

THE ARKANSAS ULTRA RUNNER

December 2013

The Newsletter For Members of the Arkansas Ultra Running Association AURA Website

www.runarkansas.com

Message from the President – Stan Ferguson

Happy New Year ya'll!

First off, I need to follow-up on some details not covered in my last column. It was pointed out that I made an incorrect statement regarding Arkansas winners of some 100-milers. We should never forget Kim (Goosen) Morton's miracle year of 1995 when she won four 100-milers, including Massanutten, Old Dominion, and Vermont—which are all legendary east coast 100s. So definitely my apologies to Kim for not mentioning that. I do remain fixed, however, on the opinion that at no time in the past has there been a better collective base of competitive 100-mile runners hailing from Arkansas than right now.

Thanks to Bonnie and Phil Carr for organizing the sixth annual Lake Ouachita Vista Trail (LOViT) Marathon! This run had to be postponed two weeks from its originally scheduled date due to the ice storm in early December. On its rescheduled day, ice was not a problem but we were hit with heavy rain all that Friday and Saturday. There was a LOT of water! No doubt that a bunch of folks elected to not come out because of the

rain, but I think they missed out. A total of 30 hardcore's showed up to run. I was thinking during the run that if most of the aid spots had just consisted of some jugs of water—rather than the wonderful and dedicated volunteers who showed up providing top-notch support and goodies, it would have been very much like many of the UTS runs put on about 20 years ago. –A couple dozen or so crazy people out running in the woods in conditions that most sane people would avoid. Actually, I thought that if it had just been five or ten degrees warmer, the conditions would have been very nice. There's something about running in the woods in the rain that I've always enjoyed—as long as I have appropriate gear. Anyway, let's hope that the weather treats us well as we come up on the next few events taking place in the winter months.

Looking ahead in the Ultra Trail Series... The awesome, rugged, unforgettable Athens-Big Fork Trail Marathon is coming up, scheduled for January 4th, led by Steve Appleton. I just learned that Mr. Raymond Hayward, proprietor of the Big Fork Mall, keeper of the Big Fork Community Center, and holder of most other titles in the Big Fork area has been in the hospital. The community center will still be open for the run, but please everyone wish for a speedy recovery for Mr. Hayward. Two weeks after ABF we have the Swampstomper, on Sunday, January 19th. Thanks again to James Holland for providing entry access to active UTS participants—enabling this one to return to the series.

There is good news regarding the White Rock Classic 50K. We've had the day set for February 1st for quite a while, but were not sure of the route. Lisa Gunnoe and PoDog Vogler have been working on this and report that White Rock Mountain Road is OPEN, allowing us to return to the traditional route and start/finish. I certainly appreciate the alternate route that Jamie and Jay Huneycutt worked out a couple of years ago, but I believe everyone I've talked to has longed for a return to the original "Hills from Hell". So there you go! A few final details are still being nailed down, such as if we'll gather at the Turner Bend store for sign-up. So stay tuned to the website for final updates, but know that the plan will be to start on White Rock Mountain road (aka FSR 1003) just off of Hwy 23—about a mile north of the Mulberry river. To allow ample travel time for everyone, White Rock has a 9:00am start.

That's all folks for this time. I trust everyone will start the new year Ready To Run. Hope to see you out there.

2013 ARKANSAS RRCA ULTRARUNNERS OF THE YEAR

By Bob Marston

The 2013 Arkansas Ultra Runners of the Year were recognized at the RRCA Arkansas Annual Awards in Hot Springs on November 23, 2013. They are as follows:

Overall Ladies:	Tammy Walther
Overall Men:	Mark DenHerder
Masters Ladies:	Tina Ho
Masters Men:	Paul "pt" Turner

As has recently been the rule Tammy ran away with the award just as Chrissy Ferguson did for so many years. That said, if Chrissy decides to run a lot of races in any year, the competition will be "on". Tammy accumulated 785.75 points. Her point races were the Arkansas Traveller 100 (300- 2nd overall, 1st Arkansas lady), the Ouachita Trail 50K (25) the Full Moon 50K (30), the 24 Hour Sunset Endurance Run (120.75), the Keys 100 (170) and the Tatur Midnight Madness 50 Miler (140).

Mark DenHerder won the overall men's award with 613.75 points. Year in and year out as I have compiled the points Mark has consistently been lurking very close to the eventual winners. It is only fitting that he has finally broken through and won an award that really tests one's mettle. He completed the Arkansas Traveller 100 (170), the Ouachita Trail 50 Miler (50), the Bona Dea 50K (23.75), the Bartlett Park 40 Miler (95) the Full Moon 50K (30), the Rocky Raccoon 100 Miler (170) and the Tatur Madness 50 Miler (75).

Tina Ho, relatively new on the ultra scene, ran a boatload of races validating the fact that these awards recognize not just performance but, as well, dogged determination and resistance to injury. She earned 507.5 points in running the Arkansas Traveller 100 (170), the Ouachita Trail 50 Miler (50), The Bona Dea 50K (46.25), 3 Days of Syllamo 50K (20), the White Rock 50K (46.25), the Bartlett Park 50K (25), the SwampStomper 50K (20) the Sylamore Trail 50K(25), the War Eagle 50K (25), the Tatur Midnight Madness 50 Miler(50) and she was the Ultra Trail Series Masters Queen (30).

PT won the masters men's award after being a presenter of this award in previous years. A real tribute to a fellow who doesn't just "run 'em" but works like heck for all ultrarunners is the fact that all of the folks he managed to beat this year and who have regularly beaten him in previous years were more pleased with his getting the award than I think he was. Now, if we can just get him to use a little more makeup whilst doing the Hash's annual red dress run and just leave the men's butts alone, all would be well. pt really maximized his opportunities for points as he only ran four races but, boy, did he score in those runs. He seems to be getting better as he ages (I didn't write prettier - whew, definitely not prettier - that dog's been run HARD!) which simply means that the deadbeat's been "sandbaggin'" most of his life. pt scored 407.5 points in running the Arkansas Traveller 100 (145), the Ouachita Trail 50 Miler (75), 3 Days of Syllamo (157.5) and the Sylamore 50K (30).

Congratulations to all these fine representatives of our sport for their excellent performances this past year!



Tammy Walther (Female Ultra Runner of the Year) and Paul Turner (Masters Male Ultra Runner of the Year)

ARKANSAS RRCA ULTRARUNNERS OF THE YEAR
Ultrarunner of the Year points tabulation algorithm provided by Bob Marston

Eligibility, Competitive Period, Awards, Points Computation, Rationale and Questions

Eligibility, Competitive Period and Awards:

1. Must be a resident of Arkansas.
2. Must be a member of a running club affiliated with the Road Runners Club of America (RRCA). The Arkansas Ultra Running Association is an RRCA Club. Each year the Arkansas RRCA organization presents plaques to Arkansas Ultra Runners of the Year.
3. Competitive period: Yearly, beginning at 12:01 AM on the Monday immediately following the completion of the Arkansas Traveller 100 Mile Race (AT 100). This timing is intended to align the award with the other Arkansas RRCA awards and, more importantly, make the AT 100 the finale for the competitive period.
4. Four awards will be presented each year at the RRCA state meeting held in

Hot Springs, AR. This meeting is held in November on the same day as the running of the Hot Springs Spa 10K:

Arkansas RRCA Male and Female Ultrarunners of the Year

Arkansas RRCA Masters Male and Female Ultrarunners of the Year (40 years of age or older)

There will be no duplication of awards. A competitor's age will be determined for a specific competitive year by the age each competitor has reached by the date of the second day of the AT 100. An individual will earn points toward the master's category as well as the overall category in the year that runner turns 40 as indicated in this paragraph.

- To avoid any appearance of impropriety, the points tabulator for these annual awards will be ineligible for any annual award described herein. The current points tabulator is Bob Marston.

Points Computation:		Points
100 mile races: (70-100 miles) (trail or road)	finish within the cutoff time PLUS finish FIRST among all FINISHERS of your sex	120 +240
	Page 1 OR finish SECOND among all FINISHERS of your sex OR finish THIRD among all FINISHERS of your sex OR finish within the top 25% of all FINISHERS of your sex OR finish within the top 50% of all FINISHERS of your sex	 +180 +150 + 50 + 25
40 - 69.99 miles: (trail or road)	finish within the cutoff time PLUS finish FIRST among all	50 +120

FINISHERS of your sex
 OR
 finish SECOND among all FINISHERS of your sex + 90
 OR
 finish THIRD among all FINISHERS of your sex + 75
 OR
 finish within the top 25% of all FINISHERS of your sex + 25
 OR
 finish within the top 50% of all FINISHERS of your sex + 10

27-39.99 miles: finish within the cutoff time 20
 (trail or road) PLUS
 finish FIRST among all FINISHERS of your sex + 60
 OR
 finish SECOND among all FINISHERS of your sex + 45
 OR
 finish THIRD among all FINISHERS of your sex + 35
 OR
 finish within the top 25% of all FINISHERS of your sex + 10
 Page 2
 OR
 finish within the top 50% of all FINISHERS of your sex + 5

6-12-24 hour track or multi-loop runs: one half number of miles run equals number of points received
 (if threshold mileage is run – see note below)
 PLUS
 More than 80 in a 24 hour run + 30
 OR, more than 90 in a 24 hour run + 45
 OR, more than 100 in a 24 hour run + 70
 OR, more than 110 in a 24 hour run +100

OR, more than 120 in a 24 hour run	+150
OR, more than 130 in a 24-hour run	+200
OR, more than 50 in a 12 hour run	+ 20
OR, more than 60 in a 12 hour run	+ 30
OR, more than 70 in a 12 hour run	+ 50
OR, more than 30 in a 6 hour run	+ 5
OR, more than 35 in a 6 hour run	+10
OR, more than 40 in a 6 hour run	+20
OR, more than 45 in a 6 hour run	+30

NOTE: To receive any points at all for a track run, you must run at least:

27 miles during a 6 hour run

40 miles during a 12 hour run

75 miles during a 24-hour run

Other multi-day events and track runs in excess of 24 hours have limited participation and are difficult to quantify. Certainly they are among the most grueling and meritorious finishes. Until a better method of quantifying such a performance is proposed, ultra runners will receive points as follows:

multi-day event: one half number of miles run equals
(trail or road) number of points received

NOTES:

1. This is currently the only event that need not be a race to earn points.
2. Must complete the intended run

3. Examples of runs in this category: entire Ouachita or Ozark Highland Trail, run across VA, CO, etc.
4. AURA officers and points tabulator to determine if an event qualifies.
5. Minimum daily mileage – 27 miles

multi-day event: one half number of miles run equals
(track/multi-loop) number of points received
(> 24 hours)

NOTES PERTAINING TO ALL EVENTS:

1. Training or “fun” runs do not count. By vote of the AURA membership the White Rock 50K and the Midnight 50K, originally "fun" runs, are races for which points can be earned.
2. With the exception of the multi-day, trail or road event, the race must be “billed” as a race, must have a race director and results should be available in the newspaper or in a running publication.
3. To receive any points a competitor must log at least 27 miles in a track run and must finish any other run within the cutoff time.
4. Ultra Trail Series (UTS) Kings and Queens: Overall male and female winners shall each receive 50 points All other first place division winners, masters, senior masters, etc. shall each receive 30 points for their accomplishments. In the event of a tie in any division, the division winners shall split the available points.
5. The RUNNER has the responsibility of reporting his or her race results to the points tabulator in a timely fashion. That said, the points tabulator will utilize all sources of information, independent of runner inputs, to determine points earned for runners. It remains the runners’ responsibility to inform the points tabulator of the qualifying races that he or she has run. This provision accomplishes two objectives: first, it recognizes that most ultrarunners are not particularly interested in reporting results, and second, it discharges the points tabulator from any claims that he or she might have missed awarding points for a qualifying race that a runner might have run.
6. Masters runners will receive points based upon their overall finish. They will NOT receive points based upon how they fared against other masters runners. For example, a masters runner finishing in the top 25% of all masters finishers but in the top 50% of all finishers will receive top 50% points.
7. A track run is any run conducted on a track similar to the type one finds at a

high school or college and normally 440 yards or 400 meters in length. A multi-loop course is one that is normally associated with a race in which the participants run the same course, trail or paved, repetitively for a certain amount of time; e.g., a 24 hour race where the multi-loop course is 3.2 miles in length.

8. Any issue left unresolved, requiring clarification, not covered or simply needing change will be settled by the AURA membership if it can be timely and effectively polled or, barring that, by the officers of AURA and the points tabulator.
9. Since the size of the field (number of competitors) is the best indicator of the quality of an event, a field size factor will be used to award enhancement points. The provisions of this paragraph apply only to enhancing point totals - adding additional points due to 1st, 2nd or 3rd place finish, top 25%, etc. For races with less than 25 finishers, enhancement points will be 50% of full value. For races with 26-50 finishers, enhancement points will be 75% of full value. For races with more than 50 finishers, enhancement points will be full value. 6-12-24 hour runs are excluded from this since enhancement points in those contests are awarded on the basis of mileage run. (EXCEPTION: Due to the exceptional difficulty of the Hardrock 100 this race will receive the full value of any enhancement points earned.
10. By vote of the AURA membership, if a points earning race has only 2 male finishers or 2 female finishers the first place finisher shall be awarded top 50% finisher enhancement points and the 2nd place finisher shall be awarded finisher points only. Points will be determined normally for races in which 3 or more male or female runners finish the race. Change made March 8, 2009.
11. Runners who complete all three days of Three Days of Syllamo will receive points based upon finishing a one hundred mile race. If an individual does not complete races all three days then the races that the runner completes and which are greater than 27 miles shall be scored as individual races. That is, the current 50K race shall be scored as a 50K race and the 50 miler as a 50 mile race.

Rationale and Additional Considerations:

1. This proposal has two purposes. First, to inform the ultra running community, early in the year, of exactly what criteria will be used to recognize ultra running award winners and, secondly, to establish objective criteria for determining those winners. The Grand Prix Series uses both objective criteria (overall and age division winners) and somewhat subjective criteria (runner of the year) in determining its annual award recipients. The ultra running community simply does not have the number of participants to justify an

additional, somewhat subjective award. Consequently, this proposal is presented to make the award a wholly objective, informed one. By disclosing criteria it is hoped that the award will generate the same competitiveness and improved performance and participation in ultra running as it has in Grand Prix racing.

2. As stated earlier, THE RUNNER has the primary responsibility for reporting their qualifying race finishes to the points tabulator. The tabulator will maintain standings as current as possible and will provide such for publication, from time to time, to the editors of local publications (newspapers and running club newsletters).
3. Masters runners will compete in both masters and overall categories. However, there will be no duplication of awards. A runner winning both the Masters and the Overall award categories will receive the Overall Ultra Runner Award and will not be able to opt to receive the Master's award.
4. In a manner certainly open to argument, events have been weighted according to length. Since successful ultra running is so dependent upon mental and physical tenacity and endurance, point allotment is intended to reward both performance AND perseverance.
5. Suggest this criteria be reviewed periodically, changed as deemed appropriate, and then disclosed. If interest increases, suggest the awards become two deep and a senior masters division (50+) be added. Perhaps an annual award could be presented to that person or persons that have best exhibited the true grit and spirit that all ultrarunners possess. With this award, perhaps someone who never wins but slugs it out on a regular basis and demonstrates great perseverance, tenacity and dedication to our sport can be thusly recognized.
6. The points tabulator will accept any and all questions as to the propriety of this points system, make those inquiries known to as many ultrarunners as possible and then, after requesting and receiving input, try to get a vote from AURA membership as to any appropriate changes. If a vote cannot be reasonably accomplished, the AURA officers and the points tabulator shall make a decision and notify membership.

Other Questions:

1. Arkansas RRCA pays for the four awards currently presented to Arkansas RRCA Ultra Runners of the Year. Perhaps AURA should consider paying for the expansion of those awards to include a seniors division, perhaps 2 deep in the overall and masters categories, perhaps an annual gut type award to that individual(s) who will never win anything but had a great year nonetheless in completing a lot of tough runs. Lastly, we probably should consider a

Lifetime Achievement Award, that might not be presented every year but would recognize a very few individuals for their contributions to the sport and/or their performances in the sport, over a long period of time. I do not think the additional cost associated with these additional awards would be too great and I think the Lifetime Achievement Award should be rarely presented but be an absolutely, exceptionally fine, award.

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2013 AURA DIRTY GIRLS ROCK!

It's been a long hard dirty road for the AURA Dirty Girls. When I first moved to Arkansas I entered the Grand Prix in 1999 and ran for Conway Running Club. I believe I ran for Conway for 2 or 3 years before deciding there were way too many politics going on, so I dropped out of the Grand Prix and didn't participate for many years. When AURA became an RRCA affiliated running club in 2001, the seed was planted. We needed to have a women's team in the Grand Prix. In 2007 I finally got my butt in gear and started the AURA Dirty Girls. What I wanted for our team was: Teamwork, support for each team member, no back stabbing or gossip between or about team members, and carpool together when possible. I believe we have achieved all of these things and more. Our first year running we were DFL. In 2009 we were second from DFL (--at least we were moving in the right direction!). In 2010 we were 3rd overall, and in 2011 and 2012 we placed 2nd overall. This year we had interest from some of the faster girls that wanted to dabble/convert to the Ultra scene, with this interest we beat out Conway for first place this year.

Thanks to all our Dirty Girls for our best year ever! As a running club we took home 1st place in the Grand Prix for our women's team, Jenny Wilkes was voted Runner of the Year, Leah Thorvilson took home the Spirit award, Tammy Walther took home UltraRunner of the Year award, Tina Ho took home Master UltraRunner of the year and Chrissy Ferguson took home the Race Director of the Year award. That's a lot of hardware for a bunch of UltraRunners that would rather run on the trail than the road!

Congrats Dirty Girls on a great year of running, looking forward to seeing how much ass we can kick in 2014!

Chrissy Ferguson



Chrissy Ferguson Arkansas RRCA 2013 RRCA Race Director of the Year

PT presented Chrissy with her plaque.



Jenny Wilkes RRCA Female Runner of the Year

Eugene Atha presented Jenny with her plaque.



Leah Thorvilson 2013 Buzz Wilson Arkansas Spirit Award

CyMBER Gieringer presented Leah her plaque.

2013 AURA Men's Team Arkansas Grand Prix Recap

BY Team Captain Michael Harmon

The 2013 Arkansas Grand Prix race season began with the One Hour Track Run in Danville and concluded with the Spa 10K in Hot Springs. Team AURA made a statement at the One Hour Track Run that it would be a contender this season and that held through to the Spa 10K.

The One Hour Track Run on January 27 was the kick-off to the Grand Prix season. Team AURA was led by Caleb Ault and Jeffrey Zern who led the way to Team AURA's third-place finish.

One week later, on February 2, Team AURA again finished in third place, Jeff Zern led the way with Caleb Ault and Chris Ho close behind. Paul Turner directed Team AURA at the Valentine's Day 5K in Russellville. Turner, Stan Ferguson, Steven Preston, Greg Massanelli, and Carl Carter led the team to a fourth-place finish.

On February 17, Team AURA traveled down to Texarkana for the Run The Line Half Marathon. Ault, again, led the team but it was strong group of Daniel Arnold, Carter, and Massanelli propelling the team to a third-place finish.

The Grand Prix Series took a few weeks off before reconvening in Conway for the Chase Race 2-miler. Aaron Bate, Barrett Keith, Elliott Evans, and Paul Turner posted lightning-fast times to lead Team AURA to another third place finish.

The first 5K race of the Grand Prix season was the Spring Fling 5K in Cabot on March 23. Bate, Charlie Cox, Elliott Evans and Stan Ferguson brought the heat with great races.

The Capitol City 10K was held on April 6. Eliot Evans, followed by Zern, Arnold and Ho, led Team AURA to a fourth-place finish.

The Hogege Marathon in Fayetteville was the site for the Grand Prix marathon. Ault Chris Ho, Jeffrey Zern, Daniel Arnold and Jim Tadel took on a tough race on a tough course and led Team AURA to another fourth-place finish.

It was back to Conway for the second 10K of the Grand Prix season, the Toadsuck 10K on May 4. Barrett Kerth led Team AURA to a second-place finish. Turner, Ault, Ho, and Arnold put in strong finishes.

The Grand Prix's only 8K was the Rock Run 8K on May 25. Ryan Garvin led all Team AURA runners and following Garvin were Ault, Evans, Ho, and Zern. Team AURA finished in third place.

The Go! Mile on June 15. Jeffrey Zern, Elliott Evans, Chris Ho, and Daniel Arnold posted speedy times on the short distance and brought Team AURA enough points to finish in second place.

Batesville was the site of the White River 4-Miler on August 3. The Fab 5 of Zern, Ho, Ault, Arnold and Tadel pushed Team AURA to another second-place finish.

After a trip to North Arkansas, it was down to Southwest Arkansas for the Hope Watermelon Festival 5K on August 10. Zern, Ho, and Ault ran as a pack and powered AURA to a fourth-place finish.

Labor Day weekend brought the Grand Prix to the north shore of the Arkansas River for the ARK 5K. Barrett Kerth finished that race in second-place overall and led AURA to a third-place finish.

The Grand Prix returned to Batesville for the Sara Low Memorial 5K. AURA was represented by Jeffrey Zern who finished the 5K in second-place overall. Zern, Arnold, Tadel, and Dan Belanger pushed AURA to a third-place finish.

From Batesville, the Grand Prix traveled down to Benton for the Arkansas 20K on September 21. Caleb Ault returned to form and with Ho, Zern, Evans and Arnold close behind, AURA finished a close second place.

Team AURA was not able to field a team for the next two races, Chile Pepper Festival Cross Country 10K and the Survivor's Challenge 10K. On October 5, there were

numerous lightning delays at the Chile Pepper Festival Cross Country 10K, but that didn't stop Dan Belanger, who toughed it out through adverse conditions. Ault, Ferguson, and Arnold represented AURA at the Survivor's Challenge.

Soaring Wings Half Marathon in Conway was the highlight of the season for Team AURA. Zern, Turner, Ho, Ault and Ferguson all finished in the top 16 of all male finishers and Team AURA claimed first place for the team.

The finale of the Grand Prix season was the Spa 10K. Paul Turner, Chris Ho, Caleb Ault, Daniel Arnold, Carl Carter, and Luke Walther directed Team AURA to a fourth-place Grand Prix team finish. Luke Walther, by the way, is the youngest member of Team AURA, at 10 years of age.

Team AURA was comprised of more than 20 runners who all contributed greatly to the success of the team. Team AURA finished in last place in the 2012 Grand Prix season. In 2013, the final results show what dedicated runners there are in the club.

Final results for the Grand Prix season are:

1. Little Rock Roadrunners, 392 points.
2. Melonvine Striders, 384 points.
3. Team AURA, 339 points.

Any member of the Arkansas Ultra Running Association can run for Team AURA. Registration for the 2014 season is now open. Registration can be made online at arkrrca.com or at <http://register.macsrts.com/Search/event.aspx?id=24605>.

Around and Around We Go by George McDonald

Loop courses are interesting. If you miss something, you can always see it on the next loop! The Bona Dea 50K is comprised of nine, 3.4 mile loops and a short out-and-back. It's an interesting course and a beautiful way to spend a Saturday in the woods - even with a sign at the beginning warning about alligators! November 16th was cool and overcast with a forecast of clearing skies, 20-plus MPH winds, and warming up to 76 degrees. Not really good weather for a long race, but at least the trail was well-protected in the tall trees. I spent the night camped on Lake Dardanelle and listened to the wind blow and rain showers all night. It warmed up from 45 to 56 degrees overnight. Not good! I had a short 10-minute drive to the starting line and a lot of different clothes in my drop bag since the weather was so unsettled. I changed my mind several times about what to wear as the temperature kept flexing.

There was a group of about 50 runners in various stages of preparations for the race. Some folks had set tables up with lawn chairs and bags full of goodies. The Gimblets had a table full of food and interesting stuff in a cooler. I visited with several friends, but no Angie. Not sure where she was... As the 0800 start approached we had our briefing and off we went into the woods. The keys to long races are concentration and conservation. If you run too hard at the beginning, (*unless you are a "gazelle,"*) you pay the price and "die" before the finish. Even though the trail was asphalt, it was covered in soft patches of recently fallen leaves. The colors were at peak and made for a beautiful backdrop. As the breeze entered the woods we were showered with leaves of all different sizes and colors. The course meandered through trees and around small ponds. I heard several ladies who were concerned about alligators, but since it had been very cool at night I reassured them that the "beasts" would be at the bottom of the ponds and not too concerned about us running by their area. The path was well-maintained with no rough spots. As we made the turn at the end of the park the trail wound through some interesting marsh. The path was flat with only an occasional bump. The one thing that helped was the left-over mile-marks from a 5K course the previous week so we could get an idea of pace.

As I finished my first loop I saw Marvin. He said Angie was 13 minutes late and behind me somewhere. As I began the second loop I ran with Tina Ho. We had a nice run together while we talked about past runs and plans for the day. We helped each other as we ran the next 4 loops at a nice steady pace. *Trail running is a lot about helping each other out, because you sure don't see this camaraderie at road races!* As each loop passed, I was trying to keep a steady pace. I knew the weather was still unsettled, but the trees kept the wind down and the overcast skies kept the temperature down. As we finished the 5th loop, Tina moved ahead and I was by myself. I was having some stomach issues, but nothing too disturbing. I kept eating food and munching on crackers. *You have to eat and drink or you will suffer.* My plan worked as I managed to be somewhat consistent, especially considering the lack of base miles. As I reached my 7th loop the sun began to peek out. I changed shirts and pressed on as I had only two more loops left. The sun was out on the last loop, but I was on the last loop! I had a goal to finish under 7 hours and a crazy hope of breaking 6 and one-half hours. My pace was going to be close. As I worked around the loop I had the chance to reach the latter goal. I pressed hard through the end of 9 loops with a little less than a half-mile to go I knew I had it! I crossed in 6 hours and 26 minutes! I was very happy and the wind was never a factor. When I returned to the trailer Linetta had been concerned as she said the winds blew about 30 mph and the lake had white-capped all day. I was glad for those trees. See ya on the roads!



Pre-race photo from the Bona Dea 50K



Course photo from Bona Dea



George McDonald finishing the Bona Dea 50K

Sunset Lake Endurance Run By Pete Ireland

The Third Annual Sunset Lake Endurance Run put on by the Saline County Striders drew the largest crowd yet, with a total of 72 runners officially participating, an increase of 18 over last year. This was the second year for this race to be part of the AURA Ultra-Trail Series.

The 24 hour duration, plus set-up and take down, means a lot of people are needed and thus finding sufficient volunteers can be a challenge. Tracking runner laps is a critical aspect, especially during the 6-hour event when there can be 60 or 70 runners on the course. Sometimes several of them are bunched together, especially early in the race, which complicates seeing and recording everyone as they pass. During that time we like to have at least three, and ideally four or even five people keeping track of runner laps. Even then, there is the possibility of missing someone.

A big thank you to all the Strider members who came out to help, especially Nicole Hobbs and Cody Jones who were there the entire night, plus Nicholas Norfolk who put in many hours helping track the runners as well as taking pictures, and Rhonda Ferguson and Charlie Dunn who were a big help during the 6-hour event.

The daytime weather was very good, with a mix of clouds and sun. It had, however, been extremely chilly overnight with a hard frost on the windshield of the parked vehicles. The overnight volunteers were bundled up staying close to the fire.

We had some very impressive performances, highlighted by Tammy Walther's 115 laps of the 1.015 mile course for a grand total of 116.725 miles which she ran in just over 23

hours. She reminded me of the Energizer Bunny, she just kept going and going. Tammy was the female winner last year with 101.51 miles. After that race she was quite exhausted, and after resting for a while needed help to get back to her vehicle. This year she finished in far better shape and could have continued, but she had achieved her goal.

Maurice Robinson, running his age (and then some) in miles for the third year in a row ended up the top male finisher with a total of 75.11 miles.

In the 12 hour event, Rachael Speer, with a near sprint on the last loop to beat the clock, finished with 55.825 miles, while Ronnie Daniel ended up the top male with 45.676 miles. Elaine Gimblet (age 66) finished the 12 hour event with 46.69 miles running with her daughter Susy Phillips, both of whom continued on to cover 50 miles later that evening.

Jenny Wilkes, with 37.555 miles, captured the top spot in the 6 hour race. Thomas Chapin was the male winner with a total of 35.525 miles which he completed in slightly under 5 hours. It should be noted that women finish with the top mileage in all three races.

In addition to Arkansans, there were runners from California, Missouri and Maine. Vincent Ma, from California, was allowed to run the 6-hour race starting Friday evening so he could drive to Louisiana for a 50K at Ruston. He completed a marathon distance in 3:42 before departing. In Ruston, he finished the 50K and now has completed a marathon or longer in all 50 state for the fourth time.

About the only significant negative was someone parked on the grass off the paved parking lot up the hill from the lake and apparently got stuck because the area was muddy. In getting out, he or she tore up the grass very badly over a fairly large area, leaving it a mess. We hope that will not jeopardize our use of that venue in the future.

Quite a few runners came out simply to go for a certain distance, such as a marathon, 50k, or just a distance PR. A number of runners reportedly achieved personal bests, among them Kelly Hair, Jonathan Young, Jana Young, Missy Key, Shauna Veazey, Christian & Anna Gonzales, Leigha Jones, David Meroney, Elaine Gimblet, Joshua Drake and his three children, Larry Freilino, and Cymber Gierenger. For several of them this was their first ultra race and for others it was their first marathon distance. Congratulations to all of them and apologies to anyone overlooked.



Maurice Robinson and Tammy Walther 24 Hour Winners



Sunset at Sunset Lake



Race HQ



Sunset Lake Trail

Q & A with David Stafford 2013 Arkansas Traveller 100 Finisher (28:43:27)

Now that you are finisher, what would you tell someone training for the Traveller for the first time?

I would tell them that prepare by doing a lot of running, but don't get hung up in strategy. Do what feels right and they will learn a lot of lessons the first time. The second would be better.

Can you share with us a little about your preparation for the Traveller?

I had high cholesterol six months ago. I changed my diet and went from running zero miles to about 20 a week. The day before the registration ended, I signed up on a whim. In the resulting few weeks, I was able to do run stacks of 50 to 60 miles with no running during the race.

Is there anything you would change in your preparation/strategy (i.e. training, eating/drinking, pacing/crewing)?

I would have something at every stop. I only had one drop bag and set it at the powerline. I would definitely have more bags. I think I would have done everything else the same.

Tell us about how your run went?

Great for the first 60, aiming at 22 hours. Then it started raining, my ankles locked up and I wasn't able to run or really walk the last three miles of the race.

At what point did you know you were going to finish?

I started with the expectation to finish.

How is your recovery going?

I was completely out of commission for the first two days.

Any more 100's in your future? What's up in the coming months ultra wise?

No.

2013-2014 Ultra Trail Series Standings Through Seven Events

Open Division - Women

Rank	Name	FMn	Nebo	BP	AT	BDe a	SunS	LOV T	Total
1	Jenny Wilkes	43		44	76	58	53.6		274.6
2	Deb Baker	32			90	47	46.1		215.1
3	Cymer Gieringer		28	51		30	58.4		167.4
4	Andi Stracner		16	27	52	12	59.3		166.3
5	Angie Stewart		34	51	63	18			166
6	Stacey Shaver-	54		55		36			145
7	Tina Ho			33	106				139
8	Elaine Gimblet		22			8	54.4		84.47
9	Chrissy Ferguson		45			24			69
10	Christine Rutlen		56						56
11	Elizabeth Kimble				43				43
12	Lisa Gunnoe			21			19.1		40.18
13	Carol O'Hear	26							26

Open Division - Men

Rank	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Mark DenHerder	57	30	41	84	28	25.7	57	322.7
2	Brock Hime		70	58	114				242
3	Thomas Chapin	46		52		62	46.1		206.1
4	Caleb Ault	68	59			51			178
5	Aaron Dickens	22	10	36		16	44.8	35	163.8
6	Jonathan Young	6		31		6	58.1	29	130.1
7	Paul Turner		48		43	34			125
8	Tyler Wilkerson		42	47	25				114
9	Shannon McFarland	18	20	53			20.4		111.4
10	James Holland	40			71				111
11	PoDog Vogler		36		60	12			108
12	Stan Ferguson		24		31			46	101
13	N. Wesley Hunt				98				98
14	Patrick Barker	9	9	18	15	9	25.8		85.84
15	Malcolm Smith	28			51				79
16	Cliff Ferren	15	17		7	22		17	78
17	Bill Coffelt	34			37				71
18	Jason Armitage	12		30	20				62
19	Ronnie Daniel	8					53.8		61.83
20	Joshua Drake	4	5				41.5	11	61.52
21	Kurt Hauser		11	24				23	58
22	Kevin Dorsey	7		42					49
23	George McDonald		8			3	36.9		47.91
24	Johnny Eagles			8	11		23.7		42.73
25	Chris Ho					40			40
26	Ron Gimblet	3	4			2	27.9		36.99
27	Arland Blanton						29.0		29.07
28	Rich Brown		14						14
29	Greg Weidenhoffer			12					12

30	Joe Milligan		7						7
31	Bob Marston		6						6
32	Dennis Baas	5							5
33	Greg Bourns	2	2						4
34	Bill Brass		3						3

Masters Division - Women

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Deb Baker	41			87	56	48.4		232.4
2	Andi Stracner		26	32	73	22	62.3		215.3
3	Cymer Gieringer		43	51		34	61.3		189.3
4	Stacey Shaver-	52		54		45			151
5	Tina Ho			43	103				146
6	Elaine Gimblet		32			16	57.2		105.2
7	Chrissy Ferguson		54			28			82
8	Lisa Gunnoe			26			20.1		46.14

Masters Division - Men

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Mark DenHerder	62	43	51	110	46	27.0	55	394.0
2	Paul Turner		65		67	57			189
3	PoDog Vogler		54		94	29			177
4	Patrick Barker	22	15	33	33	23	27.1		153.1
5	Cliff Ferren	34	31		21	35		27	148
6	Stan Ferguson		37		47			44	128
7	Jason Armitage	28		55	39				122
8	Malcolm Smith	40			80				120
9	Bill Coffelt	51			56				107
10	Kurt Hauser		19	44				33	96
11	Joshua Drake	6	5				43.6	21	75.60
12	Johnny Eagles			21	27		24.9		72.91
13	Ronnie Daniel	16					56.5		72.52
14	George McDonald		12			17	38.7		67.75
15	Kevin Dorsey	12		51					63
16	Ron Gimblet	3	4			11	29.3		47.39
17	Arland Blanton						30.5		30.52
18	Greg Weidenhoffer			27					27
19	Rich Brown		25						25
20	Dennis Baas	9							9
21	Joe Milligan		9						9
22	Bob Marston		6						6
23	Greg Bourns	2	2						4
24	Bill Brass		3						3

Grand Master Division - Women

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Deb Baker	51			101	53	53.1		258.1
2	Elaine Gimblet		41			31	62.6		134.6
3	Chrissy Ferguson		52			42			94

Grand Master Division - Men

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Cliff Ferren	34	48		51	43		51	227
2	Paul Turner		59		89	54			202
3	Malcolm Smith	45			105				150
4	Johnny Eagles			51	62		27.2		140.2
5	Bill Coffelt	56			75				131
6	George McDonald		31			32	42.4		105.4
7	Ron Gimblet	22	13			26	32.1		93.19
8	Rich Brown		37						37
9	Arland Blanton						33.4		33.43
10	Dennis Baas	28							28
11	Joe Milligan		25						25
12	Greg Bourns	16	6						22
13	Bob Marston		19						19
14	Bill Brass		9						9

Senior Division - Women

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Elaine Gimblet		51			51	70.8		172.8

Senior Division - Men

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Johnny Eagles			51	101		30.8		182.8
2	George McDonald		56			52	47.9		155.9
3	Ron Gimblet	42	28			41	36.3		147.3
4	Dennis Baas	53							53
5	Greg Bourns	31	16						47
6	Joe Milligan		45						45
7	Bob Marston		34						34
8	Bill Brass		22						22

Super Senior Division - Men

Ra	Name	FMn	Nebo	BP	AT	BDe	SunS	LOV	Total
1	Greg Bourns	51	41						92
2	Bill Brass		52						52

UTS Miles (275 miles required for High Mileage Club)

Bona Dea 50K

November 16, 2013 – Russellville, AR

2013-2014 UTS Race #5

Place	Name	Sex	Time
1	Thomas Chapin	M	3:47:15
2	Caleb Ault	M	3:59:52
3	Chris Ho	M	4:03:06
4	Paul Turner	M	4:17:24
5	Jenny Wilkes	F	4:48:04
6	Mark DenHerder	M	4:50:33
7	Bruce Wood	M	4:53:02
8	Cliff Ferren	M	4:57:15
9	Aaron Dickens	M	5:05:41
10	Deb Baker	F	5:09:02
10	PoDog Vogler	M	5:09:02
12	Stacey Shaver	F	5:10:40
13	Josh Bornhorst	M	5:22:50
14	Cymber Gieringer	F	5:30:09
15	Chrissy Ferguson	F	5:33:01
16	Patrick Barker	M	5:38:12
17	Jonathan Young	M	5:42:38
18	James Patillo	M	5:45:08
19	Jeff Glasbrenner	M	5:55:33
20	Shelley Evans	F	6:00:30
20	Heather Hill-Spaine	F	6:00:30
22	Angie Orellano-Fisher	F	5:49:16
23	George McDonald	M	6:26:46
24	Angie Stewart	F	6:58:03
25	Andi Stracner	F	7:08:05
26	Susan McCourt	F	7:08:22
27	Elaine Gimblet	F	7:10:46
28	Susy Phillips	F	7:10:50
29	Ron Gimblet	M	8:17:40

Sunset 6/12/24 Hour Endurance Runs

November 29-30, 2013 – Benton, AR

All Events - 2013-2014 UTS Race #6

24 Hour - Female

Place	Name	Age	City, State	Distance (Miles)
	Walther, Tammy	42	Little Rock, AR	116.725
	Andi Stracner	40	Mayflower, AR	65.975
	CyMBER Gierenger	42	Pine Bluff, AR	64.96
	Jana Young	31	Benton, AR	37.555
	Melissa Key	47	Benton, AR	32.48
	Grace Drake	16	Hot Springs, AR	26.39
	Lisa Gunnoe	47	Judsonia, AR	21.315
	Hope Drake	9	Hot Springs, AR	19.285

24 Hour - Male

Place	Name	Age	City, State	Distance (Miles)
	Maurice Robinson	72	Benton, AR	75.11
	Jonathan Young	32	Benton, AR	71.05
	Jesse Riley	50	Mabelvale, AR	63.945
	Jason Stracner	39	Mayflower, AR	55.825
	Nate Smith	49	Alexander, AR	53.795
	Joshua Drake	45	Hot Springs, AR	46.675
	Gideon Drake	12	Hot Springs, AR	31.465
	Tim Norwood	35	Benton, AR	31.465
	Mark DenHerder	49	West Fork, AR	31.465

12 Hour - Female

Place	Name	Age	City, State	Distance (Miles)
	Rachael Speer	32	Hot Springs, AR	60.9
	Susy Phillips	35	Maumelle, AR	46.69
	Elaine Gimblet	66	N. Little Rock, AR	46.69
	Deb Baker	51	Little Rock, AR	39.585
	Melissa Burton	40	Wentzville, MO	31.465
	Anastasia Brown	18	Mayflower, AR	20.3
	Leigha Jones	31	Benton, AR	19.285

12 Hour - Male

Place	Name	Age	City, State	Distance (Miles)
	Ronnie Daniel	43	Little Rock, AR	50.75
	David Meroney	43	Little Rock, AR	46.69
	Arland Blanton	54	Cabot, AR	27.405
	Ron Gimblet	65	N. Little Rock, AR	26.39
	Patrick Barker	49	Little Rock, AR	24.36
	Shannon McFarland	27	Rogers, AR	19.285

6 Hour - Female

Place	Name	Age	City, State	Distance (Miles)
	Jenny Wilkes	30	Little Rock, AR	37.555
	Jen Freilino	29	Little Rock, AR	34.51
	Kelly Hair	44	Little Rock, AR	32.48
	Shauna Veazey	43	Benton, AR	31.465
	Christine Meroney	43	Little Rock, AR	26.39
	Annette Blanton	53	Cabot, AR	26.39
	Christy Wells	44	Benton, AR	26.39
	Rebecca McGraw	44	Conway, AR	24.36
	Anna Gonzales	37	Benton, AR	24.36
	Karen Hayes	60	N. Little Rock, AR	20.3
	Mindy Simonson	32	Little Rock, AR	20.3
	Tala Hill	53	Jacksonville, AR	20.3
	Kristen Garrett	29	N. Little Rock, AR	18.27
	Angela Gattin	41	Benton, AR	15.225
	Eva Bailey	46	Benton, AR	14.21
	Alice Jones	63	Benton, AR	14.21
	Nealie DenHerder	11	West Fork, AR	13.195
	Marquita DenHerder	46	West Fork, AR	12.18
	Julie DenHerder	15	West Fork, AR	12.18
	Jayne Butts-Hall	32	Benton, AR	10.16
	Kedran Young	12	Benton, AR	8.12
	Beth Roberts	45	Mabelvale, AR	7.105

6 Hour - Male

Place	Name	Age	City, State	Distance (miles)
	Thomas Chapin	35	Paron, AR	35.525
	Aaron Dickens	32	VanBuren, AR	34.51
	George McDonald	60	N. Little Rock, AR	28.42
	Jared Friemel	27	Bauxite, AR	28.42
	George Peterka	53	Hot Springs, AR	27.405
	Chris Hall	34	Benton, AR	27.405
	Steve Preston	31	Little Rock, AR	26.39
	Vincent Ma	44	San Jose, CA	26.39
	Christian Gonzales	37	Benton, AR	27.6
	James McManners	50	Little Rock, AR	23.345
	Bill Dobbins	46	Little Rock, AR	21.315
	Marty Sullivan	36	Little Rock, AR	21.315
	Michael Storey	39	Benton, AR	19.285
	Johnny Eagles	61	Little Rock, AR	18.27
	Larry Freilino	59	Orland, ME	18.27
	Jacob Wells	44	Little Rock, AR	17.255
	Joey Gierenger	34	Pine Bluff, AR	17.255

Michael Warren	48	Bryant, AR	16.24
Ralph Edds	60	Lonsdale, AR	11.165
Wes McAfee	30	N, Little Rock, AR	10.16

Lake Ouachita Vista Trail (LOViT) Marathon

December 21, 2013 – Crystal Springs, AR

Marathon - 2013-2014 UTS Race #7

Place	Name	Time
1	Matt Aguero	4:03:34
2	Tom Brennan	4:03:34
3	Joshua Snyder	4:03:34
4	David Mitchell	4:14:50
5	Mark DenHerder	4:30
6	Aaron Ochoa	4:31
7	Dustin Speer	4:50
8	Stan Ferguson	5:05:33
9	Aaron Dickens	5:07:30
10	Cameron Eddie	5:09
11	James Sinclair	5:14
12	Jonathan Young	5:40
13	Kurt Hauser	5:45
14	Cliff Ferren	5:51
15	George Peterka	6:04
16	Jim Sweatt	6:08
17	Phil Brown	6:25
18	Amy Jenkins	6:24:29
19	Joshua Drake	7:22:58

"Half" Marathon (14+ miles)

1	Matthew Jackson	2:36:45
2	Kasey Nye	2:33
3	Jordon Christy	2:24
4	Samuel Young	2:28
5	Josh Madison	2:53
6	Kelly Hair	2:55
7	Jason Armitage	2:53
8	Dave Holhstettler	2:45
9	Amanda Bryson	2:53
10	Bill Brass	4:30

Other

Andi Stracner 4:51 (approx 17 miles)

Greetings from The Ancient Brit Lou Myers

Ten Thousand Miles. Ten Thousand Smiles. And a Little Rock and Roll along the way. Well lets face, with me, its just a case of total enjoyment, worries and all that rubbish is for other people who have yet to discover the joy of long distance running.

I flew out of London on the Wednesday, 16th October bound for the New World. Arrived in Atlanta in high spirits for onward flight to Little Rock, Arkansas, where I was met by a very dear old friend, with whom I have run quite a few miles on the trails, both at the Arkansas Traveller, Pikes Peak and Leadville. Long ago he became my Honorary No 1 Son, and having just recently lost his Father, he asked me if I would I be an adopted Father, so very ,very moving and a wonderful honor. I really am a better person for that privilege.

On the Thursday morning, I was joined by my adopted American daughter Chrissy and a long time pal, Frank Ives, also a well known Californian Ultra Runner, and we went for a rather slow run/walk to my daughters special place, Look-out Ridge, the views across the Arkansas River were amazing and you could see for miles.

On the Thursday evening at the "Old Peabody Hotel" my daughter had arranged a Farewell Party for me, 27 of my dearest Arkie friends, some of whom I had not seen since the days of the famous "Arkansas Pikes Peak Marathon", now there are super memories. Early on the Friday morning, Chrissie, Frank and I left for Amarillo and the Palo Duro Canyon, we drove for nearly 700 miles. Across Oklahoma the weather deteriorated suddenly, hard rain and strong gusts of wind made driving rather severe. We eventually arrived in the town of Canyon, staying at a quite nice motel, where quite a few of the runners from other different States were staying.

At the signing in ceremony at one of the large University Halls, we were greeted by quite a lot of old running friends, where we were treated to a Pasta Dinner etc, and then a description of the (to me)new course. I was pleased to see that there were quite a lot of first time runners to this amazing event, later I was invited to say some words and presented a Letter of Civic Greeting, this from the Right Worshipful The Lord Mayor of the City of Westminster, Premier City of England. Later we retired to the 'Sports Bar' next to the Motel, where (A Few Drinks were downed), but bed really was calling, and I was beginning to feel my age.

Saturday morning???, early, early and COLD, many old friends had arrived during the night and the Motel was more or less full of runners and a nice buzz, then it was down to the Canyon. What an amazing sight, literally, several hundred cars, lights blazing as we descended to the Canyon floor, goodness knows how many volunteers were on hand, with torches and lights to guide us to the starting points.

For me personally, this was a rather nostalgic part of my overall journey, it was to be the very last time I would run in "Gods Country", I was hoping to manage the 50 kms, BUT,

6 miles were to be my total. Along this 6 miles I was so lucky to visit "Reds Rock", one of the original members of the Palo Duro Races and one who to me was and is part of the American Dream, definitely a legend, ask people who knew him to explain. I was supported by three wonderful people, Jay Norman, (someday, some-one will write a book about this man), quite a legend, along with Chrissie Ferguson (one time American Captain at the World 100km Championships in France) and Frank Ives, all well known Ultra Runners, and finishers of all the American Classic 100s, we were also joined by a rather nice chap called Richard, doing his first 50kms.

Later that evening, now slightly recovered, it was back to the Sports Bar, this time with a live C&W Band, (me, I loved it) there must have been around 25 of us, why we even managed to out shout and, may I say, out drink the locals. So many wonderful friends appeared to make my final time in America a complete riot, OH how I will miss you beautiful people, (And If Your Reading This Guy, get on your knees and ask her to marry you).

Sunday morning , lots of farewells and for me tears, I was traveling back with Jay Norman and another dear friend Chuck Candonia, also a great runner, we were to stop for breakfast in Amarillo, and join up with Bill Ross and his lovely lady, and another hour of happy memories to take back home with me. Eventually we arrived in Dallas, Boy how that little town has grown to become a giant of a City, WOW. Stayed the night with Betty and Jay Norman, and there amazing cat Suki, a monster, she actually sat with me a few times, would liked to have brought her home with me. On the Monday, Jay took me to the local Shoe (Sports) shop, managed to buy a new pair of trail shoes, you never know, I might start running in my own country for a change, then it was off to the Airport and a flight home, some-one must have been smiling on me, American Airlines up graded me to First Class, well, if you are making your last flight across the Big Pond, why not go First-Class.

So here I am back in my own lovely City, it has taken me nearly two weeks to recover, found out that I had cracked two ribs in a fall whilst running the 6 miles at the Palo Duro, went down with one big cold, but hey, I am home now and safe with my wonderful wife. What a journey it has been, over sixty years of visiting the United States, many different States, many wonderful towns, and OH SO MANY MILES OF RUNNING.
THANK- YOU. IT HAS BEEN AN EXCEPTIONAL AND HAPPY JOURNEY.
THANK-YOU FOR ALL THE FRIENDSHIP AND LOVE I HAVE FOUND ALONG THE WAY.

Lou. The Ancient Brit.

Upcoming AURA Events



2014 Athens Big Fork Trail Marathon and 17 Mile Blaylock Creek Fun Run.

January 4, 2014

8:00am Start Time For Both Runs.

T-shirts available this year!!

For More Information go to <http://www.athensbigforkmarathon.com>



The ninth running of the SwampStomper is set for Sunday January 19, 2014.

50K start - 7:30AM 25K start - 8:30AM

Start location: Poplar Tree Lake Nature Center

The race is full but there are a few spots left for AURA UTS participants until January 1st and then fill any remaining spots with people from a wait list. So if you are sitting on the fence you better sign up quickly.

2/1/14 White Rock Classic 50K UTS race #10 - Fun Run

More details in January newsletter.

In addition to presenting the Arkansas RRCA awards at Hot Springs, voting took place for the Shirt of the Year. The first Arkansas RRCA State Rep, David Samuel (and AURA member) helped count the votes for first, second, and third. The Arkansas Traveller 100 received the most votes and will be the Arkansas submission for the national Shirt of the Year contest.

First Wednesday of the month
11:30AM
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

Editors note: Sorry for the lateness of this months newsletter. Due to the weather pushing Lovit back a couple of weeks it delayed this edition.