

# THE ARKANSAS ULTRA RUNNER

## July/August 2013

The Newsletter For Members of the  
Arkansas Ultra Running Association  
AURA Website - [www.runarkansas.com](http://www.runarkansas.com)

From The President

If you have not yet signed up for the Ultra Trail Series, and wish to do so online, remember that AURA members can sign up for the discounted price of \$10 on RunRace.net by using this coupon code when checking out: UTS14MEMBER

A number of members have signed up online and paid the full price. If that was done just to contribute the extra five bucks to the cause—then Thank You. All entry fees collected for the series go towards awards and recognition—so it will be well used. Or maybe the full price was paid due to people not reading my column in June detailing the coupon code. In that case, tough cookies and it serves you right.

The 2013-2014 Ultra Trail Series kicked off with a bang at the Full mOOOn run on July 20<sup>th</sup>. After numerous Arkansas Travellers, I'm pretty used to hanging out at Camp Ouachita all night. But this had a slightly different feel. Maybe due to the fact that it was about 30-40 degrees warmer than the typical AT100 night? Or perhaps because any hard calls that came up were on Susy. Anyway, it was certainly a happening place and I believe the event went very well.

Barring unforeseen events, the full slate of runs for the Ultra Trail Series has been established. Look in this newsletter for the complete schedule. The final touches added since last month are dates for the Bona Dea 50K (November 16<sup>th</sup>) and Styx n'Stones—which has moved from fall-color time to be a Spring race for 2014 (March 22<sup>nd</sup>). The next event up is of course the Mt. Nebo Trail Run on August 24<sup>th</sup>. It's hard to believe that this will be the ninth year it's been run! This is always a good one, and I hope to see a bunch of you there.

As this year dawned, I had it planned out that I would be going for my 200th marathon or

ultra finish at the Hardrock 100. But a spur-of-the-moment event popped up that pushed it back a spot. So if you enjoy dribble you can check out a report of my 201<sup>st</sup> marathon/ultra later in this newsletter. That'll do it for this time. Happy Trails!

## 2013 – 2014 Ultra Trail Series Schedule

Event	Location	
Midnight 50K	Perryville	UTS race #1 (50K only)
Mt. Nebo Trail Run (14 miles +/-)	Dardanelle	UTS race #2 - Fun Run
Bartlett Park (TN) Ultras (50 miles / 40 miles / 50K)	Bartlett, TN	UTS race #3
Arkansas Traveller 100	Perryville	UTS race #4
Bona Dea 50K	Russellville	UTS race #5 - Fun Run
Sunset 6/12/24 Hr Endurance Run	Benton	UTS race #6 - Fun Run
Lake Ouachita Vista Trail Marathon	Mt. Ida	UTS race #7 - Fun Run
Athens-Big Fork Trail Marathon	Big Fork	UTS race #8 - Fun Run
Swampstomper 50K	Millington, TN	UTS race #9 (50K only)
White Rock Classic 50K		UTS race #10 - Fun Run
Styx n'Stones 30K Trail Run Fun Run	Devils Den S.P	UTS race #11 (30K only) -
Ouachita Trail 50 Mile/50K	Little Rock	UTS race #12
Mount Magazine Trail Run	Mt Magazine S.P.	UTS race #13 - Fun Run

## **Hardrock 100 Report – by Stan Ferguson**

Over the days of July 12<sup>th</sup> to 14<sup>th</sup>, I attempted my third Hardrock 100. I guess most people I talk to about this fall into one of two distinct camps: either “well, of course you’re doing Hardrock again” or “I have no idea why you’re going back to do that again”. Both are legitimate attitudes.

Arkansas has a long history at Hardrock. With one forced cancellation due to excessive snow, and one due to fires, this year was its 20<sup>th</sup> running. I don’t have an exact count, but would bet that in only a very few of those years was there NOT an Arkansan on the starting line. Those who have been there know the draw. The beauty of the San Juan’s. The camaraderie of those who seek to conquer them. The challenge. While the select few engage in competition, most runners have a sufficient adversary in the course itself. It is often unkind, and even when relatively pleasant--rapidly changing conditions can easily transform what seemed to be paradise a few minutes before into a situation of unease. One loves Hardrock. One curses Hardrock. If you could bottle the feelings and emotions from select hours of Hardrock to be re-consumed just prior to application time, none but the truly-deranged would re-up. But you can’t; so people keep going back.

For 2013 I had no time goal, no real plan, no estimated times to be at certain points. All I wanted to do was to finish without quitting. Of course that’s a strange statement, and relies on understanding that two years ago I mentally quit several times, but yet managed to somehow luck out a finish. The quit never took. That was primarily due to the presence of Chrissy. But this time I wanted it to be because of me. So time was immaterial. My crew (Chrissy, Jimmy Sweatt, and our friend Frank Ives from California) had the counter-clockwise race splits from 2011, so it would just be up to them to figure it out based on how things were going.

I feel the fact that some very extraordinary people finish Hardrock in under 30 hours tends to obscure how difficult it is. Forget drug testing; how about a human test? From when I arrived in Silverton—eleven days before the start, through the entire race, each climb I did was a blunt reminder of the realities of altitude and gravity. Everyone one of them sucked. Each episode required faith that all would be better once the opportunity finally came to do some downhill and recover.

Probably the most intimidating climb of the counter clock-wise course is going up Handies Peak, a gain from 10,410 to 14,048 feet during miles 32.6 to 36.8. There always seems so much to go, and you know that even after the top it won’t be all fun and games, as you drop into—and therefore have to climb out of American Basin. It was at this point this year that many of the mid-packers encountered bad weather. While it was sunny on the ascent side as I neared the top, a wall of clouds dissected the mountain right at the

peak. Entering into this eerie setting, the priority quickly became getting down to a lower altitude as fast as possible. Chased by rain, thunder, sleet, and hail, little things that might normally slow you down became less important. My nightmares from 2011 began during that section, so I looked at it as my first real test of conviction this year. Things weren't perfect, but I definitely felt my attitude as I entered Grouse Gulch was better than two years ago. It's good to be positive there, because even though it's the 42-mile point, you're realistically only about a third of the way done time-wise. Oh, and it was just getting dark.

It was at Grouse that I picked up my first of three pacers. Chrissy would take me the next 15 miles to Ouray. Jimmy would take me the following 15 miles to Telluride, and PoDog (who after enduring the stress of winding up #2 on the wait list to start, worked the first aid station at Cunningham, paced Howie Stern 30 miles from Grouse to Telluride, and) would take me in the last 28 miles. For the Chrissy section, the rain continued for much of the climb up to Engineer Pass, but that was fine—as we dressed for it. By the time we descended over 5000 feet and finally got to Ouray though, I think she had gotten all the downhill that she wanted. A nice nap had Jimmy refreshed and ready to take me up to Virginius Pass—regaining the 5000 feet and then some. The magical perogies at Kroger's Canteen perked me up a little, and we made pretty good time down to Telluride. Jimmy had his phone, so let the crew know as we dropped into town that we were ten minutes away. PoDog was ready to go, having had a couple of hours to rest after getting to Telluride with Howie. Now about 10:00AM, it had warmed up quite a bit--which was very noticeable as we began the first of three climbs remaining. I knew each subsequent climb was less than the previous one (in terms of sheer feet gained)—and kept telling myself that. But I carried quite a bit of anxiety about getting up the second—Grant Swamp Pass, which is extremely steep with the final pitch being up a scree slide.

After the slow grind up to Oscar's Pass, and the even slower climb up and over Grand Swamp Pass, my last decent period of jogging was across the Kamm Traverse to the KT aid station. Just eleven miles to go, but my stomach was not in a good place. My progress was now at a crawling pace, nothing seemed palatable, and the sun was about to set for the second time. I was getting chilled. I had a good jacket, but no bottoms, so we fashioned a sort of skirt from garbage bag that I had. I was stylin. The short but steep final cross-country climb up Porcupine Ridge eventually overloaded the system, and I spent a couple of minutes dry-heaving until eventually producing faint remnants of the tiny bit of crackers I had managed to consume a while back. This reset everything, and I was able to move a little better as we sought the final aid station at Putnam Basin—just five and a half miles from the finish. Putnam is a bare-bones minimal aid station, since everything must be backpacked in. Saltine crackers were about the only thing I felt like eating, so I managed to procure seven crackers as fuel to get me to the finish. Our

pace at this point was a little over two million rocks per hour. The rocks kept looking familiar and I really thought we were going in circles, but PoDog assured me we were not. There were a lot of rocks. Across South Mineral Creek, up the Nute Chute, and along an old rail bed. A runner came up from behind: a girl running alone and she was moving well. Go girl! We finally made it to the road, up to the Christ of the Mine statue, and dropped into Silverton, capping off my date with the Hardrock at 1:30AM. Elapsed time: 43 and a half hours. Crew: tired (and Thank You!) Feet: trashed. Mind: toast. My quote for Dale (the RD): “More fun than a dumbass should have.”



PoDog and Paul Schoenlaub on Oscars Pass (Hardrock Course)



PoDog surveys Kamm Traverse (Hardrock Course)



Stan and PoDog at the Hardrock Finish

Back in early March Lisa Luyet traveled to Mississippi to participate in the race that honors Carl Touchstone. For those of you that never met Carl you really missed out. Lisa was nice to agree to let you hear thoughts on her weekend at the race. Thanks Lisa.

### **Carl Touchstone Mississippi 50**

Thinking back, I tried to put together the thoughts that lead me to run this race. I am relatively new to races 50 miles and more and taking this into consideration I decided to keep my races as flat as possible. This race billed itself as soft dirt trail, piney woods, and flat. My past ultra-running experiences included a 100K race in Tallaquah OK, and various 50K's in Louisiana, Texas, Oklahoma and Arkansas. I don't consider myself particularly fast or skilled in this sport, just simply tipping my feet in the waters and swirling them around a bit. My finishes usually land around the middle of the pack. This race was a bit of an escape for me. It took place on the same weekend as the Little Rock Marathon. I love LRM, but sometimes it's good to get away and do something on your own once and a while. I had one companion with me, my Mom, who likes a good road trip now and then. I knew she would be staying in the room for a while by herself on race day as she had no desire to hang out in the cold out at the start/finish area, so I booked us a nice suite at the Holiday Inn Express with a gym, hot tub and other amenities for her enjoyment.

We reached Laurel MS via Memphis for a quick stop in LuLuLemon for some shopping, an absolute must. The drive was easy and uneventful. We drove to the county fairgrounds which served as race headquarters to get my packet, the volunteers were friendly, and the process was uneventful. Later at the hotel I began my night before race ritual of filling camel backs, packing snacks and other provisions I could need during an all-day run.

The race started at the Longleaf horse trail in the De Soto national forest. It was a lengthy drive on a fair amount of dirt roads to reach the place, and darkness mixed with unfamiliar roads did not make the drive easy. I made it in plenty of time to stow my drop back at the start finish area and check in. The start area was a quiet camp ground with limited facilities. Looking around I was sure my mom had made the right decision to stay at the hotel. She did not even stir when I packed up to leave.

The course was three loops of a 12 mile route and 2 loops of a 6 mile route. The race instructions stated that there was a strict 12 hour time limit to complete the race and during the completion of any loop, if the staff did not think you were keeping pace, you could be diverted to a shorter race. This added just enough stress to the run to make it uncomfortable. I don't like to worry about time limits. I usually don't have problems with time cut-offs under normal circumstances but when I feel I'm constantly worrying about getting pulled off a course with each loop, it takes a little of the joy out of the run.

We began the run on soft, flat, pine needle covered trail with the occasional lumps of horse poop. Nothing too serious; then I noticed, up ahead, log jam. It seems recent rains

had swelled a creek and the front of the pack had slowed down in attempt to keep their feet dry. I followed course, keeping my pace moderately slow. Then came stream crossing number two, and then number three. I came to realize that there would be stream crossings on every other mile of this race of different depths and breadths. After the third stream crossing on the first loop, I decided there would be no use and keeping my feet dry and just waddled through the muck. One crossing was particularly muddy; the kind of mud that sucks shoes off of feet, given that there was an obvious front runner standing on one foot poking a stick in the 8 inch deep mud searching for his shoe. It was wise to tread quickly but with caution. Reckless abandon was not in the cards today.

I came to find out there were about 24 stream crossings on the course, and as the day wore on, they became messier and messier as runners splashed, waded, and slid through the muck widening the course farther and farther into the thickets along the sides. My feet stayed wet all day, I fell in three different creeks, the temperature never made it out of the 50's and the sun only came out from behind the clouds once. So the course was flat and fast according to the website, but don't underestimate the toll caked mud, wind and cooler temps take on you after hours of running.

I completed the first three 12 mile loops without much incident, other than taking a couple swims after losing my footing in creek beds. The aid stations were well stocked and the volunteers were cheerful and helpful with creatively decorated tables and tents. We traipsed through the start finish area at the end of each loop to get counted and to get to our drop bags. Soaked and muddy, I was considerably slower heading into my first 6 mile loop. I was passed by a few people and began to fear missing the cut-off. It was lonely out there later in the day with fewer people doing the 50 mile race and the early finishers already gone. There was one aid station on the six mile loop and someone told me it was in the middle of the loop. This person was horribly wrong as it was only at mile two and realizing I still had 4 miles to go versus 3 at that point made me nuts. After completing the first 6 mile loop, I was at 44 miles and there were still two hours until the 12 hour cut off. Of course my garmin had stopped hours before so I had no actual idea how much time I had left. I just knew it appeared to be getting dark, the wind was picking up and I was beginning to get cold.

I passed the start/finish again with only 6 miles to go with a group of 3 other runners. The race director asked us what loop we were on and we were allowed to continue. I took this as a clue that I was really uncomfortably close to not making the cutoff and decided to just run...straight though the aid station, passed the food, drop bags and run 6 miles as fast as I possibly could. I downed my last Gu with Caffeine and took off into the dusky swampy trails for my last loop. I did the last 6 mile loop 6 minutes faster than the previous. The fear of impending darkness and paranoia pushed me. I came into the finish and was greeted by the race director. I was a good 30 minutes ahead of the cut off. I collected my finisher bling, a nice belt buckle and a green buff with the race logo on it. The temperature had dropped to below 50 and I was wearing only a thin long sleeve top and running crops, I had shed my outer later after the first 12 mile loop when the sun made a brief appearance, a decision I regretted later. I wasted no time, simply gathered



my drop bag and hobbled to my car. The cold was creeping and the only thing I wanted to do was get into my Honda Fit and blast the heat.

As I was driving out of the park I congratulated some runners who were coming into the finish and thanked the director again and the time keepers then headed back to the hotel. Covered in mud, but happy I had completed my first “Official” 50 miler. I have to say this was a very well organized run with friendly volunteers and a nice course. I would recommend avoiding it after heavy rains. I will go back some day, I’m sure, and try to run it faster. The Carl Touchstone Mississippi 50 is a great alternative if you would rather run 50 miles in the mud instead of 26.2 on the streets of Little Rock.

### **Tatur Madness**

Jen Freilino, recently completed the Tatur’s Midnight Madness 50 (actually 51.5 miles) up in Tulsa, OK. This was Jen’s first 50 and she learned a lot in her 11:45 finish. Enjoy her write up below.

Ultra-running: There is just nothing else like it.

When I say I was not fully prepared for Midnight Madness 50 miler, I mean it. (Let’s just say I did several back-to-back pizza days, but never a single back-to-back long run.) I have welcomed a more relaxed relationship with running over the past year in order to quiet the perfectionist inside of me. At the same time, it has meant detaching from the rigidity and discipline needed to fully prepare for a 50 miler.

You might be wondering, then, why I would even decide to sign up for a 50 miler, let alone days before the race? (If you know me, then you probably can answer this.) Yes, Goose Island 312, Schlafly Summer Ale, and Miller Lite.

“Oh, you’ve got this. If you can run a 50k, then you can run a 50 miler! It’s flat. No hills. No technical terrain. We can all do it together,” they said. “Here, have another drink,” they said.

Seriously, though, it was more than just the alcohol. Everything sounds really doable when you’re well rested and getting showered with encouragement from people who love you. I knew how much I love running 50ks with this group of friends, so I thought spending even more time with them could only be even more fun, right?

Right, except that I forgot just how sleep deprivation affects me, let alone on top of running 50 miles. Apparently, I regress from 29 years young to about age 4, complete with whiny tantrums and crying fits!

All of this to say, my new name for Tatur’s Midnight Madness 50 miler is *Trail of Tears*. Because that is what I did. I cried with my eyes closed. I cried with my eyes open. I cried at aid stations. I cried in between aid stations. After about mile 35, my tear ducts might have been working harder than my sweat glands! It was truly a sight to see and an

experience to have, all while running. And, I wasn't even upset.

What did I expect with my sub-par training, though? In a weird way, I was strangely happy to be out there testing my true limits. I definitely expected exhaustion, but was surprised by the level of desperation for the finish line that took over me like a drug, my judgment and composure gone.

Just like the steady stream of Mt. Dew and Coke, the sunrise did bring a temporary revival of energy, despite the awareness that I had been running close to 6 hours at that point. Discussion about anything other than survival seemed like a year old memory. Food was no longer about taste, but about allowing for one more step. We popped pills at aid stations that we only hoped were Endurolytes, and we overdosed on Ziploc bags full of the stalest crackers and chips with the understanding that it was fuel for a finish.

Despite all of the pain, doubt, and tears, I crossed the finish line hand-in-hand with my fearless and constant companion, Tina, who dragged me through the depths of my desperation.

I must say the race changed me. Before I crossed the finish line, I thought we were all just a bunch of masochists. However, after I crossed the finish line, I realized it wasn't the pain that we enjoyed. I was handed a finisher's medal with a newfound appreciation and understanding of the why; that sometimes annoying question of why anyone would willingly put themselves through the pain of running outrageous distances, under crazy conditions.

It hit me that ultra-running has a strange way of taking things that separate us as people— socioeconomic status, age, race, gender, orientation, our pasts, and our shame and fear— and equalizes them. It reveals just how distracted we can become from the fundamental aspects of ourselves and others by highlighting the simplicity of real human connection.

Even though it's only been a couple weeks, I am ready for another spiritual ultra-run. Perhaps for the same reason a mama has a second child after having experienced the pain of childbirth once. Or, the same reason Veterans go back to fight even after witnessing horrific things. It seems that when we are under extreme stress, what really matters is uncovered. We begin to sense our own mortality, become concerned over the welfare of ourselves and others, and accept life's pain and glory.

There is just nothing else like it.

Lisa Gunoe was also at the Tatur's Midnight Madness here is what she had to say

Its done!

5 laps

51.5 Miles

14:35:27 Hours

Start time 11:59pm 5 July 2013

Have to be done by 3PM 6 July 2013 to be an official finisher

Lap splits:

Miles Split Total

1:	10.30	2:27:25	2:27:25
2:	20.60	2:34:53	5:02:18
3:	30.90	2:48:59	7:51:16
4:	41.20	3:03:28	10:54:44
5:	51.50	3:40:43	14:35:27

The best part of racing is meeting up with the AR trail family.

I do go for the hugs!

The plan:

Finish the damn race, this was unfinished business as last time only 4 laps were completed.

Keep TailWind in my hydration pack, count on that alone for electrolytes and hydration.  
No over-hydrating allowed.

Never go too fast, I know my pace, don't let excitement of the moment push me too fast, too soon.

As soon as the sun comes up, cover up, hat and arm sleeves.

Keep mantras in mind:

"I can always unbonk"

"Of course 50 miles is going to hurt"

"DNF hurts worse than hurting hurts"



I ran the first 2 laps with David Whitmore from NW AR. I hadn't met him before this event. We were traveling at about the same pace so decided to keep each other company. I'm grateful because those dark, nighttime hours weren't so dark in my head! By the end of lap two my hip flexor was really hurting, so David went on at his pace. I could no longer walk that pace.

My toes had been doing fine on my last few training runs/walks, heat training. I really didn't expect troubles, but oh, trouble happened. By mid loop 3 I knew the hot spots were getting serious. I kept splaying my toes trying to keep them from rubbing against each other, and kept moving. By the end of loop 4 I knew I had to do something about them. I took my shoes off to an awful mess. The toes that weren't blistered on the top end were blistered on the bottom.

I popped the blisters, re-wrapped the toes, changed shoes and headed out. Before making it to Turkey Mountain Aid Station 6 miles into the loop the friction between my socks and the bottom of my feet were making their own nasty mess (never had this problem before). The area between the balls of my feet and my toes were on fire, felt like ground meat! Getting to the aid station confirmed my suspicions. I popped those blisters, gooped up the feet and set out for the last 4 miles at a nice hobble.

My plan was to run 30 steps/walk 30 steps. By the time I ran the whole downhill I was done with that. UGH, The time remained to walk it in so that became the new plan. Elizabeth Kimble and I had worked out a plan, if she felt like it, after she finished her race she would come back out and walk me in. There she was 2 miles from the finish line, waiting for me with an encouraging smile. I was so happy to have her company. I started talking about everything that has pissed me off in the last few weeks. I apologized for being so negative, but noticed I was walking faster! LOL Before long we saw the finish line. We saw Chris waiting for me not too far from the finish line. Normally I try to run in. No way, I didn't care! walking it in was fine with me.

I'm not going back. Pavement sucks, heat sucks. This unfinished business is now finished! 18 Arkansans went to this race, all 18 finished! I love the direction of each loop changing that way we can see and interact with others as the race goes on. The encouragement really helps. If one does proper heat training, if one is looking for a 50 miler, or a first 50 miler this is a good pick, make sure you love pavement!

I need to work on the blister issue! UGH, I don't know what to do. Someone suggested a mixture of petroleum jelly, aloe jell and Desinex. I'm going to try that along with Injinji socks. I have used the Injinji toe socks and blistered before, but maybe with the toes of my shoes filled clear full of this goop I won't blister.

Not pictured, nor running, but very much a part of the adventure was Nicholas Norfolk. He updated the world on everyone's progress with social media. He was so encouraging and supportive after each loop. Thank you Nicholas! Hugs to you!

### **Tatur's Midnight Madness 51.5 Mile Road Race July 5th & 6th, 2013**

133 Registered Entrants \* 125 Starters \* 107 Finishers \* 18 DNF's \* 85% Finishing Rate

Not a USATF Certified Course \* USATF Sanctioned Race

AURA/Arkies at Midnight Madness

Matt Clay 35 M Fayetteville AR 5 51.5 8:08:32  
Mark Denherder 48 M West Fork OK 5 51.5 8:51:16 (AURA)  
Tammy Walther 42 F Little Rock AR 5 51.5 8:56:55 (AURA)  
Kenyon McWilliams 47 M Pea Ridge AR 5 51.5 8:57:07  
Deb Baker 51 F Little Rock AR 5 51.5 9:57:24 (AURA)  
Cliff Ferren 57 M N. Little Rock OK 5 51.5 11:14:06 (AURA)  
Stacey Shaver-Matson 41 F North Little Rock 5 51.5 11:14:06 (AURA)  
Patrick Barker 49 M Little Rock AR 5 51.5 11:26:39 (AURA)  
Tina Ho 48 F North Little Rock 5 51.5 11:45:15 (AURA)  
Jen Freilino 29 F Little Rock AR 5 51.5 11:45:16 (AURA)  
David Newman 52 M Bentonville AR 5 51.5 11:54:26  
Jonathan Young 32 M Benton AR 5 51.5 12:02:32 (AURA)  
Elizabeth Kimble 27 F Hartford AR 5 51.5 12:09:05

Richard Riley 31 M Fort Smith AR 5 51.5 12:20:00  
Jason Thomas 32 M Benton AR 5 51.5 13:45:22  
Susan McCourt 36 F Farmington AR 5 51.5 13:54:47 (AURA)  
Heather Hill-Spaine 48 F Fayetteville AR 5 51.5 13:59:48  
David Whitmore 51 M Elm Springs AR 5 51.5 14:16:48  
Lisa Gunnoe 47 F Judsonia AR 5 51.5 14:35:27 (AURA)

**Arkies at the Big Butts 50K Clinton, MS**  
7-27-2013

Jenny Wilkes 5.40.05 (AURA)  
Elizabeth Kimble 7.27.15  
Susan McCourt 9.08.40  
Belinda Jared 10.58.50 (AURA)  
Andi Stracner 10.58.51

AURA Brother David Samuel was traveling on vacation and sent us the following report.

Folks, I took on another challenge during our vacation to Wyoming. I had been doing 8-mile run/hikes on the Shangri-La road for a couple of months in anticipation of this vacation adventure. Although the marathon started in Lander at about 5400' elevation, it had many rolling hills with a climb up to 6000' at the halfway point. The return trip to Lander included several good downhills with a nice breeze in our face and the humidity continued to drop during the race. It was a challenge on low-mileage but by race walking the uphill, taking a minute or two break at the aid stations, I felt comfortable during the entire event. When I finally got to Main Street around three hours (9:30 AM), the sidewalks were full with people in folding chairs waiting on the 119th Annual Pioneer Days Parade due to start at 10 AM. I got lots of cheers along with the two female indian runners from Fort Washakie. They wanted to race the last two blocks but I kicked it in and finished just ahead of them. However, I was the last and oldest male runner to finish. Still I was pleased to complete the thing according to my plan. The buffalo burger afterwards was great! **David Samuel, Mount Ida, Arkansas, 3:12.51**

## Full mOOn 50k & 25K Post Race Report

PERRYVILLE, Ark. – Runners counted down the last eight seconds to the start from the race clock in unison. A dozen guys up front leaned over the start line, fingers poised on the “start/split” buttons of their watches. A runner bolted from the Great Hall attempting to pin a number and meld with the group simultaneously. Someone was tying his shoe; someone was snapping a glow stick around her wrist. The race director ducked out of the way just as the bullhorn siren wailed. And 343 runners propelled themselves into the twilight.

Twenty one years earlier, something like 30 or so runners started the Midnight 60K from Lake Sylvia running under the stars. Only six finished lead by local pavement-pounding speedster, Bill Torrey. After getting the same result in 1995, the former fun run leader, Charlie Peyton, changed the distance to a 50K to coincide with his legendary ultrarunning wife’s 50<sup>th</sup> birthday. Lou Peyton was among the first women to complete the Grand Slam of 100s in 1989. So what better birthday party than an ultramarathon with 50 of your closest friends? How about an ultramarathon with nearly 400 friends?

The start of the 21<sup>st</sup> Full mOOn 50K & 25K was a banner year in every way. The race had changed a lot since the previous year – coming of age in a way. Having been a “no fees; no frills” run for 20 years, the U.S. Forest Service required the race to pay for a full permit after the tally surpassed 200 racers last year. In 2008, race director Susy Phillips took over for Peyton who still staffs the 50K turnaround aid station like a Golden Corral buffet with Lou. Through internet calendars and social media Phillips started growing the race into a national night run cult classic. Runners from 9 states as far away as New Jersey and ranging in age from 14 to 76 years old ponied up the entry fee and joined nearly 50 volunteers to throw one hell of a party for Lou and the director’s mother, Elaine Gimblet, who celebrated her birthday by filling water bottles and slinging sweat at the 25K turnaround aid station.

2013 marked the first year in the run’s history that fees were charged and registration required. Along with that ordeal came logos, shirts, a website, sponsors, donors, a change in the course and just more of *everything*. Wanting to maintain the nonprofit status and spirit of years past, the Full mOOn arranged to donate all proceeds to World Services for the Blind, an international rehabilitation and training facility for people who are blind or visually impaired based in Little Rock, Arkansas. WSB had a dozen clients they serve on hand to dish out huge helpings of bug spray, glow sticks and maps as well as join in on the fun. After the race dust settled, the race director donated more than \$5,000 to the organization to help them in their mission to empower their clients to achieve sustainable independence.

While the after party was getting underway, the last of the sunlight melted into the clouds, the moon peaked through and the HAM radio operators sorted out the race-day registrants and DNS’s as the runners put on a show. Heat and humidity ever a factor for Arkansas summer races, a late afternoon thundershower brought temps below 80 but humidity climbed to 85 percent. Bodies like Slip n’ Slides would stream across the finish line all night long.

Even so, Ryan Garvin, 28, set a new 25K course record of 2:00:55. Less than two minutes behind was Gary Taylor, 50, at 2:02:49 to take the top spot of the men’s masters division. It was no surprise local Little Rock Marathon-winning heroine Leah Thorvilson, 34, clinched the

women's overall title in the 25K early on. The Olympic marathon qualifier posted an impressive time of 2:04:05 despite being her first trail race since surgery this spring. A round of her signature song erupted from fans at the finish celebrating her win and return to racing.

From there the finishers poured in, arms raised, fist-pumping, in pairs, in threes, some crying, some skipping, one guy barfing – all ready for finish food and fellowship. Runners collected and collaborated around the finish line, clapping and cheering with every finisher, red Solo cups raised, whether or not they knew the person. Great trail and ultra stories were regaled through the night.

The men's 50K course record was pummeled by Caleb Ault, 28, with a time of 4:16:37. Mark DenHerder, 48, barely led the men's masters division with 5:00:35 followed quickly by the women's overall winner Alison Jumper at 5:03:27. Local favorite Stacey Shaver, 41, took the top spot for the women's masters division with a time of 5:45:06.

After the last headlamp was switched off, 209 runners finished the 25K and 144 finished the 50K. An epic evening that began with a glow sticking mishap and near-miss water shortage ended with the sweet ring of a run well done. The first rays of the sun pinked the sky as the last of the race equipment was loaded up. A bleary-eyed finisher dragged her sleeping bag to her car after catching a few zzz's before heading home to Louisiana.

Preparations for the 2014 Full mOOn runs on July 12 are already underway with plans for finisher's awards, chip timing and even more party runners. Changes come as they may, the fun-loving spirit of the race has held strong for 21 years and will most likely well into the future. Happy birthday Lou and Elaine – and many more!



Alston Jennings, Lou Peyton, and Big Shot Peyton at the 50K Turnaround Aid Station





Bill Coffelt in a hurry to leave the 50K Turnaround Aid Station



Angie Orellano getting a rock out of shoe



Greg Bourns had a tumble and scars to prove it. Last word we had Greg is doing fine.



Kimmy Riley at the 50K Turnaround Aid Station

## Full mOOn Run Results

July 20, 2013 – Camp Ouachita

### 50K Women

Place	Name	Sex	Age	Time
1	Alison Jumper	F	38	5:03:27
2	Rose Deal	F	30	5:28:49
3	Lacey Young	F	31	5:39:55
4	Stacey Shaver	F	41	5:45:06
5	Kelly Henson	F	43	5:47:39
6	Jessica Cummings	F	25	5:49:10
7	Jenny Wilkes	F	30	5:50:01
8	Pam Young	F	36	5:52:25
9	Tammy Walther	F	42	5:54:39
10	Deb Baker	F	51	5:56:57
11	Courtney M Munson	F	28	5:57:12
12	Tina Coutu	F	49	5:57:50
13	Christi Potter	F	42	6:08:17
14	Jessica Amy	F	30	6:12:01
15	Kelly Newberg	F	41	6:13:38
16	Carol O'Hear	F	38	6:28:00
17	Elizabeth Kimble	F	27	6:31:03
18	Melinda Krueger	F	48	6:33:54
19	Kira Leedom	F	40	6:36:58
20	Gina Bolton	F	33	6:55:50
21	BELINDA JARED	F	42	6:56:05
22	Angie Stewart	F	32	6:56:21
23	Emma Rush	F	25	6:58:12
24	Haley Siggers	F	31	7:06:04
25	Melanie Baden	F	44	7:12:53
26	Lisa Luyet	F	41	7:13:07
27	Kim Johnson	F	44	7:16:30
28	Angie Orellanno	F	63	7:26:05
29	KyLynn Ledbetter	F	25	7:34:45
30	Jana Young	F	31	7:39:09
31	Missy Key	F	47	7:39:12
32	Danielle Martin	F	32	7:42:04
33	Kimmy Riley	F	52	7:49:59
34	Sheri Nicholls	F	53	7:54:19
35	Simina Ryckenbusch	F	25	8:03:50
36	Andi Stracner	F	40	8:08:29
37	Tala Hill	F	53	8:09:53
38	Annette Blanton	F	53	8:14:13
39	Mary "Vickie" McDonald	F	60	8:37:49
40	Sharon Yvonne Correro	F	50	9:09:53

## 50K Men

Place	Name	Sex	Age	Time
1	Caleb Ault	M	26	4:16:37
2	Jonathan Autrey	M	30	4:36:01
3	Kyle Grady	M	39	4:36:01
4	Mark DenHerder	M	48	5:00:35
5	David Haskins	M	43	5:02:01
6	Tyler Wilkerson	M	25	5:06:07
7	Erno Lindner	M	36	5:06:51
8	Thomas Chapin	M	35	5:10:42
9	Jacob Wells	M	44	5:12:07
10	James Holland	M	36	5:15:08
11	Michael Poole	M	32	5:18:52
12	Aaron Ochoa	M	39	5:20:29
13	Daniel Arnold	M	28	5:25:56
14	Bill Coffelt	M	53	5:25:58
15	Jason Barker	M	49	5:39:55
16	Malcolm Smith	M	50	5:40:17
17	Scott Irwin	M	49	5:46:49
18	Aaron Dickens	M	32	5:48:27
19	Shannon McFarland	M	37	5:49:22
20	Cliff Ferren	M	57	5:54:04
21	Jim Tadel	M	57	5:56:03
22	Joshua bornhorst	M	38	5:58:38
23	Daniel Shaffer	M	30	6:03:03
24	Troy Potter	M	50	6:04:47
25	Brian Cockrell	M	37	6:05:03
26	Jason Armitage	M	40	6:06:55
27	Kim Howard	M	51	6:11:12
28	Nate Smith	M	48	6:19:19
29	Charles Hurst	M	55	6:20:27
30	James Sinclair	M	31	6:25:07
31	JT Patillo	M	30	6:28:15
32	John Kelly	M	47	6:29:14
33	Kurt Boyd	M	37	6:29:51
34	Patrick Barker	M	43	6:30:36
35	Les Jones	M	54	6:30:55
36	Tim Harrington	M	43	6:30:55
37	Konrad Hendrickson	M	40	6:31:03
38	Michael Montgomery	M	66	6:32:55
39	Mitch Boeckman	M	37	6:34:07
40	Mike Samuelson	M	47	6:36:10
41	Ronnie Daniel	M	43	6:38:39
42	Nicholas Gieda	M	23	6:40:30
43	Kobe Johnson	M	24	6:43:42

44	John Phillips	M	53	6:45:57
45	Jason Jeffirs	M	37	6:46:50
46	Lionel Burnett	M	52	6:49:59
47	John Flint	M	48	6:51:33
48	Emon Mahony	M	31	6:55:05
49	Sam Wilkerson	M	53	6:57:39
50	Kevin Solomon	M	24	7:02:11
51	Hayden Hess	M	25	7:03:09
52	Russell Bennett	M	41	7:08:03
53	Anthony Maples	M	44	7:09:51
54	Jason Abernathy	M	39	7:12:53
55	David Newman	M	52	7:23:14
56	Kevin Dorsey	M	42	7:25:18
57	Mark Roth	M	51	7:26:05
58	Frank "Jim" Ingalls	M	68	7:27:25
59	Cory Adams	M	33	7:36:48
60	Chet Dycus	M	40	7:37:57
61	Chris Ledbetter	M	26	7:37:57
62	Jonathan Young	M	32	7:39:07
63	Dennis Baas	M	67	7:52:30
64	Jim Sweatt	M	57	7:53:25
65	Jesse Garrett	M	29	7:54:19
66	Christopher Baldwin	M	40	8:02:31
67	David Whitmore	M	52	8:02:31
68	Jay Heflin	M	24	8:03:50
69	Seth Elsheimer	M	61	8:10:22
70	Joshua Drake	M	44	8:14:14
71	William Cathy	M	19	8:35:05
72	Cameron Hardwick	M	20	8:35:05
73	Ron Gimblet	M	65	8:35:07
74	Greg Bourns	M	73	8:57:28

### 25K Women

Place	Name	Sex	Age	Time
1	Leah Thorvilson	F	34	2:04:05
2	Natalie Woody	F	22	2:24:43
3	Jamie Rusignuolo	F	33	2:31:57
4	Rachael Turner	F	27	2:32:31
5	Elizabeth Patterson	F	26	2:38:40
6	Jennifer Liles-Dorris	F	37	2:45:20
7	Jamie Rogers	F	25	2:47:51
8	Cassie Brown	F	30	2:49:11
9	Amanda Garner	F	26	2:51:24
10	Kathy Wilson	F	40	2:53:30
11	Lia Mayfield	F	39	2:54:18
12	Jaycee Mayfield	F	18	2:54:18

13	Jo Spencer	F	46	2:58:56
14	Karen Hayes	F	59	2:59:54
15	Jen Freilino	F	29	3:00:21
16	DeShawna Doke	F	30	3:01:21
17	Emily Harbour	F	28	3:01:21
18	Shelley Egli	F	40	3:04:28
19	Teddi Schneider	F	42	3:04:28
20	Hillary Looney	F	39	3:07:29
21	Stephanie Hamilton	F	33	3:07:29
22	Kris Clayborn	F	40	3:09:05
23	Marla Miller	F	4	3:09:06
24	Kayce Hall	F	35	3:10:42
25	Sharla Ashcraft	F	38	3:10:53
26	Michelle Greer	F	38	3:10:53
27	Amy Jenkins	F	36	3:12:07
28	Christy Strang	F	40	3:16:30
29	Ashley O'Neill	F	41	3:19:10
30	Dawn Horn	F	36	3:19:15
31	Lauren Kilpatrick	F	31	3:19:20
32	Lauren Harrington	F	44	3:19:48
33	Shannon Humphrey	F	37	3:22:55
34	Adiel Looney	F	37	3:23:05
35	Francesca Tronchin	F	39	3:26:28
36	Heather Spoon	F	33	3:27:17
37	Tisha Deen	F	31	3:28:01
38	Mary Kowalski	F	49	3:30:06
39	Jessica Kowalski	F	28	3:30:06
40	Lisa Mullis	F	45	3:31:06
41	Becka Gartner	F	42	3:32:21
42	Leslie Zimmerman	F	32	3:32:30
43	Lorna Armstrong	F	52	3:32:35
44	Brandy Hill	F	36	3:32:49
45	Beth Autrey	F	32	3:37:10
46	Jody Fisher	F	57	3:37:10
47	Patre Williams	F	40	3:37:11
48	Brittany Niznick	F	25	3:37:29
49	Star Ritchey	F	39	3:38:41
50	Barbara Milton	F	49	3:40:46
51	Mindy Simonson	F	31	3:43:30
52	Casey Cragle	F	21	3:44:15
53	Chrissy Ferguson	F	52	3:44:28
54	Jody Lingbeck	F	41	3:44:28
55	Mary Thaxton	F	33	3:47:41
56	Stephanie Maricle	F	25	3:53:43
57	Catina Norman	F	40	3:53:51
58	Linda Ault	F	25	3:54:09
59	Shelley Evans	F	47	3:54:09

60	Ashley Freiert	F	37	3:56:13
61	Sam Baus	F	?	3:56:23
62	Kathleen Grubbs	F	36	3:56:40
63	Patty Groth	F	57	3:58:22
64	Stephy Momper	F	30	4:01:05
65	Erin OToole	F	24	4:02:30
66	Melissa Lewis	F	34	4:02:52
67	Jami Bickers	F	43	4:03:57
68	Lori Dather	F	48	4:04:35
69	Judy Massingill	F	54	4:04:35
70	Whitney Wray	F	28	4:05:10
71	Susan McCourt	F	36	4:05:10
72	Cindy Metcalf	F	56	4:07:43
73	Rebecca Cunningham	F	53	4:16:19
74	Cynthia Mitchell	F	27	4:16:19
75	Bailee Christensen	F	20	4:16:38
76	Glorimar Toro-Davila	F	27	4:16:38
77	Cassandra Ticer	F	33	4:16:39
78	Luise Armstrong	F	53	4:18:49
79	Jennifer Rogers	F	45	4:20:00
80	Anna Gonzales	F	36	4:21:13
81	Jodi Magnotti	F	43	4:24:13
82	Dottie Rea	F	60	4:24:49
83	Rebecca McGraw	F	44	4:25:31
84	Nancy Stotts	F	52	4:26:10
85	Sherry Rogers	F	52	4:27:59
86	Leigh Tanner	F	51	4:31:54
87	Katie McGuirt	F	30	4:37:16
88	Jayne Butts-Hall	F	31	4:46:05
89	Missy Ezel	F	40	4:46:05
90	Margaret Ingalls	F	64	4:49:28
91	Diana Marty	F	51	4:49:28
92	Kristina Grisham	F	45	4:54:09
93	Ayu Lo	F	27	5:11:19
94	Bridgette Rooney	F	38	6:03:03
95	Holeigh Struble	F	39	5:11:36
96	Carla Metts	F	42	5:13:20
97	Kimberly Morton	F	40	5:27:19
98	Pam Greene	F	44	5:27:59
99	Trish Hede	F	43	5:27:59
100	Betty Williams	F	76	5:28:28
101	Shirley Short	F	56	5:28:28
102	Sarah Westbrook	F	33	5:37:56
103	Mike Metzler	M	60	5:40:34
104	Helen Jones	F	48	5:40:34
105	Leah Pearce	F	45	5:40:36
106	Hobbit Singleton	F	59	5:40:36

107	Anastasia Brown	F	18	6:15:24
108	Olivia Jared	F	14	6:15:24
109	Susan Whittenberg	F	56	6:15:24
110	Lisa Ulmer	F	52	6:24:16
111	Sue Vestal	F	55	6:24:16
112	Cara McKaskle	F	28	6:24:26

### 25K Men

Place	Name	Sex	Age	Time
1	Ryan Garvin	M	28	2:00:55
2	Gary Taylor	M	50	2:02:49
3	Jake Anderson	M	32	2:10:32
4	Tommy Griffin	M	30	2:10:59
5	Todd Eric Brock	M	29	2:21:06
6	Erik Heller	M	32	2:23:31
7	Andy Capel	M	37	2:23:38
8	Josh Madison	M	24	2:26:11
9	Jonathan Dorris	M	32	2:28:13
10	Richard Williams	M	46	2:28:54
11	Greg Eason	M	38	2:31:55
12	George McFall	M	42	2:32:02
13	Shane Cater	M	34	2:32:33
14	Loren Kaylor	M	27	2:33:44
15	Greg Massanelli	M	52	2:34:53
16	Jake Pitts	M	21	2:35:18
17	Matt Kaczor	M	33	2:35:19
18	Jarret Kinder	M	34	2:35:35
19	Brett Nguyen	M	44	2:40:22
20	Cameron Carper	M	28	2:41:57
21	Kurt Hauser	M	48	2:45:21
22	Kurt Egli	M	50	2:45:45
23	Chris Stafford	M	52	2:46:55
24	Chuck Bible	M	50	2:48:08
25	Bill Elmore	M	53	2:49:21
26	Jason Bliss	M	29	2:49:27
27	Chad Yocum	M	38	2:49:50
28	Bill Milton	M	51	2:53:00
29	Jeff Jones	M	42	2:56:58
30	Jason Auer	M	30	2:57:15
31	Derek Gilmer	M	33	3:02:43
32	Chris Hall	M	34	3:03:05
33	Michael Storey	M	38	3:03:06
34	Logan Wilcoxson	M	44	3:03:22
35	Caleb Looney	M	26	3:03:42
36	John Olivia	M	41	3:04:28
37	Adam Xaysuda	M	27	3:05:38



38	Scott Sander	M	44	3:06:50
39	Shane Hamilton	M	37	3:07:29
40	Jonathan Childs	M	30	3:07:39
41	Kyle Hicks	M	33	3:08:13
42	Brad Smith	M	23	3:09:06
43	George McDonald	M	60	3:09:13
44	Laurence Jared	M	41	3:13:25
45	Rich DeMouy	M	44	3:16:30
46	James McManners	M	50	3:18:18
47	Tom Singleton	M	60	3:19:10
48	Matt Spoon	M	35	3:27:16
49	Marty Koster	M	47	3:27:48
50	Gary Kowalski	M	50	3:30:06
51	Gil Mitchum	M	43	3:30:06
52	Mike Harrison	M	42	3:32:21
53	David Woodridge	M	40	3:34:39
54	David Whittenberg	M	52	3:36:08
55	Thomas Ashcraft	M	39	3:36:23
56	Kenny Hight	M	49	3:37:10
57	Keith Ritchey	M	39	3:38:41
58	Scott Sullivan	M	24	3:39:21
59	Michael Harmon	M	47	3:39:47
60	Carroll Fletcher	M	57	3:40:04
61	Justin Johns	M	30	3:40:08
62	Phillip Carr	M	47	3:41:23
63	John Pollock	M	35	3:41:23
64	Harold Hays	M	55	3:44:28
65	Michael Reaves	M	30	3:45:52
66	Mike Mader	M	43	3:47:41
67	Darrell Gentry	M	43	3:50:07
68	Joseph Norman	M	29	3:53:50
69	Thomas Hudson	M	34	3:56:05
70	Randy Sullivan	M	56	3:56:35
71	Frank Massingill	M	55	3:57:36
72	Pete Ireland	M	73	3:58:23
73	Marty Sullivan	M	35	3:59:21
74	Dylan Thaxton	M	34	3:59:47
75	David Momper	M	31	4:01:05
76	Brogan OToole	M	25	4:02:30
77	Jeff Clifton	M	47	4:03:57
78	Kevin King	M	45	4:05:39
79	Roman Broyles	M	42	4:07:43
80	Johnny Mitchum	M	66	4:15:53
81	Steve Pomerleau	M	40	4:20:00
82	Christian Gonzales	M	37	4:21:13
83	Blair Parker	M	57	4:24:13
84	Nicholas Norfolk	M	30	4:30:18

85	David Edwards	M	35	4:30:19
86	Cody Jones	M	32	4:46:05
87	Steve Metts	M	18	4:48:17
88	Jon Honeywell	M	43	4:48:55
89	Willie Chism	M	34	4:49:14
90	David Caillouet	M	55	4:49:28
91	John Russell	M	54	4:58:36
92	Dan Belanger	M	69	4:58:39
93	William Dobbins	M	46	5:27:19
94	Terje Stoneman	M	38	5:27:19
95	Herb Jarrell	M	69	5:28:10
96	William Shaddox	M	29	5:37:56
97	Oscar Pearce	M	47	5:40:36

**Arkies at the Big Butts 50K Clinton, MS  
7-27-2013**

Jenny Wilkes 5.40.05 (AURA)  
Elizabeth Kimble 7.27.15  
Susan McCourt 9.08.40  
Belinda Jared 10.58.50 (AURA)  
Andi Stracner 10.58.51

## Arkansas Traveller 100 Trail Work Day

August 23rd, 9:00 AM at the Power line Aid Station  
We will clear the Smith Mountain portion of the trail.  
We will mostly be weed eating and loping off limbs.  
It usually takes about 3 hours and LUNCH is provided after the work.  
Contact PoDog at [robertvogler@netscape.net](mailto:robertvogler@netscape.net) for more information.  
We usually have a pretty good time so come out and help.

\*\*\*\*\*We are still looking for a bush hog if anyone can help us with that.\*\*\*\*\*

# Upcoming Events

## **Mount Nebo Trails Run Saturday, August 24th, 2013 - 7:00am**

Distance: 14 miles (approximate)

Starts at 7:00 am from the top of Mt. Nebo, in the parking lot near the pool and camping area. Mt. Nebo is about three miles west of Dardanelle on Hwy 155.

There is no application or entry fee. There may be some form of receptacle into which a donation would be appropriate to show appreciation for those administering the run and/or providing food and aid.

This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.  
Race contact: Tom Aspel 479-857-4527

### Post Run:

The pavilion by the pool is reserved for the race until 2 pm.

The organizers will have some hamburgers and watermelon at the finish. First come, first served. You might want to bring drinks.

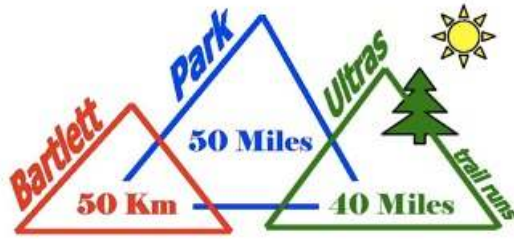
Showers are available on top; the pool will be open at 11:00am - \$3 fee to swim

Camping and Lodging Information:

Camping options: Campsites with water and electricity; Bench trail camping with no facilities.

Cabins are also available. Capacities from 4 to 8 people.

For information contact Mt. Nebo: [mountnebo@arkansas.com](mailto:mountnebo@arkansas.com) or 1-800-264-2458 or (479) 229-3655



Race Date: September 14, 2013, 7:00 AM  
Location: Nesbit Park 5760 Yale Rd Bartlett, TN

Registration opened May 1st. Entry fee is \$25 through August 15th and \$40 starting on August 16th. Shirts are optional and cost an additional \$8. When registering, please select a shirt size even if not ordering a shirt otherwise when you review your registration you will receive a note that states you haven't answered question number 2. Online registration closes on Thursday September 12th at 9:00 PM.

The race registration link is:

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

The course remains unchanged. Swag (ie. free stuff) will be first come first served pick of Bartlett Park Ultras water bottles, ice hats, and shirts that are available.

Packet Pickup is Friday September 13th 6:00-7:00PM and Saturday before the race from 6:15AM to 6:55AM at Nesbit Park.

## **2013 Arkansas Traveller 100 Application October 5-6, 6:00 AM**

**Lake Sylvia Recreation Area, near Perryville, Arkansas  
Presented by the Arkansas Ultra Running Association  
Proceeds benefiting the Williams Junction Volunteer Fire Department**

More information and race application go to [www.runarkansas.com](http://www.runarkansas.com)

**Retreads**

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](mailto:chrlypytn@gmail.com)

**Run long and prosper!**