

**THE ARKANSAS ULTRA RUNNER**  
January 2013  
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**

I'm writing this just after race #9 of the 2012-2013 Ultra Trail Series: The Athens-Big Fork Marathon. This celebration of trail running also includes the Blaylock Creek 17-mile Fun Run, which ironically takes people about as long as it would for them to run a normal marathon. ABF can be a real booger. You hear comments from folks after they finish that it took them longer than their Pikes Peak Marathon time. Yep, that's why we love it. No way can I express enough appreciation for David Samuel—who started this run, and Steve Appleton who has continued to lead it as a labor of love for five years now. Also—thanks to all the others who helped out—Brian Hoover from the TATURs, Big Shot & Lou (and crew), Brady Paddock and Team Texarkana, the Ouachita Amateur Radio Association, and of course Mr. Hayward—proprietor of the Big Fork Mall. It's folks like these who make Arkansas a fantastic place for those who do what we do. If you don't believe me—talk to some of the envious runners from surrounding areas who continually crash our parties!

With as packed as the Big Fork Community Center was, it's hard to believe that the total number of folks signed up was one fewer than in 2012. On the plus side, the marathon finisher tally was one greater this year than last. Helping things out were near-perfect conditions. There was perhaps a little more dampness on some parts of trail than the driest years, but the creek levels were low, and the steady cool temperature on an overcast day was ideal. And a factor making the course even faster was that some pieces of the trail were almost like running on road instead of single track. –But therein lies an issue... As part of battling a forest fire in the area, bulldozer(s) work over much of Brushheap Mountain had cut virtual roads all over the place. Sometimes following the trail, sometimes intersecting or veering off—these paths made tempting routes of nice wide smooth running. Even with George Peterka and Steve going out and doing additional marking, there were definitely some confusing spots. From an informal survey, I would say that more marathoners got in extra distance than those who did not. In fact, it's a little embarrassing, but even having been over Brushheap mountain at least twenty times in my life—I was among those who exceeded 26.2. It says a lot though—that even among folks who came in with 30+ miles on their GPS watch, or some very fast runners who wound up completely out of the mix due to getting off course, I did not hear anyone griping about it. –That's definitely the right attitude.

AURA Brother David Samuel—who of course has been at every Big Fork run, sent out a stat on who has completed the most marathons there. I have 13 finishes, with 12 marathon completions—the minus one courtesy of the 2001 run which had to be shortened because of devastation caused by a December ice storm. I vividly remember my dismay at having to miss the first ABF marathon in 1999 while down with the flu. And last year...well, that was the first event I had to sit out because of injury that really hurt emotionally. But one thing about it--after not being sure that you'll ever run again, finishing more than an hour behind the winner a year later is not so bad. (See David's email below)

We have the Swampstomper coming up in the Memphis area on January 20<sup>th</sup>, which I believe filled up about 90 seconds after registration opened. Thought triggered by Swampstomper mention: chatting before the LOViT marathon with S/S race director Mike Samuelson and Okie/AURA member Randy Ellis. So this is showing up for a fun run and getting to hang out with two guys who have run across the United States. How cool is that? On the UTS schedule, we pick up again with the 19<sup>th</sup> running of the White Rock Classic on February 2<sup>nd</sup>. In case you've missed all the memos, PoDog and AURA Secretary Lisa Gunnoe are leading the run this year, which will again start and finish at the Brannon Cemetery near Crosses, AR—same location as last year. I think Bobby Petrino has evacuated the area, but you might want to stay alert for out of control motorcycles—just in case. NOTE: The caretakers of the chapel/hall by the cemetery were a little overwhelmed by the number of vehicles that showed up last year—so please, carpool if at all possible.

That's it for this time. Run if you can; walk if you have to. See you out there.

Folks,

Guess who has run the most A-BF Trail Marathons?  
It appears that Stan is the Man! See table below.  
He has run 13 of the 15 and won three.

Guess who has worked all of the A-BF Trail Marathons?  
Harley "Big Shot" Peyton! I almost sure he has worked the Blaylock Creek checkpoint for 14 of the 15. The other year he worked the trailhead on Road 38 where the trail begins.

Thanks to Steve Appleton (RD) and his team: Charley & Lou Peyton (AURA), Brady Paddock (Team Texarkana), Brian Hoover (Head TATUR), Ouachita Mountain Amateur Radio Assoc., and Raymond Hayward (Big Fork Community Center) for keeping this tradition going every year.

Steve, you just do an outstanding job coordinating the run. I know that everyone appreciates your efforts in making this such a special event.

105 participants...wow! Pete Ireland...we missed you this year! Good to see the RRCA/Arkansas State Rep on the trail!

Also, congratulations to Tom Brennan on another great run...4:31, not far off his

course record of 4:22:55.

Happy Trails,  
David

<b>Athens-Big Fork Trail Marathon</b>		
1	1999	-
2	2000	5:01
3	2001	2:09*#
4	2002	4:56#
5	2003	4:50#
6	2004	4:57
7	2005	4:53
8	2006	5:11
9	2007	4:57
10	2008	5:33
11	2009	5:36
12	2010	5:13
13	2011	5:08
14	2012	-
15	2013	5:41

\*15-Mile Ice Storm Course

#1<sup>st</sup> Place

# Lake Ouachita Vista Trail (LOViT) Run

December 8, 2012

(Near) Mount Ida, Arkansas

Marathon - 26.2 miles (2012-2013 UTS Race #8)

Place--Name-----Time

1----- Tom Brennan----- 3:43:13  
2----- Jake Anderson-----3:45:31  
3-----Thomas Chapin-----3:55:52  
4-----Paul Turner-----3:55:53  
5-----Cole Starkey-----3:58:09  
6-----Bill Coffelt-----4:21  
7-----Mark DenHerder----4:25  
8-----Alison Jumper (F)---4:25:11  
9-----Randy Ellis-----4:27:51  
10----Malcolm Smith-----4:30  
11----Shelly Egl (F)-----4:35  
12----Nate Smith----- 4:40  
13----Jeremy Pate-----4:46  
14----Katie Helms (F)-----4:48  
15----Jason Auer-----4:52  
16----Stan Ferguson-----4:52:30  
17----Stacey Shaver (F)---4:53:20  
18----Cliff Ferren-----4:53:57  
19----Paul Rejda-----4:59  
20----Jono Becker-----4:59  
21----Ben Mansur-----5:04  
22----Mike Samuelson-----5:07  
23----Rich Brown-----5:13  
24----Sammy Barnes-----5:18  
25----Lisa Reilly (F)-----5:18  
26----George Peterka-----5:21  
27----Jen Freilino (F)-----5:22  
28----Chris Baldwin-----5:23  
29----Jason Armitage-----5:23  
30----Jayme Mayo (F)-----5:32  
31----J.J. Mayo-----5:32  
32----Sarah Fisher (F)-----5:33:33  
33----Dave Davis-----5:33:33  
34----Kurt Egli -----5:33:35  
35----Erik Smith-----5:56  
36----Kimmy Riley (F)----6:10  
37----Patrick Barker -----6:12

38-----Phil Brown-----6:22:44  
 39-----Jim Sweatt-----6:22:44  
 40-----Chance Norman-----6:30  
 41-----Christina Norman (F) 6:30  
 42-----Johnny Eagles-----6:45  
 43-----Belinda Jared (F)----6:46  
 44-----Lori Dather (F)-----6:46  
 45-----David Meroney-----6:51  
 46-----Don Preston-----7:39  
 47-----Lisa Gunnoe (F)----8:26  
 48-----Elaine Gimblet (F)--7:40  
 49-----Ron Gimblet-----7:43

**Half Marathon (14+ miles)**

1-----Jeff Thostenson-----2:25:19  
 2-----David McWhorter----2:25:57  
 3-----Chad Yocum-----2:30  
 4-----Erich Washausen-----2:40  
 5-----Deb Baker (F)-----3:25  
 6-----Becky Humes (F)---3:30  
 7-----Anna Gonzales (F)---3:30  
 8-----Elizabeth Quinn (F)--3:45  
 9-----Angie Stewart (F)---3:55  
 10----Rick Bushmiaer-----3:55  
 11----Susan McCourt (F)---3:55  
 12----Judy Massingill (F)---3:59  
 13----Bill Brass-----4:04

**Other Participants**

Chrissy Ferguson  
 Anne Powell  
 Susy Phillips

**2013 Athens-Big Fork Results  
 (2012-2013 UTS Race #8)**

**Marathon**

**Male**

1	Tom Brennan	4:31
2	Josh Snyder	4:32
3	Cole Starkey	4:43
4	Christopher Payton	5:03
5	Paul Turner	5:17

6	Paul Shoenlaub	5:35
7	Stan Ferguson	5:41
8	Brian Hopton Jones	5:48
9	Jeff Foes	5:55
10	Tim Norwood	5:56
11	Stuart Johnson	6:03
12	Grayson	6:05
13	Jacob Evans	6:06
13	Jake Anderson	6:06
13	Tom (OKC)	6:06
16	Malcom Smith	6:15
17	Jason Armitage	6:16
18	Cody Newton	6:17
19	Adam Dearing	6:17:12
20	Mark Denherder	6:18
21	Bill Coffelt	6:18:16
22	Forrest Dickenson	6:19
23	Troy Potter	6:22
24	Jeremy Patie	6:23
25	John Stanfield	6:31
26	Chris Ho	6:32
27	Zach Howard	6:38
28	Chris Cochran	6:44
28	Jeff Jones	6:44
30	Reid Landes	6:49
31	Ken Starnes	6:53
32	Eddie James	6:53
33	Joshua Bornhorst	6:53
34	Jason Auer	6:56
35	Rich Brown	6:57
36	Tim Hall	7:00
36	Chris Montgomery	7:00
37	Matthew Crownover	7:11
38	Cody Johnston	7:18
39	John Block	7:25

40	Russell Bennett	7:34
41	Jonathan Young	7:40
42	Scott Ward	7:35
43	Nate Smith	7:52
43	Bryan Warren	7:52
45	Adam Horton	8:01
46	Phil Brown	8:05
47	Cliff Ferren	8:24
48	Kevin Griffin	8:58
49	Scott Kailey	9:04
50	Rick Bushmiaer	9:29



According to Lou & Big Shot the photo above is an up and coming ultra star. Name unknown.

**Marathon  
Female**

1	Diane Diebold	6:03
2	Katie Helms	6:25
3	Sharon James	6:56
4	Deb Johnson	7:04

5	Jenny Wilkes	7:18
6	Jan Freilins	7:20
7	Tammy Winn	7:52
7	Michelle McGrew	7:52
9	Rebekah Epps	8:01
10	Stacey Shaver	8:02
11	Tracey Hasler	8:04
11	Amanda Jerman	8:04
13	Tina Ho	8:24
13	Deb Baker	8:24
15	Suzy Phillips	9:29
15	Elizabeth Quimen	9:29

**17 Mile Fun  
Run Male**

1	Clayton Bell	3:00
2	Christopher Block	3:01
3	Bryon	3:15
4	Erik Heller	3:22
4	Phil Davison	3:22
6	Cory Johnson	3:23
7	Erich Washausen	3:37
8	Rob Seibert	3:38
9	Jedd Kirby	3:40
10	David Salavitch	4:07
11	Tim Harrington	4:07
12	Chris Cantwell	4:14
13	David Burrell	4:23
14	Emon Mahoney	4:24
15	Michael Chandler	4:39
16	David Meroney	5:27
17	Josh Drake	5:45
18	Lance Reaves	6:08
18	Todd Chumley	6:08
20	Nicholas Norfolk	6:12
21	Ron Gimblet	6:24



22	David Samuel	7:38
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**17 Mile Fun  
Run Female**

1	Jeanie Zelinski	3:00
2	Susan McCourt	3:20
3	Kimmy Riley	4:58
4	Kim Johnson	5:03
4	Rhonda Ferguson	5:03
6	Angela Stewart	5:33
7	Mary Ann Lipin	5:42
8	Misty Brown	5:42:34
9	Elaine Gimblet	6:19
10	Lisa Gunnoe	6:29

**Other  
Participants**

Dustin Speer	1:31	8 Miles
Ben Manger	1:31	8 Miles
Corinn Miller	???	4 Miles
Jarratt Wright	2:22	9 Miles
Betty Sobeski	2:00	5 Miles
Whitney Kirby	2:50	10 Miles
Joan Sobeski	2:57	10 Miles
Mary Wells	3:44	13.5 Miles



Cliff Ferren, Deb Adams Baker, and Stacey Shaver Matson at Athens-Big Fork Marathon.

# 19th White Rock Classic - approx. 33.4 miles

**Brannon, AR**

**Corner of Hwy. 295 & Madison County Rd. 4035**

**(This is the same location as the 2012 event;  
a portion of the traditional route is still closed)**

**Saturday, February 2, 2013**

9:00 am

No Fees, No frills, No WIMPS!

Race begins at 9:00 am.

This is Race #10 of the [2012 - 2013 AURA Ultra Trail Series](#)

A \$5.00 donation is suggested to help cover costs

Brought to you by Lisa Gunnoe, PoDog Vogler, and the Arkansas Ultra Running Association (AURA)

Refreshments will be near the finish line starting at 1:00 pm

This year will be the same as the 2012 course, as part of the road for the original course is still closed. You will love it and hate it as much as the old course.

**NOTE: Due to limited parking, please carpool as much as possible.**

Directions to Start:

Fayetteville - Start is 25 miles east of the intersection of Hwy. 265 & Hwy. 16 in Fayetteville. From Fayetteville take Hwy. 16 east (approx. 19.7 miles) to the **Pig Trail Bypass Country Café** (hours 6 am – 9 pm) in Crosses. Turn on Hwy. 295, drive 5.3 miles to the start at Brannon Cemetery.

If you are coming from the Little Rock area, please allow an additional half hour from the old course, continuing on Hwy. 23 (Pig Trail), then left on Hwy. 16 west to Crosses and the Pig Trail Bypass Country Café. Turn on Hwy. 295, drive 5.3 miles to the start.

From Ft. Smith area – From Winslow on Hwy. 71, go east on Sunset Road (Washington County 38). The turnoff is just south of the convenience store. Follow Sunset Road to Madison Co. 4035, turn left and go 2.6 miles.

Course Description:

From Brannon Cemetery at the Corner of Hwy. 295 & Madison County Road 4035, turn right (east)

2.6 miles name changes to 124 Forest (continue heading east)

3.6 miles name changes to Mountain Crest (continue heading east)

5.5 miles **1<sup>st</sup> Aid Station**

7.8 miles (25.5 on return), turn Right (heading South) along Bidville Road

11.8 miles (21.5 on return) **2<sup>nd</sup> Aid Station** turn Left (heading south) along White Rock Mountain Road. Road changes names to Bowles Gap Road.

16.5 miles (17.4 on return) veer straight up to the top of White Rock Mountain Recreation area.

**3<sup>rd</sup> Aid Station**

Sign in at lookout (16.7 miles) and return to start

Elevation: Gain 3,749 feet, Loss 3,767 feet. Min elevation 1,932 ft., max.elevation 2,423 feet.

This is a run/walk but you are welcome to ride your bike if you wish.

The course runs to the top of White Rock Mountain, then retraces back to the start. The course is run on well maintained dirt road.

You may also run the ascent (fun run) only, but you will need to find your own ride back. Please keep your own time and sign in at the top (past the aid station at the lookout) and at the finish to be included in the results.

**Course closes by 5 pm.** Early starts are accepted if you feel unable to complete the 50K under 8 hours. Note: There will be a few awards given--early starters are not eligible for awards.

Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Both the condition/width of the roads and the snow height and ice will be taken into consideration when making the final decision. In other words, don't go if the weather is bad! Remember this is for fun, fellowship and recreation.

This 50K is very challenging and not recommended for those who have not at least completed a marathon (or run 26 miles) recently. It is guaranteed to help work off those Christmas holiday pounds before the Valentine Candy arrives. Cyclists are always welcome to join us, although a road bike wouldn't be recommend as there are plenty of rocks on the dirt road. Hope to see you there!

Questions: e-mail [Stan](#)





22	Katy Lemasters	6	2								8
23	Rosemary Rogers		4								4

### Open Division - Men

Rank	Name	Mid	Ne	B	A	St	BD	Sun	LO	A	Tot
1	Mark DenHerder	55	53	54	38	52	31	49.8	30	34	396
2	Thomas Chapin	66	47	62	93		43		53		364
3	Tom Brennan	77	75						64	62	278
4	Bill Coffelt	37	41		55	20	54		36	28	271
5	Chris Ho	11	22	43		13	37	40.8		22	188
6	David Joseph	43	64			63					170
7	Rich Brown	21	15	40	46	10	9		8	9	158
8	Caleb Ault		29				65	54.0			148
9	PoDog Vogler				10	20	19				148
10	Stan Ferguson	14	35			41			14	40	144
11	Jason Auer	16	25	34	32		6		18	12	143
12	George Peterka	18	13	22		32	12	39.5	5		141
13	Michael Poole	9		51	66						126
14	Paul Turner	27							42	51	120
15	Brian Cockrell	31			79						110
16	Dustin Speer	17	19	28			25	18.2			107
17	Jonathan Young	10	12	32			5	40.8		6	105
18	Cliff Ferren				26		15	34.2	11	3	89.
19	Malcolm Smith	12						46.1	24		82.
20	Don Preston		4	6		2	4	55.6	3		74.
21	Alan Hunnicutt	24	14			32					70
22	Johnny Eagles		6	3		4	3	32.9	4		52.95
23	Joe Milligan	7	9					36.9			52.91
24	James Holland	49									49
25	Nicholas Norfolk	6	10	26		3	2				47
26	Jesse Garrett							44.1			44.13
27	Herb Jarrell	4						36.5			40.54
28	Chuka Bible	13	11	16							40
29	Michael Harmon		8	9				22.0			39.02
30	Ron Gimblet		3					29	2		34
31	Joshua Drake	5	7	12							24
32	Nathan Winham		16								16
33	Joshua Bornhorst									1	16
34	Todd Blanchard	15									15
35	Rick Bushmiaer					7				2	9
36	Greg Bourns	3	5								8
37	Frank Massingill	8									8
38	Mark Cato	2		2							4
39	Bill Brass		2								2

### Grand Master Division - Women

Rank	Name	Mid	Ne	B	A	St	BD	SunS	L	A	Tota
1	Chrissy Ferguson	34	44		10		51				230
2	Karen Hayes	45	55					61.96			162

3	Deb Baker	56							5	107
4	Elaine Gimblet						45.03		5	96.0
5	Judy Massingill	22	27				45.03			94.0
6	Tala Hill			51			33.37			84.3
7	Debra Reynolds	16	33							49
8	Angie Orellano-	28								28
9	Rosemary		21							21

### Grand Master Division - Men

Rank	Name	Midn	Ne	B	A	St	BD	Sun	LO	A	Tota
1	Bill Coffelt	58	60		10	34	56		57	5	421
2	Rich Brown	36	49	54	87	28	28		35	4	359
3	George Peterka	30	32	43		50	34	45.4	29		264
4	Cliff Ferren				73		45	39.4	46	3	234.
5	Don Preston		10	32		16	22	63.9	17		161
6	Johnny Eagles		20	26		22	16	37.8	23		144.
7	Alan Hunnicutt	47	38			50					135.
8	Joe Milligan	18	26					42.4			86.4
9	Herb Jarrell	12						42.0			54.0
10	Ron Gimblet		7					33.3	11		51.3
11	Frank	24									24
12	Greg Bourns	8	14								22
13	Bill Brass		4								4

### Senior Division - Women

Rank	Name	Mi	N	B	A	St	BD	Sun	LO	A	Tot
1	Elaine Gimblet							50.9	51		101
2	Rosemary Rogers		51								51
3	Angie Orellano-	51									51

### Senior Division - Men

Rank	Name	Midnt	Ne	B	A	St	BD	Sun	LO	A	Tot
1	Johnny Eagles		44	51		51	51	42.8	52		291
2	Joe Milligan	53	55					47.9			156
3	Ron Gimblet		27					37.7	41		105
4	Herb Jarrell	42						47.5			89.
5	Greg Bourns	31	33								64
6	Bill Brass		21								21

### Super Senior Division - Men

Rank	Name	Midnt	Ne	B	A	St	BD	Su	LO	A	Tot
1	Greg Bourns	51	52								10
2	Bill Brass		41								41

Due to formatting issues with editor's computer the tenths of points in the total column are not showing.

**UTS Miles (250 miles required for High Mileage Club)**

Name	Mid	Ne	B	A	St	BD	Su	LO	A	Total
Mark DenHerder	31	14	40	10	19	31	61	26	26	348
Lisa Gunnoe	31	14	31	10		31	63	26		296
Stacey Shaver	31	14	31	10		31	36	26	26	295
Jason Auer	31	14	31	10	19	31		26	26	278
Rich Brown	31	14	31	10	19	31		26	26	278
Stan Ferguson	31	14		10	19	31	31	26	26	278
George Peterka	31	14	31	50	19	31	30	26	26	258
Bill Coffelt	31	14		10	19	31		26	26	247
Chris Ho	31	14	40	50	19	31	31		26	242
Tina Ho	31	14	40	50	19	31	26		26	237
Thomas Chapin	31	14	31	10		31		26		233
Nicholas Norfolk	31	14	40		19	31	90			225
Chrissy Ferguson	31	14		10		31	40			216
Cliff Ferren				10		31	26	26	26	209
Pete Ireland				10			10			205
Don Preston		14	31		19	31	68	26		189
Elaine Gimblet	31			10			27	26		184
Susy Phillips	31			10			27		26	184
Paul Turner	31			10				26	26	183
Jonathan Young	31	14	40			31	31		26	173
Ron Gimblet		14		10			22	26		162
Michael Poole	31		31	10						162
Susan McCourt		14	31	50	19		47			161
Deb Baker	31			10					26	157
PoDog Vogler				10	19	31				150
Judy Massingill	31	14		75			27			147
Lori Dather	31	14		75				26		146
Johnny Eagles		14	31		19	31	25	26		146
Debra Reynolds	31	14		10						145
Mark Cato	31		31	75						137
Brian Cockrell	31			10						131
Frank Massingill	31			10						131
Angie Orellano-	31			10						131
Dustin Speer	31	14	31			31	22			129
Joshua Bornhorst				10					26	126
Elizabeth Quinn				10					26	126
Joe Milligan	31	14		50			28			123
Rosemary Rogers		14		10						114
Bill Brass		14		10						114
Karen Hayes	31	14					60			105
Tom Brennan	31	14						26	26	97
Michael Harmon		14	31	25			27			97
Angie Stewart	31	14			19	31				95
Malcolm Smith	31						36	26		93
Caleb Ault		14				31	42			87
Chuka Bible	31	14	31							76



Joshua Drake	31	14	31					76
Herb Jarrell	31				45			76
Robert Williamson	31	14	31					76
Jenny Wilkes		14			31		26	71
Jesse Garrett				25		42		67
Jen Freilino		14					26	26
Alan Hunnicutt	31	14		19				64
David Joseph	31	14		19				64
Lisa Vorwerk		14		19	31			64
Tala Hill			31			20		51
Lena Manning			31	19				50
Greg Bourns	31	14						45
Jenny Brod	31	14						45
Rick Bushmiaer				19			26	45
Katy Lemasters	31	14						45
Todd Blanchard	31							31
James Holland	31							31
Nathan Winham		14						14

Announcing the second annual **“Hoof It for Heifer”, 20K Trail Run**, to be held on April 13, 2013 on the Boy Scouts of America trail on Petit Jean Mountain. The run is being organized to benefit Heifer International by the Conway Area Heifer Volunteer Group. This is a beautiful trail. Due to a moderate to moderately difficult terrain, this race is recommended for experienced trail runners.

Heifer International is a nonprofit, humanitarian organization dedicated to ending hunger and poverty and caring for the Earth. Since 1944, Heifer has pursued its mission by providing livestock and training in environmentally sound agriculture to those with genuine need. Recipients also agree to *Pass on the Gift* of one or more of their animals’ offspring and training to others in need, creating an ever-widening circle of hope. You can learn more at [www.heifer.org](http://www.heifer.org).

Go to race website at [www.heifertrailrun.com](http://www.heifertrailrun.com) for more information and for online or mail in registration.

**This is a non AURA event, but a well run trail run in Arkansas that you might consider. Lots of good feedback on this event from last year.**



Apparently Paul Turner was not running hard enough since it appears he is having a wonder time at Athens-Big Fork.

### **Retreads**

First Wednesday of the month at 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.

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