

# THE ARKANSAS ULTRA RUNNER

## April 2014

### The Newsletter For Members of the Arkansas Ultra Running Association

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

#### Message from an Ultrarunner – Stan Ferguson

Hello Ultra-Gang,

I'm writing this on the brink of April, which means that Ouachita Trail 50 fever is evident around our house. We are less than four weeks away. Someone recently made the keen observation that it is a little late in the month this year—due to Easter. Yes, we've always tried to avoid holding the OT50 on Easter weekend. So this is probably about as late as the race has been since way back in the day when it was a May event.

This past weekend featured a double-dip of OT activity: On Saturday, Thomas Chapin brought out some smoked (pork) butt, and he and Chris Baldwin set up some aid in support of a sizeable group of folks doing an OT training run from Pinnacle Park. Although a little muddy from a rainy Friday night, it was a beautiful day for a run on the trail. And the excellent bar-b-que and fixins at the end really hit the spot! Then on Sunday, Deb Baker organized a trail work party, making sure everything was in shape for the race around Northshore and out to Highway 10. Some major cutting has been done near the old Northshore park, and it was really a mess. I don't have a list of everyone who helped out, but I know they spent much of the day, and their hard work is appreciated by us--and definitely will be appreciated by the runners later in the month.

Ultra Trail Series news.... We are down to two races left in the 2013-2014 series: Ouachita Trail and Mount Magazine. The current standings are in this newsletter, and a pretty good picture is starting to emerge as far as the Kings and Queens-to-be of the Trail. I will try to refrain from jinxing anyone though. Let's just say that some of the categories are all but settled, and some are not. Last month's UTS extravaganza was up at Devil's Den State Park, and it was yet another beautiful early spring day. I'm not sure if it's because I'm running slower and have more time to look around, or just the fact that the run was held during leaf-off (--usually this run has been held during October's color), but I definitely noticed and appreciated the fabulous views of the park more than I have in the past. It's no wonder that a lot of the ultra folks in that corner of the state frequent there. As I said, it was a perfect day, and the whole DenHerder clan was out

there providing great support and HEALTHY food at the end. So a big thanks to Mark, Marquita, and their family!

In case you missed it, in addition to the Ouachita Trail activity we also had a club meeting this past Sunday. One thing we did was get feedback on a plan that was recently discussed by the board regarding memberships. All the comments were positive, so we will definitely be going forward to a scheme where everyone's membership terms are synchronized. When this is effected, the official term of membership will run from July through June. In order to accomplish this, most members will wind up getting some bonus months on their present term. In addition to providing online membership renewal, a few other points of this plan are:

- Any member who came on board or renewed since last October will not need to renew again until June 2015.
- The annual household membership dues will remain \$12 for those receiving the newsletter via e-mail, and \$25 for hardcopy (at least for now).
- The renewal process will include an option to register for the UTS. (Although a stand-alone UTS signup will still be available for non-members and those whose memberships are not due.)
- During late May and June we will have our "membership drive". After that, past-due members not responding to renewal notices will all be dropped at the same time—rather than the treasurer having to send reminder notices and perform expulsions every month of the year.
- The revised membership forms and online sign-up should be finalized and available by the end of April.

Also at the meeting we held officer elections for the next year. Lisa Gunnoe and Charley Peyton were nominated and re-elected as Secretary and Treasurer. I am happy to announce that the previous Vice President, George Peterka was elected as the new AURA President, and Deb Baker was selected as the new Vice President. Congratulations George and Deb!!

One other note—it's not a board position, but the newsletter editor/publisher role has typically followed the same cycle. Harold Hays agreed to do the e-newsletter again for the next year. So Thank You Harold!!!

I feel that I've harped quite a lot about the growth of the AURA in recent years. —Not just with so many people showing up at runs, but with more members contributing to our events and helping out. When a number of people are willing to pitch in and contribute—it truly makes a difference, with great things possible. We're fortunate to have the ultra community

that we have, and hopefully everyone appreciates this. And I believe that with new blood coming in, it has every prospect of getting even better. Happy Trails and see you out there!!

Below is President Pererka's acceptance speech

I would like to thank the members of the AURA for voting me as the new president. I am honored to have been chosen for this position. Stan Ferguson is a tough act to follow and I hope I will not disappoint anyone.

As president, my first priority will be to provide affordable health care for all. Not just AURA members, but all Americans. But be patient, my website keeps crashing!

Just kidding...

I am looking forward to seeing everyone at the Ouachita Trail 50 and I would like to extend a warm welcome to all future members.

Once again, thank you.

George Peterka

### **Three Days of Syllamo by AURA Sister Stacey Shaver-Matson**

I have had time to process the weekend's events at Three Days of Syllamo and am ready to share for those interested in this year's Crazy Fun!

#### **Day One**

Fully carb loaded and well rested we began our 50k day with a slight chill in the air in what would be the best weather of the entire weekend. We ran this stage on the Syllamo Trail, a loop course, which varies greatly aside from it being 100% single track. I quit counting at 7 creek crossings. We had 7,000ft of climbing and descending. The trail is plenty technical with loose rocks as well as roots and small boulders to dance around and keep your mind focused all day. I didn't dance all that well apparently because I tripped twice and on the smoothest pine needle covered sections. The first was more of a dive than a trip as I was completely airborne! This is the price you pay when you allow yourself to gaze up for a few seconds. Luckily weather was on our side.

The sun stayed behind the clouds and the breeze always came at the best time.

I ran solo most all day so it was a good thing that the trail was marked so well this year - red polka dot flagging at almost every needed turn. The views were beautiful and some breathtaking. If you've been in that area then you know what I am talking about. We were cared for all day by amazing volunteers (BONUS-some wearing Speedos) and greeted at the finish line with pasta, bread, and salad. Before the meal I braved the cold creek for 10 minutes to ward off muscle fatigue. It was hard to do at the time but worth it because it worked!

We had the pleasure of seeing Joe & Lisa from Arkansas Outside. I always get a great sense of comfort when I see familiar faces on the trails. When you are logging a lot of miles and hours it is truly the little things that count!

We quickly jetted back to the cabin to prepare for day two. In laying out my clothing and gear I realized my GPS watch was missing. Tina was persistent in helping with the pursuit for the missing watch. The clock continued to tick away and sleep is more important than a watch so I insisted we give up the search. Lights Out - 7 hours of sleep with anxiety induced crazy dreams.

## **Day Two**

The alarms in the room went off in unison at 4:15am. Tina, Jen, and I were out the door with headlamps in hand by 5:15, happily back for more on a day that turned out to be warm and more challenging than any of us expected. The challenge was actually put in place by mother nature a few weeks ago - the sleet and ice left many down trees for us to climb over, around, and through leaving gnarly scrapes as I passed over or under. Then there was ledge about ¼ mile length that we had to cross that still had a solid sheet of ice/sleet. There was enough space on either side of the ice for about half your foot. On one side of the ice was a cliff wall & boulders & trees on the other side that led down to the waters edge. I stood there studying the runners ahead of me to see which maneuver would get me across with the least amount of damage or danger. Like many I began the trip across by scaling the cliff wall: holding onto the cliff and tiptoeing my way slowly across. That worked until we reached a point where the ice butted directly against the cliff wall which meant there was no longer a place to put your feet without sliding down the ice into the boulders below. This was to be my fate but fortunately I didn't break anything and walked away with bruising, skin abrasions, and something new to contemplate for the miles ahead - "How will I get back over the ice on the return?"

The day's course was an out and back on the very remote Syllamore and Ozark Highlands Trail with over 15,400ft of climbing and 15,400ft of descent on 99% single track. The terrain and surface varied from rocky, cambered, rocky & cambered, freshly bulldozed forest service road, and short steep climb after short steep climb.

Without my trusty GPS watch I opted for a different gadget, a recent birthday gift, my shiny red Pebble watch. PT is shaking his head as he reads this. One day I hope to have his confidence and run without a watch but for now it is my security blanket. I mainly use it to time out my sodium capsules and my nutrition but feel good knowing if I veer off course it will also help me get back on the correct path. Fortunately, the course was well marked again.

We followed blue & white blazes throughout the day. Close to the halfway mark my batteries were still charged but the Pebble's batteries were NOT! I ran most of the day with a friend I had made the previous year - Tina Johnson of Wisconsin. I was not going to pester fellow runners with a constant nagging of "What time is it - What mile are we at" questions. To stay on top of things I simply used the aid stations and my current mental state to properly time out doses of food and salt tablets. I felt like I was doing a good job because I felt so good for the duration of the race.

Somewhere on the return we were joined by Maria from Minnesota. We kept one another company by sharing stories of family, running, and food (specifically chocolate and beer). We

also kept one another moving at a good pace. When we got to the dreaded icy cliff we opted to stay near the waters edge, suffer more skin abrasions, and bushwacked our way across the minefield of boulders, trees, and briar bushes. Safely across we focused on getting to the finish before nightfall and we joyfully succeeded! With the finish line in sight we joined hands and raced across together. After some hugs and high fives we parted ways to work on replenishing on Cal's cooking, rehydrate with the free Hammer Recoverite, and relax before heading back to our cabins.

My sweet friends Jen & Tina met me at the finish with drink, rice, beans and more kindness than I deserve. I wasn't feeling all that great but they encouraged me to continue to eat and drink and anticipated my every need. They loaded our gear and got us back to the cabin in time to get plenty of sleep. At the cabin I was reduced to nothing more than a big lump. I continued to decline but determined to do what it took to turn things around. At this point I was miserable, unable to eat, forcing myself to drink, sucking on rock salt, and vowing not to run day three. My friends unselfishly put aside their needs to tend to mine. At one point I knew this wasn't right so I sent them to bed, assured them I would be ok and that I wouldn't close my eyes until I knew with absolute certainty I was ok. That certainty came around midnight. After vomiting I was not only able to eat but craved it! Once I was able to pee I knew things were ok and turned out the lights.

### **Day 3**

The morning began with roaring laughter as soon as the first sentence was spoken "Ok, I am running today!" I said. My two best buddies laughed uncontrollably for 10 solid minutes. Apparently not only did I tell them the previous night that I wasn't running but begged them not to hint at or encourage me to do so. After a good chuckle & breakfast I was full of energy and ready to tackle the run ahead.

Laughter soon turned to tears not long into the final run of the weekend. We had looked at the weather graph in order to plan the proper attire. A rain jacket we knew for certain because it had been a downpour all night and rain was still falling. The weather app was predicting 56 degrees at the start and 42 degrees by the time we finished. I donned a short sleeve with arm warmers, shorts, compression socks, and a light rain jacket. Within the first mile I was burning up so off came the arm warmers and gloves. Not wanting to waste time putting them in my pack I simply carried them in hand.

The days course was on the yellow Syllamo loop with 3,300ft of climbing and descending on 99% singletrack. Every climb I felt like a salmon swimming upstream. Not only were we dealing with heavy rain and strong wind gusts but also with running in ankle deep water, higher at times, for the majority of the singletrack run. My cold hands and face were making me feel miserable. I was running with Tina and she was feeling pretty much the same way. At one point we started making jokes and finding ways to laugh at the situation and that did the trick. Our hands and feet were still frozen but our souls were warm. We then had pep in our step - it's amazing how healing laughter can be.

Reaching the only aid station at around mile 8 energized us even more. Our feet fell a little faster as we began the mileage countdown. At the beginning of the final mile the trail led to the roaring creek with nothing to hold onto and not wanting to be swept away we had to bushwack a little. We climbed down slippery winding rock stairs, then over some briars and bushes to a place that

had a couple of boulders we could jump across. I felt like a toddler standing there on top of the boulder. I knew there was no option other than jumping across that creek yet I stood there in disbelief and full of fear. Would my legs that had over 90 miles on them fail me? What am I going to do if I miss that rock on the other side? Tina, being the calm & nurturing friend that she is, talked me across then waited there to aid two other souls who were obviously feeling the same way I did. It was slightly confusing as soon as we crossed because the trail was green and we were told to stay on yellow. We took the risk and ran on down the trail where very soon we were reassured by the yellow ribbon sighting.

“Less Than A Mile, We’ve Got This!”, we exclaimed - onward to the finish. Cold, drenched runners were quickly warmed with hot chocolate and a warming tent. There were many volunteers who I am sure were just as cold as we were catering to us and making sure we all got warmed up fast.

I have been to Three Days for three years now. The first year I only ran the 50k. This was my second time to run all three days and this year was a much better experience despite the weather and trail conditions. For starters the trail markings were very well done. It was nice to get to share the trail with Darcy Africa, one of the nation’s top female ultra runners. I also got to run a large portion of the 50 mile day once again with my friend Tina from Wisconsin. I had the pleasure of laughing my way through a few miles with our very own speedy PT & his buddy Dale. We experienced fine bluegrass music at the finish of the second day. Each and every evening I got to laugh, joke, and share stories with two of my dearest friends. It is nice to travel with friends you can trust and count on 100 percent. I have that with Tina Ho and Jen Freilino and I hope they feel that they have that with me.

I look forward to going back next year but I am mainly looking forward to more training time with my buddies! Next on my plate is the OT 50 - I am foregoing all-out racing it to enjoy a fun run there with Jen for her birthday. This will be her first trail 50!!! So come out & join us for a great event and fun celebrating after!!!!

\*I owe a big thanks to some who were not mentioned yet: Grayson Greer, Christophe Block, Nick Lewis, Meghan Lewis, the race director Steve Kirk and his family for working tirelessly at the aid stations and behind the scenes.

### **Top 5 Male for Stage**

Darin Schneidewind

Jake Anderson

Robert Wehner

Mark Linn

David Ingvarlsen

### **Top 5 Female for Stage**

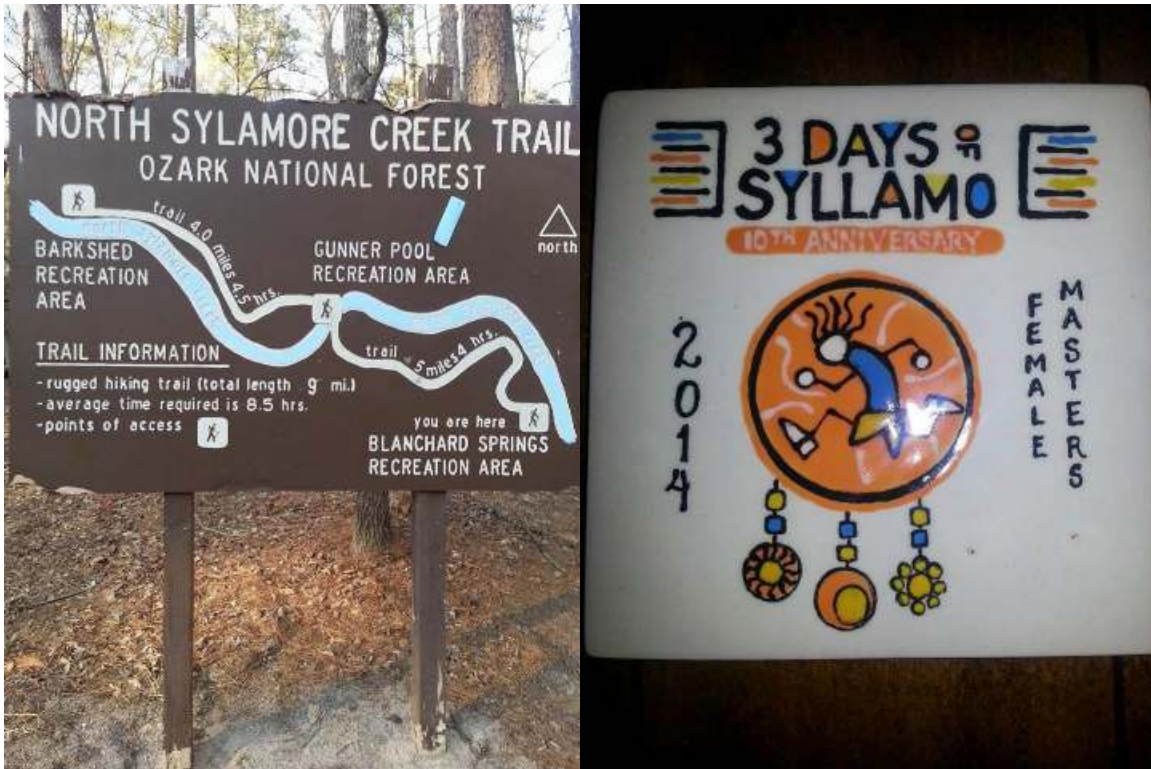
Darcy Africa

Kelly Cool

Lindy Biglieni

Stacey Shaver-Matson

Nicole Parkhurst



Editors note: I am certainly not the most tech savy guy around, but I do look at Twitter and Facebook on a pretty regular basis. I noticed Sunday evening that AURA Brother Josh Drake of Hot Springs posted on Facebook that he and his family hiked up Forked Mountain and I have always wanted to do that, but never taken the time to get there to accomplish the feat. So, I thought it would be interesting to get an account of their trip. Thanks for sharing with us Josh.

On March 30, 2014 the kids and I made our second climb of Forked Mountain in the Ouachita National Forrest. Forked Mountain location is on Google maps and it will get you almost exactly where you want to be. Last year we took 793/187 to the Forked Mountain Bluff Site and hiked the mountain up from there. There are no trails or markings up the mountain from any side so you just look up and start climbing. There is a confusing trail that starts at the bluff site that can get you lost as you follow the creek. If you are climbing the mountain then ignore the creek trail. This year we were trying to find the cave and chimney located in the mountain and seen on Exploring Arkansas [AETN Exploring Arkansas March 2010](#). So we decided to try a different approach to the mountain. While we didn't find the cave, we did find a much easier route to the top of the mountain. As you approach the mountain on Trail 86 you will pass a number of logging roads off to your right. The last one before the mountain is the best one. Not sure if it has a name but when you get to the "Forked Mountain Cemetery" sign and road turn back because you just past the road you should have taken. My Prius only made it a few hundred yards up the road before bottoming out. However, as you can see from the start of my Garmin data it is only a mile hike to the top from there and aprox. half of the hike is that logging road. We found this side

of the mountain much easier to climb than the other side and would say it was slightly more difficult than the hard side of Pinnacle with many more loose boulders but my 9 yr old made it without much distress. The climb is not without some danger but you won't need any sort of climbing equipment. The view at the top is amazing. 360 degrees is hard to find at that height. We came down the same way this time as last time we took out a different way down the North slope and it was a dangerous mistake. After getting back to the car we drove around to the Bluff area which is shown as the finish line on the Garmin map. This is a popular camping location with a charred bluff and trash to prove it. There are some climbing opportunities around the bluff but nothing spectacular. The road ends at the bluff where you can park and hike the closed road down to the small falls and swimming hole. If you follow the closed road you can't miss the falls at the end of the road, but it does require you to take a right turn at the only fork. If you are up for a greater adventure then try hiking the mountain from that side starting from the Bluff parking- just look toward the mountain and start hiking. That direction has a large boulder field similar to Pinnacle that you cross as you begin the climb. Overall, it's a great adventure, good exercise and as tough of a climb as you should do without equipment. If you find the Cave be sure to send me the GPS coordinates. Due to the lack of a trail I would suggest climbing in leaf off times of year. We encountered more red wasps than we were happy with yesterday and I suspect they will only get worse with Spring.

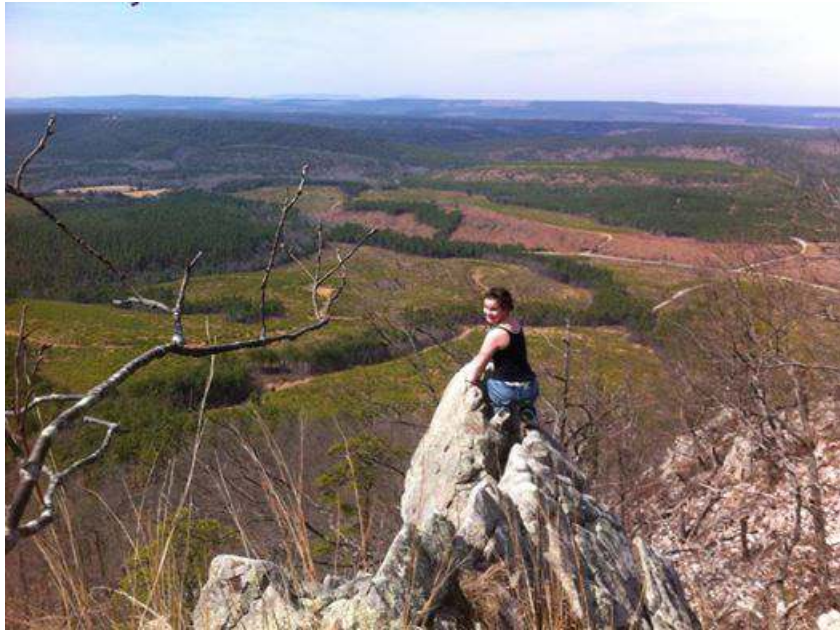
My Garmin of the hike yesterday: <http://connect.garmin.com/activity/471200462>  
The Mountain itself is a place of legend and folklore.

<http://www.exploretheozarksonline.com/activities/parksnature/nationalforests/ouachita/jessievill/e/flatside/forkedmountain.html>

Some GPS and other data about the mountain can be found here:  
<http://www.omhikers.net/Trails/Forked%20Mt.pdf>







A view from the top of Forked Mountain

## **“Who Am I”**

By Paul Turner

### **"Who Am I?" number one: Stan Ferguson**

I only had a couple responses and they just happened to make a 50/50 split. One was correct (Stephen O’Neal), the other incorrect.

A little additional information:

Stan has actually completed 114 ultras, yes I said 114. He has also completed numerous marathons, including the 1<sup>st</sup> 11 Mid-South Marathons in Wynne. Here are a few of his Ultra highlights.

100’s - AT, Hardrock, Wasatch, Leadville, Vermont, Western States, Kettle Moraine, Big Horn, Old Dominion, Lean Horse, and Massanutten.

50’s - Mountain Masochist 50 (2 times), Sun Mart Texas Trails 50, Helen Klien 50, Miss Trails 50, American River 50, and White River 50.

50K’s - Skyline 50K, Way Too Cool 50K (2), Ohlone 50K (2).

He also has accomplished the following - The Slam 2 times, Hardrock 3 times, Wasatch 3 times, AT 6 times.

It’s no wonder he carries the nickname Stan “Da Man” Ferguson!

### Now on to our next person...

This person has completed the OT50 5 times

This person has completed the OT50K 8 times, all 8 in a row

This person has completed the White Rock 50K 10 times, including 7 in a row

This person has completed the AT100 6 times, including 3 in a row twice

This person has completed the Midnight 50K 13 times, including 8 in a row, this person also has 3 fun run finishes there, 16 times of having “been there, done that”

This person has completed the Sylamore Trail 50K 13 times, including 10 in a row

This person has finishes in some races you may never have heard of, but were right here in Arkansas; Arkie Ultra 50 Miler, Black Dog Ultra 50 Miler, Wild Hog Double Loop 40 Miler, and Great Maumelle Scenic 60K twice

This person has in one form or another been an ARUA Trail Series King/Queen..... 14 times

So again we ask... “Who I Am?”

Send me an email, if you think you know [runninpt@gmail.com](mailto:runninpt@gmail.com)

## Race Results from March

### Styx n’Stones Trail Run

March 22, 2014 – Devils Den State Park, AR

#### 30K Results - 2013-2014 UTS Race #11

1	Matt Clay	3:03	
2	John Hughes	3:04	
3	David Joseph	3:11:27	
4	John Haddock	3:11:57	
5	Zack Pittman	3:18:09	
6	Tommy Griffin	3:20:12	
7	Aaron Dickens	3:22:08	
8	Stan Ferguson	3:22:59	
9	Grayson Greer	3:05:00	late starter
10	Malcolm Smith	3:28	
11	Brent Bishop	3:33	self DQ?
12	Harrison French	3:34	
13	Clayton Andrews	3:35	
14	Deb Baker	3:40	
15	Brian Waller	3:36	late starter
16	Christina Payne	3:55:00	
17	Curtis Nunn	3:58:00	
18	Shelly Chronister	3:57	
19	Lauren Kilpatrick	4:00	
20	Alan Hunnicutt	4:00	

21	Cliff Ferren	4:01
22	Tisha Deen	4:01:13
23	Brian Cochran	4:05
24	Kurt Hauser	4:08
25	Cliff Mims	4:15
26	Justin Cloar	4:21
27	Jerry Oliver	4:24
28	Bill Elmore	4:24
29	John Flint	4:27
30	Tammy Fate	4:37
31	Dawn Horn	4:42
32	Kimmy Riley	5:25
33	Chrissy Ferguson	5:25
34	Susan McCourt	5:31
35	Elizabeth Kimble	5:31
36	Lalita Flagg	5:55
37	Andi Stracner	6:22
38	Jason Stracner	6:22

#### 15K Results

1	Evan Johnson	1:26:40
2	Matt Ganio	1:26:40
3	Steve Nimmo	1:30:23
4	Matt Kaczor	1:30:35
5	Clayton Patrick	1:34:41
6	Paul Crouch	1:34:42
7	Austin Gonzalez	1:47:40
8	Kelly O'Meara	1:47:45
9	Leslie Johnson	1:57:56
10	Brian Powell	2:00:01
11	Lionel Barnett	2:00:03
12	William Bergen	2:06:08
13	Tony Bernard	2:08:09
14	Jack Reilly	2:10
15	Lisa Rell	2:15
16	David Whitmore	2:22
17	Shelley Evans	2:22
18	Scott Tyler	2:22
19	Tracey Heath	2:39
20	Emily Zimmerman	2:35
21	Jessalyn Halsted	2:33
22	Bo Burdick	2:33
23	Kurstie Hauser	2:34
24	Nick Wesolowski	n/a
25	Melanie Baden	2:42
26	Jason Abernathy	2:42
27	Anastasia Brown	2:45

28	Rebecca McGraw	2:45:45
29	Nathaniel Johnson	2:51:45
30	Rebecca Kimball	2:58
31	Fran Vanlandingham	2:58
32	Melinda Krueger	2:58
33	Doug Brass	3:13
34	Bill Brass	3:13
35	Christie Hauser	3:30
36	Carla Elmore	3:30
37	Sherry Blackstead	3:30
38	Deanna Siria	3:35
39	Amber Smith	3:42
40	Valerie Wessel	3:42

### 3 Days of Syllamo

March 14-16, 2014 – Blanchard Springs, AR

#### (AURA finishers)

#### Stage Results

Place	Name	Sex	Time
2	Jake Anderson	M	16:47:27
9	Paul Schoenlaub	M	20:39:14
13	Stuart Johnson	M	21:02:53
16	Paul Turner	M	21:24:40
21	Dale Humphrey	M	22:22:03
22	Stacey Shaver-Matson	F	22:24:03
25	Coleen Voeks	F	22:36:00
31	George Peterka	M	24:44:22
32	Jim Sweatt	M	25:06:02

#### Day 1 – 50K Results

Place	Name	Sex	Time
3	Jake Anderson	M	4:46:03
8	Jeff Foes	M	5:27:12
10	Chris Ho	M	5:33:18
11	Richard Williams	M	5:34:17
12	Shannon McFarland	M	5:34:17
19	Paul Schoenlaub	M	6:00:46
21	Stuart Johnson	M	6:05:01
26	Stacey Shaver-Matson	F	6:26:12
28	Paul Turner	M	6:33:47
29	Dale Humphrey	M	6:33:48
34	Coleen Voeks	F	6:54:24
40	Deb Johnson	F	6:59:43

44	George Peterka	M	7:18:55
46	Jen Freilino	F	7:36:05
47	Tina Ho	F	7:36:15
49	Kimmy Riley	F	7:36:26
50	Jim Sweatt	M	7:37:20
51	Lisa Luyet	F	7:39:21
57	Ben Mansur	M	8:07:45

### Day 2 – 50 Mile Results

Place	Name	Sex	Time
4	Jake Anderson	M	9:57:16
12	Paul Schoenlaub	M	11:53:02
16	Paul Turner	M	12:12:26
17	Stuart Johnson	M	12:12:27
22	Dale Humphrey	M	12:27:20
23	Coleen Voeks	F	12:30:58
24	Deb Johnson	F	12:30:59
28	Stacey Shaver-Matson	F	12:36:37
34	Eunika Rogers	F	13:52:12
37	Jim Sweatt	M	13:53:37
38	George Peterka	M	13:55:47

### Day 3 – 20K Results

Place	Name	Sex	Time
1	Jake Anderson	M	2:04:08
11	Paul Turner	M	2:38:27
19	Stuart Johnson	M	2:45:25
20	Paul Schoenlaub	M	2:45:26
25	Maurice Robinson	M	2:54:17
28	Ben Mansur	M	3:02:16
29	Jen Freilino	F	3:02:17
37	Coleen Voeks	F	3:10:38
38	Dale Humphrey	M	3:20:55
39	Christy Wells	F	3:21:07
40	Stacey Shaver-Matson	F	3:21:14
43	Tina Ho	F	3:21:53
48	George Peterka	M	3:29:40
61	Jim Sweatt	M	3:35:05



### Masters Division - Women

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Deb Baker	41			87	56	48.5				41	53	326.5
2	Andi Stracner		26	32	73	22	62.3			51		31	297.3
3	Cymer Gieringer		43	51		34	61.4		41				230.4
4	Stacey Shaver	52		54		45					52		203
5	Tina Ho			43	103				52				198
6	Chrissy Ferguson		54			28						42	124
7	Elaine Gimblet		32			16	57.2						105.2
8	Lisa Gunnoe			26			20.1						46.14

### Masters Division - Men

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Mark DenHerder	62	43	51	110	46	27	55	46	52	46		538
2	Stan Ferguson		37		47			44	57		57	54	296
3	Cliff Ferren	34	31		21	35		27	23		35	32	238
4	Patrick Barker	22	15	33	33	23	27.1		17	41	17		228.1
5	Malcolm Smith	40			80				35			43	198
6	Paul Turner		65		67	57							189
7	PoDog Vogler		54		94	29							177
8	Kurt Hauser		19	44				33	29		23	26	174
9	Jason Armitage	28		55	39								122
10	Bill Coffelt	51			56								107
11	Joshua Drake	6	5				43.6	21	11				86.6
12	Johnny Eagles			21	27		24.9						72.91
13	Ronnie Daniel	16					56.5						72.52
14	George McDonald		12			17	38.8						67.75
15	Kevin Dorsey	12		51									63
16	Rich Brown		25								29		54
17	Ron Gimblet	3	4			11	29.4						47.39
18	Arland Blanton						30.5						30.52
19	Greg Weidenhoffer			27									27
20	Jeff Underwood										11		11
21	Dennis Baas	9											9
22	Joe Milligan		9										9
23	Bob Marston		6										6
24	Greg Bourns	2	2										4
25	Bill Brass		3										3

### Grand Master Division - Women

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Deb Baker	51			101	53	53.1				51	52	361.1
2	Chrissy Ferguson		52			42						41	135
3	Elaine Gimblet		41			31	62.6						134.6

### Grand Master Division - Men

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Cliff Ferren	34	48		51	43		51	41		53	41	362
2	Malcolm Smith	45			105				52			52	254
3	Paul Turner		59		89	54							202
4	Johnny Eagles			51	62		27.3						140.3
5	Bill Coffelt	56			75								131
6	George McDonald		31			32	42.4						105.4
7	Ron Gimblet	22	13			26	32.2						93.19
8	Rich Brown		37								42		79
9	Arland Blanton						33.4						33.43
10	Jeff Underwood										31		31
11	Dennis Baas	28											28
12	Joe Milligan		25										25
13	Greg Bourns	16	6										22
14	Bob Marston		19										19
15	Bill Brass		9										9

### Senior Division - Women

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Elaine Gimblet		51			51	70.8						172.8

### Senior Division - Men

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Johnny Eagles			51	101		30.8						182.8
2	George McDonald		56			52	48						156
3	Ron Gimblet	42	28			41	36.4						147.4
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

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
1	Greg Bourns	51	41										92
2	Bill Brass	52											52

### UTS Miles (275 miles required for High Mileage Club)

	Name	FM	Ne	BP	AT	BD	Su	LV	AB	Sw	WR	Stx	Total
	<b>Mark DenHerder</b>	31	14	40	100	31	31	26	26	32	31	19	381.5
	<b>Andi Stracner</b>	31	14	31	100	31	66			32		19	324
	<b>Patrick Barker</b>	31	14	31	100	31	24		26	32	31		320
	<b>Stan Ferguson</b>	31	14		100	31		26	26		31	19	278
	<b>Cliff Ferren</b>	31	14		100	31		26	26		31	19	278
	<b>Aaron Dickens</b>	31	14	31		31	35	26	26	32	31	19	276
	Deb Baker	31			100	31	40				31	19	252
	Angie Stewart	31	14	40	100	31				32			248
	Jonathan Young	31		50		31	71	26	26				235
	Jenny Wilkes	31		31	100	31	38						231
	Elaine Gimblet	31	14		100	31	47						223
	Lisa Gunnoe	31		31	100		21				31		214
	James Holland	31		50	100					32			213
	Ron Gimblet	31	14		100	31	26						202
	Tyler Wilkerson	31	14	31	100				26				202



Chrissy Ferguson		14		100	31				31	19	195
Cyber Gieringer		14	50		31	65		26			186
Malcolm Smith	31			100				26		19	176
PoDog Vogler		14		100	31				31		176
Stacey Shaver	31		31	50	31				31		174
Shannon McFarland	31	14	50			19		26	31		171
Jason Armitage	31		31	100							162
Tina Ho			31	100				26			157
Elizabeth Kimble	31			100						19	150
Johnny Eagles			31	100		18					149
Joshua Drake	31	14				51	26	26			148
Kurt Hauser		14	31				26	26	31	19	147
Paul Turner		14		100	31						145
Brock Hime		14	31	100							145
Thomas Chapin	31		40		31	36					138
Bill Coffelt	31			100							131
Bill Brass		14		100							114
Joe Milligan		14		100							114
N. Wesley Hunt				100							100
Alston Jennings				100							100
Rosemary Rogers				100							100
Ronnie Daniel	31					51					82
Kevin Dorsey	31		50								81
Caleb Ault	31	14			31						76
Sam Wilkerson	31	14	31								76
George McDonald		14			31	28					73
Carol O'Hear	31								32		63
Michael Harmon				50							50
Leigh Tanner			50								50
Greg Bourns	31	14									45
Rich Brown		14							31		45
Dennis Baas	31										31
Chris Ho					31						31
Greg Weidenhoffer			31								31
Jeff Underwood									31		31
Arland Blanton						27.41					27.41
Bob Marston		14									14
Christine Rutlen		14									14

On the non ultra front several AURA members were pacers at the Little Rock Marathon back in early March. Below is a list of those that were pacers (a couple of them were unable to participate due to sickness or injury).

Katie Helms  
 PoDog  
 Susy Phillips  
 Elaine & Ron Gimblet.  
 Paul Turner  
 Tom Brennan  
 Thomas Chapin  
 Patrick Barker  
 Stacey Shaver-Matson  
 Michael Harmon  
 John Russell

AURA Brother Guy Patteson the Pace Team coordinator for the past several years said “I’ve been able to count on the AURA family of trail runners to step in and use the marathon pacing experience as an opportunity to get a good training run in while sharing their experience with asphalt runners hoping for their first marathon finish or a PR. They definitely deserve a nod!”



## **24th Annual**

### **Ouachita Trail 50 Mile and 50K**

April 26, 2014, 6:00 AM

Maumelle Park, Little Rock, Arkansas

### **Presented by the Arkansas Ultra Running Association**

Proceeds benefiting Pinnacle Mountain State Park

**Course:** A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

**Trail:** The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of Pinnacle Mountain trails will be utilized on the “out” section only.

**Aid:** Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carrying at least one fluid bottle is HIGHLY advise. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

**Awards:** Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races.

**Entry fee:** \$60 until April 7th, \$75 thereafter. Please make check payable to Arkansas Traveller 100. NO RACE DAY ENTRY.

**Entrants Limit:** 225; Mail entry to: Chrissy Ferguson, 116 Turtle Creek Cove, Maumelle, AR 72113

**Cancellation/Refund Policy:** \$50 of entry fee is refundable for cancellation received by March 31st. Contact race director.

For more information visit website: [www.RunArkansas.com](http://www.RunArkansas.com); e-mail: [OT50@RunArkansas.com](mailto:OT50@RunArkansas.com); phone: 501-803-9411

## Ouachita Trail 50 Mile/50K - Official Entry Form

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_  
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Age on 4/26/2014 \_\_\_\_\_

(Minimum age is 18)

Gender \_\_\_\_\_ Short sleeve technical shirt size: Men S/M/L/XL/XXL: \_\_\_\_\_

OR Women XS/S/M/L/XL: \_\_\_\_\_

*Entries received after April 1st are not guaranteed selected shirt size.*

Please check event: 50 Mile \_\_\_ 50K \_\_\_ (You may change from 50 Mile to 50K during the race)

### **Race Waiver**

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race director and workers, Arkansas Ultra Running Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable after March 31, 2014.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Mount Magazine Trail Run**  
**8:00am - Saturday, May 17, 2014**  
**Mount Magazine, Paris AR**  
**2013 - 2014 AURA Ultra Trail Series Event**

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

Come join us for the 3rd Mount Magazine Fun Run. We’ll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top. For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

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

**Directions:**

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion – across the highway from the visitor center. Many thanks to Mt Magazine State Park, and the Forest Service (Mt Magazine RD) for helping to make this possible.

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

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

# The Catsmacker



## 2014 Fun Run

Lake Winona Park  
Saturday, May 31, 6:30 am  
Distance: 23 miles (+/-)

### **Features:**

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

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

The 2013-2014 Ultra Trail Series awards ceremony will be held after the run.

To get there:

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

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

**Rules for Lake Winona Park:**

#1 DO NOT park on the grass. If there is no space available in the parking lot when you arrive, there is some additional parking space just inside the gate from FSR 114.

#2 Keep Off the spillway and levy.

#3 No bike riding is allowed in the park except in the parking lot and drive.

## **Retreads**

First Wednesday of the month at Franke's Cafeteria

11:30AM

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)