequently elected to replace Michael DuPriest as Vice President. Many thanks to Mike for dutifully serving in that role for many years. —I believe the club has come a long way since its formation, and Mike has been a big part of that, bringing lots of great ideas to the table. For the other officer positions, the sitting individuals were nominated and re-elected. That is Lisa Gunnoe as Secretary, Big Shot as Treasurer, and myself. Looking at our approval-ratings going into the election I must admit that I was a little unsure how things would turn out. I think it must have been the "anti-Romney" votes that put us over the top. Although not an official officer position, I must mention that Harold Hays agreed to continue as newsletter editor for another year. That job involves a lot of work, and I really, REALLY thank Harold for re-upping. Behind the scenes, Big Shot also still plays a vital part in the newsletter process—getting copies to those who are trying to keep the USPS afloat.

As I'm writing this we are less than two weeks away from the Ouachita Trail 50. It's around this time that things really get hopping (and maybe a little stressful) around the Ferguson household. But I've decided this year that I'm going to be like a duck: whatever precipitates down upon me, I'm just gonna let it bead up and roll off. Those of you who know Chrissy already have an image of how well that will work. One thing I'll mention that's been fabulous is that Deb Baker stepped in this year and has been the OT Trail Queen. A lot of the course needed work and clearing, and she has taken charge, organized work crews, and got it done. Thanks also to those who have helped in this effort. Some of it is still going on, so I'll try to name everybody that helped out in next month's column.

### **Ouachita Trail 50 entrants status as of April 10: 201 spots filled out of the 225 limit**

We have received a record number of entrants for the 50-mile Ouachita Trail event. It's well known that a number of these are folks just keeping their options open, and another fair portion will decide at Northshore that 50K will be enough fun for the day. But with well over 100 signed up for the longer event, I have high hopes that we will finally beat the high 50-mile finisher mark of 70 that occurred way back in 1992. Don't you think it's about time? If we wind up missing it by one or something, I may have to pick on somebody who inexplicably dropped down to the 50K. Don't be the weakest link.

Recently, AURA Brother PT had a big birthday. It was celebrated with an awesome 50 mile run on the Ouachita Trail with PT, PoDog, Speedo Boy, and myself. Most of the section we did I had

not seen before, so it was really a treat. This was a nice tune-up for the OT50. I've got to say, if you have not been on the 22 miles between Highway 7 and Highway 298, you must check it out. That's a very nice section, and not too far away for those in the central part of the state. I can't believe it's taken me so long to see it.

My final comments are on the 2012-2013 Ultra Trail Series. Just two events are left-- the Ouachita Trail 50 on April 20<sup>th</sup> and the PT's Get Down With Your Quivering Bad Self Mt. Magazine Trail Run on May 11<sup>th</sup>. The Kings and Queens of the Trail, High Mileage Clubbers, and other significants will be recognized at our spring meeting following The Catsmacker on June 8<sup>th</sup>, taking place at Lake Winona Park. At one time Thomas Chapin looked to be totally in control of the overall King title, but will he squander it? Places could be shuffling. See ya'll out there.

## **\* \* Arkansas Traveller 100 needs help with storage \* \***

We recently moved, and no longer have a place to park a cargo trailer containing race gear and supplies for the Arkansas Traveller. We're looking for options other than having to pay to store it. If you have available space or ideas, please contact Chrissy and Stan at 501-803-9411 or e-mail [AT100@RunArkansas.com](mailto:AT100@RunArkansas.com)

### **Three Days of Syllamo – Stage Race**

by

**Dulcinea Groff**

Three Days of Syllamo had always been planned as Two Days of Syllamo for me. Excited to be back in the Ozarks, I headed up to Blanchard Springs to watch my friends start the 50K race on day 1 of 3. By the end of the day I witnessed more frustration, anger, and disappointment from runners who struggled with unexpected heat, dehydration, sickness, and being lost (off-course). These mini-horror stories did not amplify my positive psyche. "Whoa," I thought to myself, "this is going to be rough tomorrow." The next morning I rolled out of the tent, crammed food in my mouth, dropped off the drop bags, noted words at the pre-race meeting, and still had enough time to think about the race jitters. I love the feeling of being nervous before a race. It is exactly the same feeling I have learned to embrace when presenting my work to an audience of dubious scientists. As soon as the sun came up, an hour into the race, I sprained my ankle and felt that horrific pain and adrenaline rush. I kept moving. With this being my first 50 mile race my only goals were to finish before 12 hours and run conservatively the first half and give it everything the second half. At the second aid station I introduced myself to the Peyton's and ate a delicious piece of St. Patty's Day cake that was green! I also noticed that a woman blasted through the aid station while I was flapping my mouth!

"Uh oh" I thought. I was feeling competitive and needed to get going. I caught up and passed the woman who blasted through the aid station. Little did I know she would run directly behind me for the next 9 miles. We hustled through this section, hollow after hollow, and then she blasted through the Cripple Turkey aid station while I knew I had to eat. She was gone. The next section went from road to trail, back to road and then an obvious, hard turn to the right onto

the Ozark Highlands Trail. There was a barrier (log + lots of blue flagging) in the road directing runners onto the trail. For some strange reason I jumped that barrier and flew downhill on the road and eventually realized the guy behind me was no longer there. I ran back uphill and hit my low point. I thought over and over “Duuude!! That was so stupid!” Finally, I started seeing the people who were on their return trip (out and back course) and I became stoked. At this point, I realized I was 4<sup>th</sup> woman and I knew I was going to see my pacer in a few miles. A very strong-willed guy named Corbin passed me before mile 30 and we talked about how we felt at the moment. He said the most amazing and neurotic thing, “My feet hurt pretty bad, and it’s motivating me to run faster.” and he ran faster. I picked up Brad (boyfriend) and we ran like crazy to Barkshed trying to ‘close-the-gap’ on the woman in front of me. In this long section (~9mi), we were able to pass many people struggling with the heat. Each time I reached the bend in a hollow I wanted to stop in the shade for just a tiny bit of relief from the sun and heat. As I approached Barkshed I could hear Deb, my friend and next pacer, and I started running faster. Deb was ready to run! As I left the aid station, I noticed the 3<sup>rd</sup> place woman in front of me and she insisted I pass.

Brad and I had closed the gap. At this point, I was so tired of the heat that even the shade from a tree trunk was sweet relief for a moment. At the last aid station, I had still not seen the woman behind me and so I chatted a moment with an old grad school friend working the aid station and crammed food in my mouth. Between this aid station and the finish, I noticed a mess of turkey feathers. I commented to Deb about the feathers and suddenly there was a third voice that said “Oh yeah, I noticed those this morning.” I turned my head and realized I had been caught. Two steps later, without saying a word to Deb, I was running as fast as I could and we did just that until the very end. I finished in 10 hours and 33 minutes! I feel very fortunate to have people in my life who were able and willing to have fun and pace me out there on Day 2. I only had one complaint in my head the whole day-no real potato chips at the aid stations - only Pringles. The real challenge was putting on my running garb the next morning in the misting rain to run ~14 miles on Day 3! Day 3 was pretty rough for me. I had an insatiable hunger the whole time. The tough runners who completed three days of syllamo are so burly and such an inspiration!

### **Three Days of Syllamo, by Stacey Shaver-Matson**

I was fortunate to get to share my first experience at 3 Days with my good friend Jen Freilino. We helped keep one another motivated, nourished, and cared for over the weekend. This race was as much about fellowship and camaraderie as it was racing and competition. Since I was going into this event with a tight left calf & also having just tested positive for Strep & Flu (yes, you can have viral & bacterial infections at the same time) a mere 5 days prior I decided to drop my lofty goals of racing and soak up the beauty of the Ozarks and the company of friends both new and old and just finish relatively healthy.

#### **Day 1: 50k Loop course with 7,500ft of climbing and descending on 100% single-track**

The morning started out nice and cool in the low 40’s. Since it was the first day and we needed to pick up our race packets we got down to the start line an hour early. So nice to have the 9am start time! While keeping warm in the car before gun time my friend Jen

and I got a little peep show. An out of state guy rolled in late, jumped out of his car and although a mere 100 yards from the bathrooms he stripped down to his birthday suit right there in front of us. Ha, the crazy things you get to witness in an ultra event. We started the day full of excitement and anxious to see how it would unfold.

Jen and I stuck together the whole day. I am so glad we did because there were a few occasions where we had to play the guessing game. Yes, we just had to guess which path to take because the course was very poorly marked on this day. To further make one seriously question their sanity there were no confidence markings. That meant that one could travel up to 4 or 5 miles before you even knew if the path chosen was a hit or a miss. At first it seemed as if luck was on our side. We were making good time even though we stopped a couple of times to take in the beautiful views and took photos with the aid station workers in brightly colored Speedos! Once again we were witness to near naked men. I will admit it was a welcomed distraction. We rolled into the last aid station and were told we were 3rd & 4th place females. Whoo hoo. Looked like we would have ourselves a 6 hour finish.

I was pleasantly surprised at how well my body was handling the run. Jen was feeling great too. I had introduced her to Endurolytes! She said it was the best she had ever felt in in ultra event. We were hydrating well, taking Endurolytes every hour without fail and replacing calories with the food we had packed. However, it was at this point that we made critical mistakes. I did not top off my hydration pack because I thought “heck, I can make it 3.7 miles with what I have.” The lesson to be learned here is to always plan for the worst. We wound up missing a turn, along with about 8 other people. We got lucky because the race director happened to be driving by as we were standing roadside scratching our heads wondering which path to take. He pointed us in the right direction and off we were again. Most of us were out of water and more than anxious to be finished.

Back on the trail, with no confidence markings, we had yet another crossroads where we just had to guess which direction to go. Miles without markings after getting off course can certainly leave one a little paranoid. Uncertain if we were on the correct course, several people that I passed were plotting out how they would spend the night if they were indeed lost. I was somewhat hopeful since we were running along the river. My worry was in whether or not it was the correct direction along the river. Trekking along, all of a sudden I heard a cowbell. What an absolutely beautiful sound that was. I knew then without a doubt we were on the right course and near the finish.

I have never seen so many unhappy, upset runners at one time as I did the finish that night. After having a meal of pasta and garlic bread, cooked by Nick Lewis, everyone seemed to be a lot more calm. Some discussed skipping the 50 miler day because they were not confident in the course markings. I let the negative thoughts fill my mind as well. If the pain in my left leg didn't leave me with doubts of toeing the line the fear of adding miles to a tough 50 mile course or worse getting deeply lost also had me second guessing.

Back at the Inn I laid out all of my gear just in case. If my leg wasn't in too much pain I would go ahead and run the 50 miler.

## **Day 2: 50M Out & Back with 14,750ft of climbing and 14,750 of descending on 99% single-track**

The alarm went off at 4:30am. I jogged to the bathroom to test out my leg. Go ahead and laugh everyone else I know has. I decided it was pain I could run through and if at any point I felt I was on the verge of a more serious injury I could hang and party at the aid station. I felt it better to try and fail than to not try at all and kick myself later if it turned out my leg wasn't even injured.

Turns out most of the other doubters were there to toe the line with me. A good nights sleep cleared our heads or clouded it further, depending on how you look at it. I began the journey with tried and true friends but was encouraged to go ahead and run my own race. The course was a lot better marked and since it was an out and back I made mental notes of turns that were not marked. We started the day in the dark with headlamps revealing the path ahead. Most were more than happy to walk up the steps that lead to the first turn where we first were able to ease into somewhat of a run. Paul Turner was our voice of reason on that morning, reminding us not to pay attention to our watches, to over think things, or to get too wrapped up in the numbers to enjoy the day, the course, and the fellowship of others. It was indeed a reminder many of us needed. That kind of friendship is one of the things I love about trail running because one wouldn't receive advice like that in a road race from the speedier runners.

I ran with some really nice people from Kansas who kept me company for quite a while. The day was hot and only getting hotter. I knew I had to stay on top of my hydration and electrolytes. For some people only carrying handhelds this was a difficult task. Especially on the long 8 mile stretch between aid stations. One guy wound up having to catch water running off the side of the mountain. Water was my friend that day and my bandana was my most prized possession. I soaked it with the cold creek water at every opportunity. Even at a dry creek bed I could usually find a little hole with water. No matter who I was running with at the time of a creek crossing, it was a welcomed stop for all. I don't think I saw a single person pass up the opportunity to splash around and cool off for at least a minute or two.

As we were slowly climbing up a steep hill a runner on his way down shared the good news that the course had been cut short and that we would be turning around at 22.5 miles. I didn't know if this was a peace offering from the race director for the terrible markings and extra miles many had to run the previous day or if it was due to the heat. Either way my leg and I were happy about this news. On the return I spent a lot of time running solo before catching up to a little group.

My lowest point in the day was quickly turned around by the kindness of Lou Peyton. I

was hot and my leg was really crying out at me. I came into her aid station in tears but her encouraging words put me back where I needed to be mentally. Most of you are very familiar with the Peyton aid station. Lou and Charlie not only put out the best food on the course but they help nourish your spirit as well. We are very fortunate to have them in our running family!

I think between the miles already on our feet and the heat most people were not much for talking but still eager to be part of a group. That was until I met up with Tina Johnson from Wisconsin. The time certainly went by much faster with someone to visit with. She and I talked non stop the rest of the race.

One of the Speedo guys came by us as he was putting out the glow sticks & made us realize one wrong turn could put us finishing in the dark. Neither of us had a light because we had dropped them at the first aid station earlier in the day. From this point on she and I ran together, slowing down only to check on weary runners before passing them by. We both had caught a second wind and were eager to get to the finish. That was until we came upon a young guy from TN who was walking and seemed to be in poor spirits.

Turns out he had been walking for the last 12 miles because he had twisted his ankle. So we walked and talked with him for several miles and didn't start running again until he was in better spirits. He thanked us for turning his day around and told us to go on and finish our race. Next thing we knew he was running right behind us. He said we boosted his spirits enough for him to try running again. He had been afraid to try because he was unsure his ankle would hold up. The kindness of strangers has certainly helped me in the past so it was nice to get to give back in a small way. He did finish and in fact passed Tina and me in the last couple of miles!

The finish line was a much more joyful place than the day before. Hot beans and rice awaited us to fill our bellies and live bluegrass music to nourish our souls. Those that had already finished were eager to help those just rolling in and we all had fun sharing stories of the day. As much as I was enjoying the conversations my stomach was not all that happy and I was feeling light headed. I made the comment that I felt drunk although I hadn't had any alcohol. You won't be surprised to hear that Nicholas Norfolk was worried about us and insisted on following us back to our hotel to make sure we made it safely. There are probably hundreds of stories like this that attest to his kindness and generosity that never get told. We made it back, at a snails pace, and got our gear ready for one last day of running.

### **Day 3: 14 miles with 3,300ft of climbing and descending on 99% single-track**

I woke with my stomach still a little out of sorts. Nothing sounded good to eat yet I knew I had to choke something down. I could smell the ham the innkeeper was preparing. Our door opened into the dining room and there I found Pink, the one for whom the ham was being cooked. She happily shared with us and sent us on our way.

At the start line it was drizzly and the forecast called for storms by noon. Even with the misting rain I warmed up quickly and had to shed my rain jacket. In the process of removing my jacket and getting my camelback situated again a young guy and an older lady had passed by me. I quickly sped up to catch them. This was not an attempt to better my time or overall standings but to insure that I wouldn't be alone on the course, as I still worried about the course markings and taking a wrong turn. I also wanted to run fast enough to stay ahead of the coming storm. I felt guilty because I was feeding off of their energy and giving nothing in return. They talked most of the run with me adding very little to the conversation as it was taking everything I had to keep up because my leg was really hurting today. I am certain that I had the strangest gait on the course. I spent a lot of time doing a version of skipping. Basically I was powering with my right leg and dragging the left leg. I know, I know, I know I should not even have been out there. Sometimes, even with common sense screaming at me I chose to ignore it and just roll along in my usual stubborn fashion.

I crossed the finish line and received my 3 Days of Syllamo rock, which was given to all who completed the stage. My good friends, my new friends, and my stubbornness helped push me to this moment. Although I was hurting I was extremely happy and ready to go celebrate with friends at the Rainbow Cafe!

Even with the lacking of markers on day one, the heat of day two, the cold rain on day three, and the pain in my leg throughout the weekend I am happy that I chose to run this event. I made fun memories with my tried and true friends, met new people from other parts of the nation, saw some breathtaking views, and learned a little more about myself in the quest to complete 3 Days of Syllamo!



Stacey with her coveted finishers rock.



## Three Days of Syllamo

March 15-17, 2013 – Fifty-Six, AR

### AURA Member performances

#### Stage Preliminary Results

Place	Name	Age	Gender	State	Time
5	Paul Schoenlaub	53	M	MO	18:58:56
7	Paul Turner	49	M	AR	19:12:14
14	James Holland	36	M	TN	20:39:33
19	Stacey Shaver-Matson	41	F	AR	21:30:48
21	Stuart Johnson	53	M	KS	22:10:02
23	Nate Smith	48	M	AR	22:19:45
25	Deb Johnson	53	F	KS	22:45:17
30	Jonathan Young	31	M	AR	23:12:18
35	George Peterka	53	M	AR	23:28:20
40	Sammy Barnes	56	M	AR	24:36:10

#### 50K Preliminary

Place	Name	Age	Gender	State	Time
6	Paul Turner	49	M	AR	5:46:11
13	Paul Schoenlaub	53	M	MO	6:04:42
16	Benjamin Mansur	41	M	AR	6:44:35
24	Matt Walker	39	M	AR	7:00:22
28	James Holland	36	M	TN	7:00:48
29	Stuart Johnson	53	M	KS	7:07:03
31	Stacey Shaver-Matson	41	F	AR	7:15:01
37	Jen Freilino	28	F	AR	7:19:08
39	Nate Smith	48	M	AR	7:19:54
40	Jonathan Young	31	M	AR	7:19:56
41	Jeffrey Foes	47	M	MO	7:20:11
45	Coleen Voeks	39	F	KS	7:21:39
59	PoDog Vogler	46	M	AR	7:32:45
60	George Peterka	53	M	AR	7:32:46
65	Kimmy Riley	52	F	AR	7:36:22
66	Sammy Barnes	56	M	AR	7:36:29
71	Tim Harrington	43	M	AR	7:44:49
72	Katie Helms	35	F	AR	7:44:50
81	Tina Ho	48	F	AR	8:01:26
89	Deb Johnson	53	F	KS	8:04:08
94	Johnny Eagles	61	M	AR	8:51:37
102	Jim Sweatt	57	M	AR	9:03:35

#### 50 Mile Preliminary

<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Gender</b>	<b>State</b>	<b>Time</b>
8	Chris Ho	38	M	AR	10:29:31
9	Paul Schoenlaub	53	M	MO	10:30:04
11	Dulcinea Groff	29	F	AR	10:33:00
16	James Holland	36	M	TN	11:09:29
17	Shannon McDowell	36	M	AR	11:10:18
22	Paul Turner	49	M	AR	11:21:12
26	Stacey Shaver-Matson	41	F	AR	11:32:14
30	Jamie Golleher	42	M	AR	11:40:07
32	Deb Johnson	53	F	KS	11:42:40
36	Nate Smith	48	M	AR	11:56:19
40	Stuart Johnson	53	M	KS	12:27:09
44	Jonathan Young	31	M	AR	12:38:03
46	George Peterka	53	M	AR	12:49:02
52	Sammy Barnes	56	M	AR	13:08:31
53	Cliff Ferren	57	M	AR	13:25:38

### **20K Preliminary**

<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Gender</b>	<b>State</b>	<b>Time</b>
1	Nick Lewis	27	M	TN	1:42:14
5	Jake Anderson	31	M	TX	1:54:32
7	Paul Turner	49	M	AR	2:04:51
8	Billy Simpson	54	M	TN	2:04:52
9	PoDog Vogler	46	M	AR	2:05:09
10	Chad Johnson	26	M	AR	2:06:27
21	Paul Schoenlaub	53	M	MO	2:24:11
23	James Holland	36	M	TN	2:29:15
27	Benjamin Mansur	41	M	AR	2:30:52
29	Frog Fluech	46	M	AR	2:31:51
32	Jenny Wilkes	30	F	AR	2:32:10
34	Stuart Johnson	53	M	KS	2:35:50
43	Stacey Shaver-Matson	41	F	AR	2:43:33
46	Maurice Robinson	71	M	AR	2:43:53
48	Tim Harrington	43	M	AR	2:45:33
49	Coleen Voeks	39	F	KS	2:46:20
50	Deb Baker	50	F	AR	2:46:21
64	Dulcinea Groff	29	F	AR	2:53:07
72	Deb Johnson	53	F	KS	2:58:29
79	Nate Smith	48	M	AR	3:03:32
83	George Peterka	53	M	AR	3:06:32
88	Jen Freilino	28	F	AR	3:14:16
89	Jonathan Young	31	M	AR	3:14:18
90	Jim Sweatt	57	M	AR	3:14:22
104	Johnny Eagles	61	M	AR	3:41:40
107	Sammy Barnes	56	M	AR	3:51:10
110	Lisa Vorwerk	45	F	AR	4:21:20
112	Elaine Gimblet	65	F	AR	4:42:24
114	Ron Gimblet	65	M	AR	4:43:09

## Big Rock Mystery Run Results

March 30, 2013 – North Little Rock, AR

### 2012-2013 Ultra Trail Series Race #11

Place Seq.	Name	Gender	Age	Time	Cards	Penalty	Adjusted Time	Sign-in
1	Paul Turner	M	49	1:17:52	11	0:04	1:21:52	4
2	Jason Armitage	M	40	1:28:00	12	0:02	1:30:00	5
3	Steve Appleton	M	40	1:29	12	0:02	1:31:00	6
4	JB Mullins	M	33	1:29:00	12	0:02	1:31:00	7
5	Rob Seibert	M	42	1:29:00	12	0:02	1:31:00	8
6	Barbara Mariani	F	43	1:29:00	12	0:02	1:31:00	9
7	Bill Coffelt	M	53	1:31:00	12	0:02	1:33:00	11
8	Jeff Thostenson	M	35	1:32:00	12	0:02	1:34:00	10
9	Deb Baker	F	50	1:34:00	13		1:34:00	13
10	Heather Ladd	F	39	1:34	13		1:34:22	14
11	Jenny Wilkes	F	30	1:34:52	13		1:34:52	15
12	Jon Honeywell	M	43	1:35	13		1:35:54	18
13	Josh Madison	M	24	1:34:00	12	0:02	1:36:00	12
14	Dulcinea Groff	F	29	1:36:00	13		1:36:00	19
15	Rich Brown	M	51	1:36	13		1:36:00	21
16	Jason Auer	M	30	1:34:52	12	0:02	1:36:52	16
17	Michael Games	M	15	1:36:02	10	0:06	1:42:02	17
18	Jen Freilino	F	28	1:39	11	0:04	1:43:00	22
19	Jonathan Young	M	31	1:39:00	11	0:04	1:43:00	23
20	Josh Bornhorst	M	38	1:43:00	10	0:06	1:49:00	24
21	George Peterka	M		1:55	13		1:55:00	27
22	Mary Lyons	F	44	1:56	13		1:56:05	30
23	Michael Harmon	M	46	1:56:49	13		1:56:49	29
24	Annie Games	F		1:54:52	12	0:02	1:56:52	25
25	Brooke Burton	F		1:54	12	0:02	1:56:52	26
26	Joe Milligan	M	63	1:57	13		1:57:00	32
27	Gregory Milligan	M	35	1:57	13		1:57:00	33
28	Cliff Ferren	M		1:56	12	0:02	1:58:00	28
29	Mark Roth	M	51	1:58	13		1:58:00	34
30	Melanie Baden	F	44	1:58	13		1:58:00	35
31	Tina Ho	F	48	1:57:24	12	0:02	1:59:24	31
32	Angie Orellano-Fisher	F	62	2:00:00	13		2:00:00	36
33	Chrissy Ferguson	F	52	2:00	13		2:00:00	37
34	Kim Johnson	F	44	2:01:00	13		2:01:00	40
35	Carrie Fox	F	42	2:00:15	12	0:02	2:02:15	39
36	Christi Jones	F	36	2:00:16	12	0:02	2:02:16	38
37	Paul Mattocks	M	65	2:03:00	12	0:02	2:05:00	41
38	Johnny Eagles	M	61	2:09:00	12	0:02	2:11:00	42
39	Dan Belanger	M	69	2:10:00	12	0:02	2:12:00	43
40	David Meroney	M	42		13			44



12	Elaine Gimblet 68.16							39.16	21			8
13	Tala Hill 62.01			33				29.01				
14	Angie Stewart 62	3	3			33	23					
15	Judy Massingill 60.16	12	9					39.16				
16	Lisa Vorwerk 56		12			27	17					
17	Susy Phillips 53.16							39.16			14	
18	Lori Dather 47	9	5						33			
19	Angie Orellano-Fisher 24	16										
20	Debra Reynolds 17	2	15									
21	Elizabeth Quinn 14										14	
22	Katy Lemasters 8	6	2									
23	Rosemary Rogers 4		4									

### Open Division - Men

Rank	Name	Midnt Total	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR	
1	Thomas Chapin 411	66	47	62	93		43		53		47	
2	Mark DenHerder 391.8	55	53	54	38	52	31	49.84	30	29		
3	Bill Coffelt 54	37 350	41		55	20	54		36	23	30	
4	Tom Brennan 337	77	75						64	63	58	
5	Rich Brown 43	21 223	15	40	46	10	9		8	7	24	
6	Paul Turner 65	27 186							42	52		
7	Chris Ho 183.9	11	22	43		13	37	40.87		17		
8	Stan Ferguson 181	14	35			41			14	41	36	
9	Jason Auer 37	16 178	25	34	32		6		18	10		
10	David Joseph 170	43	64			63						
11	George Peterka 19	18 160.5	13	22		32	12	39.55	5			
12	Caleb Ault 148.1		29				65	54.05				
13	PoDog Vogler 148				109	20	19					
14	Jonathan Young 31	10 146.9	12	32			5	40.87		4	12	
15	Michael Poole 126	9		51	66							
16	Malcolm Smith 117.1	12						46.14	24	35		
17	Cliff Ferren				26		15	34.27	11	3	18	9



6	Karen Hayes 141.6	37	48							56.57	
7	Lena Manning 85			43		42					
8	Elaine Gimblet 16	83.12							41.12	26	
9	Lisa Vorwerk 77		19			31	27				
10	Judy Massingill 67.12	13	13						41.12		
11	Tala Hill 62.47			32					30.47		
12	Lori Dather 61	9	9							43	
13	Angie Orellano-Fisher 34	19									
14	Debra Reynolds 31	6	25								
15	Rosemary Rogers 6		6								

### Masters Division - Men

Rank	Name	Midnt Total	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR
1	Myst Mark DenHerder 440.3	56	55	51	62	59	47	52.33	34	24	
2	Bill Coffelt 50	45 399	44		89	22	58		40	18	33
3	Rich Brown 39	27 313	32	58	75	13	18		12	12	27
4	Tom Brennan 308	67	66						62	58	55
5	George Peterka 33	21 229.5	20	47		34	24	41.52	9		
6	Stan Ferguson 202	14	38			48			22	36	44
7	Paul Turner 61	39 198							51	47	
8	Cliff Ferren 15				51		30	35.99	16	8	21
9	PoDog Vogler 163	177			105	22	36				
10	Malcolm Smith 114.5	8						48.45	28	30	
11	Don Preston 101.4		4	18		6	12	58.43	3		
12	Alan Hunnicutt 93	33	26			34					
13	Johnny Eagles 11		6	12		9	8	34.6	6		
14	Michael Harmon 27	86.6 84.12	10	24				23.12			
15	Joe Milligan 21	6 78.75	13					38.75			
16	Chuka Bible 63	11	16	36							
17	Herb Jarrell 42.37	4						38.37			
18	Joshua Drake 42	5	7	30							
19	Ron Gimblet		3					30.45	2		2

	37.45										
20	Todd Blanchard 17	17									
21	Greg Bourns 13	3	5								5
22	Mark Cato 10	2		8							
23	Pete Ireland 8										8
24	Frank Massingill 7	7									
25	Bill Brass 2		2								

### Grand Master Division - Women

Rank	Name	Midnt Myst Total	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR
1	Chrissy Ferguson 32	34 262	44		101		51				
2	Karen Hayes 162	45	55					61.96			
3	Deb Baker 54	56 161								51	
4	Elaine Gimblet 26	122						45.03	51		
5	Judy Massingill 94.03	22	27					45.03			
6	Tala Hill 84.37			51				33.37			
7	Angie Orellano-Fisher 43	28 71									
8	Debra Reynolds 49	16	33								
9	Rosemary Rogers 21		21								

### Grand Master Division - Men

Rank	Name	Midnt Myst Total	Nebo	BP	AT	Styx	BDea	SunS	LOVT	ABF	WR
1	Bill Coffelt 59	58 533	60		103	34	56		57	53	53
2	Rich Brown 48	36 449	49	54	87	28	28		35	42	42
3	George Peterka 37	30 301	32	43		50.5	34	45.48	29		
4	Cliff Ferren 25	290.4			73		45	39.41	46	31	31
5	Johnny Eagles 19	163.9	20	26		22	16	37.89	23		
6	Don Preston 161		10	32		16	22	63.99	17		
7	Alan Hunnicutt 135.5	47	38			50.5					
8	Joe Milligan 31	18 117.4	26					42.45			
9	Ron Gimblet 57.35		7					33.35	11		6
10	Herb Jarrell 54.02	12						42.02			







Tina Ho at Big Shot's Aid Station during the 3 Days of Syllamo



Big Shot supervising at his aid station. (Kim Fischer instructing Big Shot on how to supervise and Jimmy Sweatt is listening intently as he is taking a nap.)

# Upcoming AURA Events

Mount Magazine Trail Run  
**8:00am - Saturday, May 11, 2013**  
Mount Magazine, Paris AR  
**2012 - 2013 AURA Ultra Trail Series Event**

Mount Magazine State Park, a natural “island in the sky,” looms over the Arkansas River Valley, and is home to Signal Hill, the highest point in the state, elevation 2,753 feet. Magazine is home to magnificent bluffs which make for breathtaking scenery, provide spectacular views, and make it popular for hang gliders and climbers alike. Magazine also offers numerous trails for hiking atop the mountain and into the valley below. It’s now time to enjoy those trails as runners.

Come join us for the 2nd Mount Magazine Fun Run. We’ll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top. For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

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

## Directions:

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

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

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

For more information on the race please contact PT at [runninpt@gmail.com](mailto:runninpt@gmail.com)

# The Catsmacker

Lake Winona Park  
Saturday, June 8, 6:30 am  
Distance: 23 miles (+/-)

## **Features:**

Terrain: Gentle hills  
Surface: Ouachita Trail, forest roads and 4-wheeler trails  
Also a 12-mile Kitty Run option  
Fun!!

## **Queens and Kings of the Trail!**

The 2012-2013 Ultra Trail Series awards ceremony will be held after the run

To get there:

Driving directions from Williams Junction (intersection of highways 10 and 9) : Go south on Hwy 9 for 5.7 miles. Turn right onto Lake Winona Road . Follow Lake Winona Rd for 4 miles (first two miles are blacktop, last two miles are gravel) to intersection with FSR 114 (right) and FSR 778 (straight). Go right, up the hill, and turn left into the park. Be quiet when you arrive so as to not disturb the park superintendent.

No entry fee, no frills; there will be a waiver to sign morning of run. Water will be available every 4 to 5 miles, and there will be one aid station with minimal aid near the halfway point. You are encouraged to carry a water bottle and any snacks you want. For more information, contact Stan at [stan@runarkansas.com](mailto:stan@runarkansas.com)

## **Rules for Lake Winona Park:**

- #1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.
- #2 Keep Off the spillway and levy.
- #3 No bike riding is allowed in the park except in the parking lot and drive.

## **Retreads**

First Wednesday of the month  
Franke's Cafeteria  
11121 N. Rodney Parham Road  
(Market Place Shopping Center)  
Dutch Treat

Wear something to show you are  
one of the gang -- shirt, hat, scarf,  
finisher medal, etc. Just show up  
and look for the Old Runners:

Retreads. For more information  
contact Charley or Lou Peyton at  
225-6609 or [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)