

THE ARKANSAS ULTRA RUNNER

October 2014

The Newsletter For Members of the
Arkansas Ultra Running Association

AURA Website -
www.runarkansas.com

Editor's Notes

The last month has been tough our running community. First Josh Holt was killed in an accident, then past AURA member Carl Carter's mother was tragically abducted and killed, Bob Hayes passed away after battling Alzheimer's, Wesley Hunt's grandfather passed away, and most recently long time member of AURA Larry Mabry passed away.

I know Wesley ran with a heavy heart at the Traveller. I too experienced this two days before last years Traveller with my Dad passing away. I went ahead and worked two aid stations last year and paced my good friend Patrick Barker. Being out in the woods helped settle my soul that weekend. I was at peace with all that was going on around me and my family with my Dad's passing because of being with others that I loved and the quietness of the woods that evening. This year Karen Hayes did the very same thing, by working at the Brown's Creek Aid Station. I pray that all of these families that have lost loved ones will be comforted in the days, weeks, and months ahead. With that being said be sure to tell your family and friends that you love them daily.

Presidential Message

Well we survived another Traveller! I hope that everyone is recovering well. Many thanks to all the volunteers (about 250 of them) who made this race possible. I will leave a detailed description of the Traveller to Stan.

As far as my race went, I just wish to thank Kimmy Riley for pacing me from Powerline and a special thanks to Paul Schoenlaub who literally gave me the shirt off his back when I came into Copperhead Road cold. The weather was great and it was a fantastic race! For me, everything went pretty well according to plan except that I didn't take enough clothing at Turnaround and left with only a T-shirt. The cold air sank into the lowland that follows and I got cold. I had my emergency plastic bag in my pocket and used it. The only way to warm up was by running some uphill's. I strained me knee and had to walk back from Powerline - but I finished without any problems.

As you may have noticed I have been working on the website. The website has served us well for many years and we owe a great deal of thanks to Stan for keeping it up all that time. I am trying to upgrade it and improve its appearance and add some new features. This is a work in progress and you will see more changes coming. I am a website newbie. This is the first website. So if anything is not quite right please let me know advdesinc@sbcglobal.net or 501-292-8090.

I have an idea. I would like to make the Arkansas Ultra Running Association feel more like a family - where everyone knows each other. I made a members list so we would know who we are and where we're from. A photo will allow us to recognize each other at races. Seems like everybody is on Facebook these days. I added a social media link so that we can communicate and find out more about each other. This link can be any kind of social media - even an email address. I added the runner's AURA race history because I thought it would be nice to see everything that you've done all on one page. The information is in the website archives already but you have to click on many files to see it all.

I don't know how this will be accepted by the members. All this is optional. If you do not want any information about you on the internet I understand. I will only put on the website what you request as explained in the note on the members page. So please contact me and tell me what you think. I think it would make a inviting impression on prospective members who are considering joining our club if they see photos and info about existing members.

I hope everyone is doing well and I look forward to seeing you at Bona Dea.

Best regards,

George Peterka

Arkansas Traveller 100 Recap – by Chrissy and Stan Ferguson

We are still wrapping up a few things for the race, and as of this writing still have the volunteer and runner picnic coming up, but there are some reflections of the 24th Arkansas Traveller 100 that perhaps we should capture while they're still fresh. By any measure this would have to be classified as a good year. In our fourteen years of directing, there has never been an edition that we have considered to be absolutely perfect, but this one was extremely close to it. Some of the highlights include:

--106 finishers, the first time the Traveller has had 100 or more! (Congrats to Mira Evans—who put us Over the Top as the 100th finisher)

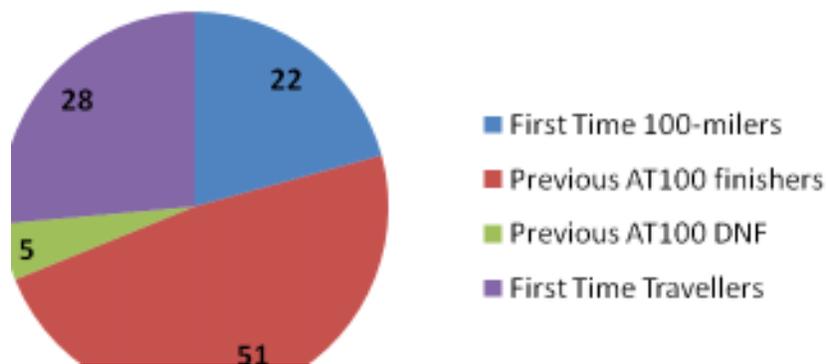
--30 finishers from Arkansas, which is the most ever. For nine of those, it was their first attempt at 100 miles. We have now had 182 different AT100 finishers from our state.

--An overall finish rate of 74.1%. Of those attempting their first 100-miler, 22 of 31 runners made it to the finish, or 71%.

--Men's winner Wesley Hunt of Little Rock became just the 3rd person ever to finish the AT100 in less than 16 hours.

It has been obvious and well known for a long time that runners regard the aid stations and volunteers at the Traveller as the best anywhere. Many of them will offer this as why they return year after year. It's difficult to know the return rate of all the 100-mile events in the country, but it would be very surprising if ours does not rank among the best in that measure. Here is a picture:

2014 Arkansas Traveller Finisher Composition



That over half of the finishers had previously completed or attempted the run should speak for itself. Hardrock probably has numbers like this, but besides it being that way by design, that is a very unique and exceptional situation. And for a skeptic who might say that these are all just local folks, there's this: only a third (or 17) of the returning finishers were Arkansans.

It's easy to focus on the numbers, but the real thing that we get to take away from the race each year is seeing the results of 500 or so people focused for a weekend on a seemingly simple concept of "Good Time Running". Although tending to the Traveller is virtually a year-round affair, the actual event starts quietly. Imagine a series of time-lapse photos: a small crew of people arrive at a vacant, barren, Camp Ouachita on Thursday morning to start setting up race headquarters. By the end of the day the stage is set. Friday morning people start arriving, and by the afternoon the camp is a bustle of pre-race activity, reunions of ultrarunning friends, and people chowing down. Early Saturday morning starts surreal. Then tenseful. Then a gunshot rings through the pre-dawn forest, and some people's lives are changed.

It's kind of an inequity that many of our fabulous volunteers are unable to be present at the finish line when the runners who they have helped so much finally finish their journey. Our message to any "outsider" who shows curiosity about the AT100 is that "you've got to experience the finish of a 100-miler". Even a runner with dozens of ultras under his/her belt does not breeze through this without "an experience". --Finisher or not. This year there were 143 starters, and there is no doubt the weekend ended with 143 stories. Whether written down, recounted verbally, or silently endured—they happened. At the finish line, many of these stories are written on the faces of those coming in. Mixed with tears, jubilation, pain, pride... It's a beautiful thing.

In addition to the 200+ volunteers who help make the Traveller happen, we want to recognize some sponsors, contributors, and other key groups who make the event possible:

- Hammer Nutrition
- Central Arkansas Water
- David Whitmore ("Tyson Dave")
- Don and Lee Galbraith and GEMS Ambulance Service
- US Forest Service
- Central Arkansas Radio Emergency Network (CAREN)
- Williams Junction Volunteer Fire Department
- Go! Running

Thanks everyone for a great year!

Arkansas Traveller 100 Miler

October 4-5, 2014

Perryville, AR

Official Results

Place	Name	Sex	Age	State	Time
1	Wesley Hunt	M	31	AR	15:59:12
2	PoDog Vogler	M	48	AR	17:47:09
3	Thomas Chapin	M	36	AR	18:45:18
4	Dan Waldschmidt	M	35	SC	19:29:13
5	Nick Seymour	M	33	OK	19:29:13
6	Chas Kabanuck	M	30	ND	19:31:35
7	Chris McClure	M	35	OK	21:01:43
8	Michael Poole	M	33	TN	21:24:30
9	Shelley Egli	F	41	OK	21:28:03
10	Andrew Barrett	M	47	FL	21:43:13
11	Chad Bailey	M	37	TX	21:45:36
12	Danny Ponder	M	55	OK	21:46:47
13	John Goble	M	43	MO	22:04:23
14	Luis Barrios	M	50	FL	22:05:36
15	Kyle Kugler	M	28	FL	22:08:54
16	John Bruno	M	28	SC	22:08:54
17	Malcolm Smith	M	51	TX	22:35:30
18	Sean Connolly	M	43	FL	22:37:36
19	Phil Nimmo	M	51	TX	22:54:25
20	Stephen O'Neal	M	35	AR	22:58:25
21	Scott Irwin	M	50	TN	23:12:28
22	Simon Hawkins	M	49	AR	23:21:27
23	Greg Hartman	M	41	CO	23:25:44
24	Daniel Fabulic	M	40	KY	23:34:15
25	Carol O'Hear	F	39	TN	23:35:59
26	Adam Dearing	M	32	KS	23:39:11
27	Andrew Readinger	M	31	TX	23:40:06
28	Marvin Mastin	M	49	KS	23:40:07
29	Reggie Bollinger	M	36	NE	23:43:14
30	Benny Hickok	M	42	IN	23:43:15
31	Ben Mansur	M	42	AR	23:44:25
32	Vincent Charbonneau	M	43	ON	23:45:17
33	Scott Towle	M	36	TX	23:50:40
34	Tammy Walther	F	43	AR	23:54:23
35	Deborah Lashley	F	54	AR	24:01:43

36	Bill Coffelt	M 54	AR 24:02:25
37	Brett Nguyen	M 45	AR 24:22:03
38	Stacey Shaver	F 42	AR 24:24:31
39	Danielle Zemola	F 36	FL 24:49:32
40	Justin VanOpdorp	M 42	KS 25:02:40
41	Andrew Mathews	M 53	FL 25:16:46
42	Patrick Bene	M 50	FL 25:16:46
43	David Newman	M 54	AR 25:19:53
44	Shannon Hampton	M 41	AR 25:20:22
45	Stormy Phillips	M 33	OK 25:38:00
46	Lauren Pasley	F 48	TN 25:39:22
47	Philip Berry	M 30	OK 25:49:23
48	Tina Ho	F 49	AR 25:50:43
49	James Hunter	M 46	LA 25:54:19
50	Stacy Warren	F 40	AR 26:00:40
51	Michele McGrew	F 36	OK 26:05:39
52	Bill Ford	M 51	OK 26:05:39
53	Butch Allmon	M 59	TX 26:07:22
54	Max Roycroft	M 50	TX 26:07:22
55	Chris Baldwin	M 41	AR 26:23:43
56	Andrew Servaes	M 42	KS 26:24:34
57	Joshua Berry	M 38	AR 26:30:56
58	Tim Purol	M 56	FL 26:41:18
59	Brian Negrotto	M 36	LA 26:44:59
60	Jason Abernathy	M 40	AR 26:49:00
61	George Peterka	M 54	AR 26:57:44
62	Dale Humphrey	M 55	MN 27:09:14
63	Steve Griffin	M 56	TX 27:11:09
64	Dane Simmons	M 29	SC 27:12:16
65	Salli Scott Young	F 41	TN 27:15:21
66	Scott Rogers	M 50	TN 27:15:21
67	Ronnie Daniel	M 44	AR 27:24:39
68	Randy Saxon	M 54	MS 27:25:48
69	Isaac Espy	M 51	AL 27:25:48
70	John Phillips	M 54	TN 27:32:32
71	Stephanie Miller	F 53	FL 27:34:04
72	Letha Cruthirds	F 61	TX 27:41:44
73	Kristin Parker	F 28	AR 27:42:51
74	Eunika Rogers	F 43	TN 27:47:31
75	Carlos Reyes	M 59	TX 27:49:51
76	Francesca Carmichael	F 54	WA 27:58:42
77	Laura Range	F 48	MO 28:03:44
78	David Whitmore	M 53	AR 28:06:50
79	Elizabeth Coll	F 51	GA 28:13:30
80	Tim Steele	M 43	TX 28:15:31

81	Adam Korona	M 40 TX 28:21:22
82	Chrissy Ferguson	F 53 AR 28:27:56
83	Sarah Harris	F 49 TN 28:44:36
84	Katrin Hartwig	F 47 TN 28:44:36
85	John Block	M 21 AR 28:49:16
86	Marty Regan	M 51 LA 29:07:07
87	Travis Owens	M 50 OK 29:07:07
88	Jim Ingalls	M 69 TX 29:11:57
89	Joseph Nance	M 36 TN 29:12:09
90	Jeremy Bagwell	M 36 TN 29:17:48
91	Vincent Swendsen	M 52 NC 29:20:55
92	Melissa Martin	F 50 AR 29:22:34
93	Justin Morris	M 32 AL 29:32:25
94	Hiromi Hatta	F 53 Japan 29:38:04
95	Houston Wolf	M 51 TN 29:38:51
96	Kim Johnson	F 45 AR 29:40:33
97	Angie Stewart	F 33 AR 29:42:13
98	Jay Freeman	M 67 TX 29:46:32
99	Bob Calabria	M 73 NC 29:46:34
100	Mira Evans	F 41 AR 29:48:34
101	Katsuyuki Hatta	M 50 Japan 29:52:45
102	Leonard Martin	M 61 TN 29:56:48
103	Johnny Eagles	M 62 AR 30:13:33
104	Beiyi Zheng	F 50 TN 30:25:54
105	Dexter Litwiller	M 39 IL 30:39:30
106	Cliff Ferren	M 58 AR 31:01:15

(143 starters – 74.1% finish rate)

2014 Team Challenge Results

Name Sex Age Time Graded

#1 Arkansas Wesley Hunt M 31 15:59:12 15:59:12
70:46:41 PoDog Vogler M 48 17:47:09 16:45:49
Thomas Chapin M 36 18:45:18 18:45:18
Deborah Lashley F 54 24:01:43 19:16:23
#2 Oklahoma Shelley Egli F 41 21:28:03 19:16:11
79:11:51 Danny Ponder M 55 21:46:47 19:24:44
Nick Seymour M 33 19:29:13 19:29:13
Chris McClure M 35 21:01:43 21:01:43
#3 Texas Letha Cruthirds F 61 27:41:44 20:41:43
84:21:05 Malcolm Smith M 51 22:35:30 20:48:10
Phil Nimmo M 51 22:54:25 21:05:35
Chad Bailey M 37 21:45:36 21:45:36

#4 Florida Luis Barrios M 50 22:05:36 20:30:25
85:24:45 Andrew Barrett M 47 21:43:13 20:37:38
Sean Connolly M 43 22:37:36 22:07:47
Kyle Kugler M 28 22:08:54 22:08:54
#5 Tennessee Michael Poole M 33 21:24:30 21:24:30
86:11:54 Carol O'Hear F 39 23:35:59 21:31:18
Scott Irwin M 50 23:12:28 21:32:29
Lauren Pasley F 48 25:39:22 21:43:37
#6 Kansas Marvin Mastin M 49 23:40:07 22:08:19
96:28:37 Adam Dearing M 32 23:39:11 23:39:11
Justin VanOpdorp M 42 25:02:40 24:40:13
Andrew Servaes M 42 26:24:34 26:00:54

Age graded results—which are used for scoring the Team Challenge can be viewed at:
<http://www.runarkansas.com/AT100GradedRes2014.htm>

Wesley Hunt 1st Overall 2014 Arkansas Traveller 100 15:59:12
(3rd fastest Traveller time in history)

Last weekend certainly was a whirlwind of emotions, but overall, a very positive experience for my family (my Dad and brother crewed me as you know). I told a friend yesterday that I felt a calm contentment after the race, and particularly after my Granddad's memorial service (at which my brother and I spoke) on Sunday afternoon.

I really did just try to stay present and focused, as I said on my fastrunningblog post. After running off the OT and course around Mile 11, I was even more motivated to take the race one mile at a time. At that point, I started repeating the following mantra: "Stay present, stay focused, and do your best." I also knew I needed to stay clean (don't fall and screw this up!) and keep my wits (eat more than you did last year!).

As to your one question about differences in training year over year, the biggest difference was an approximate 20% increase in total mileage. In 2013, in the 12 weeks (roughly July, August, and September) prior to my two-week taper, I ran six 100-mile weeks peaking at 128 miles three weeks before the Traveller. In 2014, over that same 12-week period, I ran ten 100-mile weeks, including six 120+ weeks, peaking at 142 miles three weeks prior to the race. I've also made positive changes to my diet and nutrition, increasing my intake of vegetables and particularly raw greens. Of course, I also had a newborn last year which had a bit of an impact on my sleeping habits! Still do not sleep as much as I should, though.

Editors note. Wesley graciously allowed me to include his AT100 Race Report from his blog:

Beautiful day for the 24th running of the Arkansas Traveler 100 in the Ouachita National Forest. 6:00 am start at 48 degrees; peaking around 71 degrees in the afternoon; comfortable, early fall breeze all day long.

Miles 1 - 60 at 9:00/mile; Miles 61 - 100 at 10:00/mile.

17 GU Roctane Gels; 6 bags of GU Chomps; 13 20 oz. Gatorades; 3 peanut butter-and-honey sandwiches.

Ran alone from start to Mile 83.9 (Lake Winona) where I picked up my brother, Luke, as a pacer for the only stretch of night running. Running as much of the race as possible in daylight was part of my race strategy, and, in fact, I didn't even carry a flashlight/headlamp as an incentive to push hard for the 16-mile stretch between crew locations from Mile 68 (Powerline inbound) to Mile 83.9 (Lake Winona).

Third fastest time in race history, 22 minutes off course record.

Stayed clean (no falls) and kept my wits.

Stayed present, focused, and did my best, just as I had committed to do when talking to my son, Max, the night before the race. He believed in me. My wife, Diana, believed in and supported me throughout the process.

The efficiency and effectiveness of my two-man crew (my father, Mark, and Luke) was the envy of other runners. We crushed it, and there's no way sub-16 would have even been in the discussion without a near professional operation (approximately 7 minutes in 5 crew locations/aid stations).

My Granddad, who passed away Friday morning, was watching over me.
Wesley

Race report from Cliff Ferren 31:01:15

3rd AT100 Finish for Cliff

The View from the Back, Traveller #4, October 4-5, 2014

What a beautiful weekend! Even though the race did not go at all as I had planned earlier in the year, it was still wonderful to be out there in the woods with my friends!

Going in, I knew it would be tough, and that the deck was stacked against me. My left knee would hardly let me run, (although I could still power-walk) and I had a touch of bronchitis. My sport medicine doctor prescribed some steroids for the knee, which I took leading up to the race and during. Never again! That stuff can cause dehydration (and

did)—I might take it leading up to the race, but not race day.

I did learn that I can push through discomfort, and that I can finish at much less than my best. This takes some of the pressure off for me to train at the absolute maximum! Hopefully, by backing down just a little I can avoid injury next year. It is literally possible to finish the Traveller with very little running if you are a strong walker. I estimate that I ran maybe 10-20 miles, counting a slow shuffle as running. On the return I don't think I ran a step after Powerline. It is much more important to start the race healthy than anything else you can do in preparation!

My training was compromised for 6 weeks before the race. However, I was in great shape before the overuse injury to my left knee. In fact, it seems to have been both knees, with the left just worse than the right. Next year I need to remember this and not train so hard that I push myself into injury. Particularly, I need to avoid excessive miles on pavement, and I need to take a break every 4th week or so. I'm planning to use the Relentless Forward Progress book as a training guide again. However, I plan to only use it loosely, and to use the 50 mile plan, *not* the 70 mile plan.

I started out more slowly than ever before, keeping to the 28 hour pace chart as long as possible. I think this did keep me fresher in the second half of the race and probably would have greatly improved my finish time if I had been able to run.

At Powerline outbound I changed socks and re-lubed my feet. I had almost no blister problems. That's a major breakthrough for me. Usually my feet are covered with blisters! I guess there is something to be said for Body Glide and high quality socks!

I had only one pacer, Bill Elmore, from Winona to the finish. Thanks Bill! Pacers were at a premium this year! That was ok, but it is nice to have a friend along, mainly for the company after Powerline all the way to the finish. There is also somewhat of a safety factor in having someone running with you who doesn't have 50+ miles on them. It is wise to line up your pacers early when the race is expected to be full—like it was this year and will probably be next year as well.

I got a bit dehydrated on the return—probably more the meds than anything, but I remember not really wanting to eat or drink in that last section. I could tell something wasn't quite right at Rocky Gap and took a break there to eat and drink a bit. Then I trudged on, clearing the last cutoff at Electronic Tower with about 30 minutes to spare. Usually I would run it in from there—just wasn't going to happen this time.

As I covered that last section from Lake Sylvia to the finish, an ambulance pulled up behind and followed me in. However, I made it in and sat down without too much difficulty—no worse than usual. As I sat there, somehow I just faded out for a moment. I don't think it was very long, but it did earn me an IV which quickly revived me. I'm sorry for any concern/worries that this might have caused my friends and family. Next year I've just got to make sure I eat and drink more, and avoid those meds!

I hope that this account of my race helps a future Traveller who may find himself or herself in the same situation. While I'm thankful for the finish, sure hope I can do better next year!

Cliff Ferren

Chris Baldwin AT100 Race Report

26:23:43

The good thing about this being my third year to train for/run the Traveller is that I felt much like I did my Junior year in High School in that I was in a groove. I felt like I had a good, strong, close group of running peeps and the forest (what I call the Ouachita National Forest) had become very familiar to me. Unlike my first year to train for the Traveller, which consisted of many solo trips to the forest and a good possibility of getting lost.

The bad thing about this being my third year to train for/run the Traveller is that I knew exactly what I was getting into. All of my bodily senses could detect that it was "that time of year". On a Friday night in June before what I consider our first official group run of the season, I pulled my hydration vest from the closet, where it had been since the Traveller the previous year. The smell of dried sweat hit me hard. Mentally I was taken back to all the hot, hot runs from the year before. The early mornings. The spider webs. The poison ivy. The dirt. The rocks. The sun. The taste of warm Gatorade. The sweat. The horse flies. The chiggers. The smell of deet. The feeling of a deflated stomach. Walking the last 5 miles. The giddy feeling of seeing the car after finishing a 7hour run. Air conditioning on my face . Cold water.

It was that time of year again, and I couldn't be happier. The Traveller training season for me isn't just a handful of Saturday training runs that will hopefully be enough to get me through a 100 mile run in October. It is much more than that to me. It consumes nearly all of my free time, along with time that I probably should be spending doing other things. I think about it a lot. The training season involves, among many other things, car pools and long training runs with friends made over the past few years along with opportunities to make new friends and new memories. It was the first training run of the year, 3 corkscrew loops. A hot, shade less course with nasty hills, and I couldn't have been happier.

We clicked through the Saturday training runs just as we had in the previous years. To many people it might seem like this would get boring. But it doesn't to me. There are always new twists to old runs. Running through lightning storms, Deb Baker nearly breaking her face on a tree, finding a dog by Lake Winona, a 46 mile run starting at 7pm, throwing up an Ensure in front of Stacey S. and Tammy. And of course, there are the new people. Ronnie Daniel and Stacy Warren joined our Saturday morning group and they fit right in. They didn't seem fazed by our belching, snot rockets, or public urination.

The big day came and for the first time I went into a 100 miler with a true goal besides “just finishing”. I wanted to break 24 hours. The training season had gone well and the temperatures forecasted that day could not have been any better. I made a 24hr pace chart earlier in the week and I was going to use it. I ran the first 25 miles or so with Stacy W. and Stacey S. We all had the thought of sub 24 hour in our heads. We got to E-Tower a few minutes late. As we left the aid station Stacey S. said “I think I will rethink this 24 hour pace. It’s a nice day and I just want to spend it having fun with friends. This feels like work”. A relief came over me, that was exactly what I wanted to hear.

We slowed our pace a bit and just by changing my frame of mind, the day got better. We plodded along for miles and miles talking about whatever, but then I felt a great amount of gaseous pressure in my gut. Stacey S. was running next to me. Stacy W. was running behind me. I looked back and said “Stacy, I gotta fart”. In that southern voice of hers she replied “Well, let’er rip”. So I did. Stacey S’s mouth dropped, “I can’t believe you just did that”. Stacey W. and I were both loopy from being tired and just started laughing hysterically. After a few more miles and a climb over Smith Mountain, we finally made it to Powerline. Once there we joined up with our pacers and it was time for us to split up.. or to be exact, for them to speed up and me to slow down.

Night came and I just got slower and slower. It honestly didn’t matter to me. I had my good friends pacing me and it was a nice night. I finally finished with a time of 26:25 (I think). Slower than last year, but I had no regrets with how I ran the race or how I trained.

At the end of the race I was talking to Bob Marston. He was encouraging me to register for Western States. I told him I wasn’t interested. I enjoy running with my friends. I enjoy these volunteers. I enjoy this race.

Laura Range Race Report

28:03:44

They all start out about the same....

Laughing, joking, chatting with old and new friends in the dark at the beginning of a very long journey. There are no guarantees as to who will finish, you are just out there so long and anything can happen. And usually does.

Arkansas Traveller is a well oiled machine. I ran the 24th edition of the race and it lacks for nothing. There is 12,000 feet up and 12,000 feet down on single track, forest, jeep and gravel roads. And there is no lack of rocks. They come in many varieties of shapes and sizes to keep you company all along the way.

Aid stations are spaced no further than 6.6 miles apart so food, drink and TLC are always close at hand. The first miles tick away in the cool autumn darkness. The sun slowly rises and a breeze blows gently. I've been running with a group for a while and feel great. Aid stations have been offering up pancakes, sandwiches and many other yummy treats. I eat

often and a lot. I know eventually my stomach will protest so I keep the calorie train going. I meet some awesome runners from Texas and hang with them on and off for a while.

There are nice rolling hills and the terrain changes from easy to a bit more technical to keep things interesting. The temperatures rise and the sun shines bright. It's a beautiful day.

I come and go quickly through the aid stations.

At mile 48, Powerline Aid Station I have my light and warm clothes in a drop bag. It's not even close to cool but I wrap a shirt around my waste and shove my light in my pack. The sun will set at 7pm and temps will drop quickly. I will get cold. I wanted to be at this aid station 12:30 or 6:30pm. I was through at 10:56 or 4:56pm. Saaaaaa-weeeeeet !

I felt happy and continued to run with small groups of runners.

Passing through mile 53 Copperhead aid station you head out on an out-n-back that I find brutal. It's about a 12 mile push altogether and just seems incredibly long.

I made the turn right after dark and turned on my headlamp and tutu. I was starting to have upper back pain and my stomach was nearing the end of solid food consumption.

Arriving back at Copperhead aid station I felt horrible. I need to lay down and throw up.

Aid station workers quickly started bringing food and drink as I laid down.

I didn't even get my head down when the Texas runners showed up.

It went something like....you are not laying down! You are coming with us!!

My reply was.... I don't want tooooooo...and they each grabbed an arm and I was up and going.

But.....I'm not..... ready.....

We are taking you to the next aid station with us!

So arm and arm up the hill we went. Max and Butch had each completed the Traveller many times. 10 times and 8 times if I remember correctly. We walked and trotted the 4.1 miles to the next aid station. I wanted to go with them. But they were gunning for sub 24 hours and I didn't want to hurt their chances. I sat for a while. Threw up and then had some soup. I needed to go because I was freezing. Quotes and advice played through my head as I put on a warmer jacket and gloves

It doesn't always get worse.....you'll feel better soon.....Out into the dark I went. Moving. Slowly.

The pain in my back was horrible. I had been carrying my water bottle in the same hand until then. Maybe that caused this. With this revelation I changed hands and pressed on I filled my pack with licorice and someone gave me ginger chews. I was managing about 2 mph but was having to stop and vomit about once every 30 minutes. It was gonna be a long night. Caffeine tabs and red licorice twizzlers was my diet for the next 8 hours A pacer for another runner picked me up sometime in the dark. He chatted. I didn't .

The moon shown bright and big through the trees

I prayed for second sunrise.

Keep moving. Any pace is better than no pace. A borrowed iPod played new music and kept me awake.

The night took its time. Deer ran in front of me and owls hooted in the trees. I enjoyed those moments in time. The push back over Smith Mountain was long and slow. But I was moving. I kept finding positives at each moment when I could. At mile 87 I had a few saltines with peanut butter and a sprite. It wasn't much. But it was enough. A half marathon to go. I started running again and passed a few runners along the way. I felt I was biding my time with my stomach. I made the last aid station but couldn't eat or drink anything else.

I did realize at that point my back had stopped hurting. I hugged an aid station worker she remembered me from my other Travellers and said, you know what you need to do so go do it!!! Only 6.6 miles to go

I could crawl and still make it.

I was really hoping not to have to crawl :-)

As I ran down onto the paved road I could smell the barn. Emotion washed over me. It's been a long night getting to this point.

I crossed under the finish banner at 28:03. Happy

Reflections about the race.....

Was it worth it? YES!

Will I do it again? HELL YA!

Maybe it didn't hurt that bad,
Or maybe I just can't remember.



Laura Range

Now a few words from Susy Sturgeon Volunteer Coordinator for the AT100

Wow! What an incredible year; it could not have gone any smoother. Some of you were not able to be there at the awards ceremony to find out this was the first year we had more than 100 finishers -- and incredible feat that was not possible without each of you!

I know you're reading the messages from grateful runners, but please know from your volunteer coordinator that your valiant efforts are not unnoticed. Almost every aid station and volunteer crew ran into obstacles, like changing the marking plan at the last minute, volunteers who bailed, cars that died (and left body parts) on the trail, and lots of adversity. Each of your efforts was critical to make this race a resounding success. For all the time, hard work and sweat you put into the race that no one saw, thank you. For your willingness to do it again over and over for nothing more than a T-Shirt and a smile, thank you. For every runner who had a life-changing experience whether they finished or not, thank you!

I look forward to celebrating your great success at the Volunteer Picnic October 25th. Please encourage all your volunteers to be there for this one. It's never too early to mark your calendar for 10/2 - 4/2015 when we'll all be back again!
Happy Trails,
Sturgeon General



A fast Tom Chapin is a blur through the Lake Sylvania Aid Station

Kim Johnson's Race Report

What an outstanding year at the Arkansas Traveller 100! After six years of working an aid station or pacing other runners, I returned for my trifecta and, as I learned the night before, to keep our Ferguson family finishes in competition with the ever consistent Hattas from Japan.

The conditions couldn't have been more perfect. A beautiful morning gave way to a sunny, breezy day and then a spectacular night. I wish I would have had more time to stop and stare at the night sky. At one point I noticed a light behind me that kept getting brighter and brighter and I thought that a runner must be closing on me fast! Then I realized that it was the moon in an opening between trees and it lit up the path over Smith Mountain. Stunning!

I was behind schedule getting to Lake Sylvania and I stayed that way the rest of the race. I also had some stomach issues during the day, beginning before Club Flamingo. Shortly after the aid station, I lost everything that I had taken in recently. As I realized that Smith Mountain aid station was further away than it used to be, I became worried about not having anything on my stomach for the next 4 miles, but luckily I came upon Chrissy and friends, and they gave me some ginger candy which helped settle things down before I got to Smith Mtn aid station. I was able to get a few chips down there and proceed to Powerline, where I had crew and pacers waiting.

I eased into Powerline later than I had hoped, but feeling fairly comfortable at that point. No solid food sounded good, but my chocolate Boost and a little Mt Dew hit the spot and I was ready to head out. I had a great pacing team which started with my older daughter Emily taking me from Powerline to Copperhead. She is a sophomore in college and I don't get to see her much, so it was nice to have an hour to just chat and run together! I had a great running friend waiting for me at Copperhead to go the 12 miles to Turnaround and back and she kept me running as much as possible and we also had a lot of time to talk and catch up. Then back at Copperhead my younger daughter Abby joined me for the trek to Powerline. My girls both run some, but didn't think they were ready to go the longer distances with me between aid stations. But they did great and I think they easily could have gone further since I was moving so slow!! They did exactly what I had instructed them to do for me, picking out a glow stick in the distance to run to, or telling me to drink, etc. Abby even came up with a solution for some chaffing that I was having...it was a little unconventional, but it worked! Thank you so much to all of my pacers and crew for all of your support. My husband Bob is the best crew captain there is!

Back at Powerline, Carrie Dupriest took over pacing duties and took me over Smith Mountain in the dark. It was hilly and rough, but I have to admit that it wasn't as bad as I remember it being the last time I did the AT. She had to do double duty as a massage therapist, as I was having terrible back pain for most of that section and I stopped a lot to try and stretch. Once we hit some decent roads, she got me to run quite a bit as we headed to Winona. I was late getting there, too, but I felt pretty decent other than my back. I also had another bout with vomiting just out of Club Flamingo (my stomach just didn't like that part of the course, for some reason.) My awesome sister Rhonda took me from Winona to the finish and we were able to move pretty well. I thought I might be able break 29:30, but that section from Pumpkin Patch to the Crossroads just went ON and ON and ON!! I finally hit the Crossroads at 11:00 and I just couldn't go fast enough to get there in 30 minutes, so I finished in 29:40. I know how slow that is compared to most of the other runners, and it was slower than what I had hoped for, but I felt like I had a good run other than the stomach issue and that stupid back pain (finishing is winning, right?!) I felt a lot more familiar with the course after having worked an aid station and driven around the course the last few years. And I felt like I was a lot stronger mentally than I was 6 years ago. Stan and Chrissy are planning to retire as race directors in 2 years, so maybe I should try to get 2 more finishes to have 5 when they step down. We'll see.

I want to thank all of the volunteers that make this race possible. I know how much work goes into the aid stations but it is so worth it for the runners! All of the stations were great and there was much encouragement and support for all of us. And a special thanks to my big brother Stan and Chrissy, for their months of work to make this all come together. Stan made a great quote last year: "There's only so much you can talk about after a 5K, but when you've done 100 miles, you've been on an adventure." I thoroughly enjoyed my AT adventure!

Notes from runners sent to Stan, Chrissy, and the volunteers:

Hello Chrissy and Stan,

I sincerely wanted to thank you both and all the many fabulous volunteers. The Traveler is by far the hardest event I have ever done and the most organized. The aid stations and volunteers got me through it. Everyone was so kind and generous. I looked forward to getting to each station because it made me feel like my own personal welcoming party. My hat goes off to the volunteer fire fighters for the wonderful food. The awards ceremony was great as well. I felt so much pride to have accomplished my goal and be a new member as a Traveler finisher. Please let all the volunteers know how valuable they are. I could not have made it without them.

Ya'll are the best at what you do,

Debbie Lashley

Chrissy,

Thanks to you, Stan and all of the volunteers for putting on a great race. It was a wonderful way to finish my first 100.

I also wanted to pass on a couple thank you's.

1. I came into Club Flamingo the first time feeling a little nauseous, but I didn't really know what I wanted or needed to settle my stomach. One of the volunteers gave me some saltines, and that did the trick. I was able to keep plugging along at my desired pace.
2. Around mile 60 mile left achilles started acting up. By the time I was getting back to Powerline I knew I needed to do something about it. I sent my pacer ahead to see if there was someone there who knew how to tape an achilles, and there was. When I rolled in they had a chair all set up for me. They taped me up, I ate some food, changed shirts and re-lubed my left foot and was out of there in 15 minutes! I felt like I was a race car. I immediately felt better and was able to start running strongly for the next 25+ miles. They definitely made it possible for me to run under 22 hours, and it would have been under 21 hours if it hadn't been for a flare up of an old injury on my right ankle at mile 95.

Thanks,

Chad Bailey

Stan and Chrissy,

Thank you for putting on such an epically awesome race. That was my first "hundy" and a lot of fun. Nick and I tied for 4th at 19:29:21 and what a tremendous experience. I don't want to do it again today -- but looking forward to next year.

Thanks for the sweet note on my bib: "Finishing is winning..." YES IT WAS!!

Dan Waldschmidt

Chrissy & Stan,

THANK YOU ALL SO MUCH

I had a blast!!!

From start to finish everything was perfect.

Lisa Coll #77

Chrissy, congratulations on your finish.

What an outstanding event you put on, the weather was perfect, and everyone was so helpful.

Thanks again for all you do.

David Whitmore

AT 100 2014 Edition.

Hello Stan And Chrissy,

Thanks so much for a great AT100 this year. This being my 10th year to run the traveler, I was looking forward to it until a month before the race when I partially tore a planter tendon. With enough prayer, KT tape and vitamin I the run was too be. Thanks for allowing me the pleasure of wearing #10, it was an inspiration to finish.

The aid stations were nothing short of the best! The volunteers were great, from the people working the radios to the people cheering everyone of us onward! Thanks especially to the aid station that had batteries! great idea! This race truly would not happen without y'all volunteers!

I fell several times during the run (imagine that!) but Stan was more concerned with me moving or damaging some of those Arkansas beauties! I can truly say that everyone of those that I fell on, kicked or rolled over did not seem to be out of place when I finished. The Texas blood left behind is probably good for the soil.

Max has 2 more runs to get to #10 so we were already planning the 2015 edition on the way back to paradise, I mean Texas!

Thanks again,

See you next year!

P.S.

Stan, if you and Chrissy ever want to get right and move to Texas y'all would be welcome with open arms!

Butch Allmon

God certainly watched over me, kept me safe, giving me the most perfect weather conditions.

My wife, daughters and parents were supportive and endured so many financial and time commitments to train for this event. They even had matching "team daniel" T-shirts made and wore them to the race.

Zac Henson was my first pacer at mile 48 and did an amazing job. He is a strong runner and very encouraging even during some rather absent minded moments on my part. Patrick Barker...I blame you for this whole thing. Patrick was my second pacer at mile 68. He was so encouraging and offered very insightful advice from the perspective of someone who had already completed the Arkansas Traveler 100 miler. Jeff Thorstenson was my third and last pacer at mile 84. He probably witnessed more of my momentary lapse of reason than anyone. Jeff was awesome in keeping me moving and encouraging me to run when I wanted to walk. One last but very important thought. Chrissie and every single person who voluntarily gave their time and effort at aid stations and radio communications made this whole thing possible for not just me but for every runner. Over the course of this 27 plus hour, 100 mile journey I felt fortunate, lucky, and grateful that I had these things to support me...if not for you, I could never have done this...thank you!!

Ronnie Daniel

I wish I could personally hug and thank each volunteer at the Arkansas Traveller. What an AMAZING group of people!!! They encourage, doctor stinky feet, feed us, hug us (even though we smell like we haven't showered in a week) and give up their entire weekend so that crazy runners can chase a dream. You guys are truly amazing--Thank you for everything.

Tina Ho

Thanks for the wonderful memories. The entire staff and all of the volunteers are quite simply amazing. In the wee hours of Sunday morning I was swearing no more 100 milers. It's not Sunday anymore.

Travis Owens

I want to congratulate everyone that signed up, finished, had to make the difficult decision of dropping, paced, crewed, helped and cheered the AT 100 runners. For you runners, seriously you are all insane and inspire me so much. Seeing you all power through those miles, the tears and joy, the pain you endured just show how strong you all are. To crew and fellow pacers, thank you for being there for our running community and for showing love and care when these runners needed it most. It was my first time pacing and second trail run ever and through the small talks and just silence and just moving forward through the trails I got to experience why trail running is so unique. Congratulations everybody and thank you for making this a great experience to all runners of the Arkansas Traveler 100 miles. Yes 100 miles, they're truly insane!

Gloria Toro

Thanks [Chrissy](#) and thank you and Stan and the many volunteers for putting on such a fun and wonderful event! Couldn't believe how friendly, cheerful and stocked the aid stations were. Top notch!

Scott Irwin

Hi Chrissy,

I just want to take a minute and thank you and your incredible team for an awesome race event.

I loved the AT100.

I unfortunately was unable to continue past the turnaround but I will be back next year.

It was simply a great experience from the beautiful course to the well stocked aid stations and friendly faces. I have traveled all over the world and experienced a lot of race events but yours has something special. I was cracking up when you were giving your talk at the pre-race meeting. Your race history was hilarious. And I was marveling that so many of the runners had run the race so many times. Then I got out there and I could see why.

I don't like DNF's but for some reason this one was okay....I came away with more than I expected and it wasn't a finish....that amazed me.

Thanks again,

Molly Sheridan

Stan and Chrissy,

Thank you for all you do for the trail running community. The Traveller was very well organized and a ton of fun to run!! The aid station workers were so helpful and friendly. I am in awe of the kindness and helpfulness of EVERYONE on the course! Great experience!

Thank you again!!

Melissa Martin

Hi Chrissy:

Just wanted to thank you and Stan for another great AT100 adventure. I really enjoyed the race this year especially the wonderful weather you ordered.

Please let all your volunteers know what a wonderful job they did. I have ran well over 100 races and I can honestly say that in no case have the volunteers been more encouraging, more helpful, and more generous than the Volunteers at AT100 this year. At literally every aid station, I was amazed at how your volunteers took care of me and all the other runners. They were truly remarkable.

Thanks again and hopefully I'll be back next year to try to finish my 5th AT100.

Randy Saxon

All About the Hug

It was a beautiful day in Eugene, Oregon, September 7, 1980. I had just finished the Nike Oregon Track Club Marathon in historic Hayward Field. As I was warming down, I was drawn to a skinny, black runner who had finished just ahead of me. My time was 3:01:06 so I asked him if he broke 3 hours. Almost, he said. "My names Larry and I'm from Little Rock, Arkansas." Simply incredible timing. We were the only two runners from Arkansas that Nike had invited. "I'm Bill and I'm a student at the University of Arkansas in Fayetteville." Larry replied "glad to meet you" and gave me a big hug! I knew I had a friend for life.

The following spring, we were in Little Rock for the Pepsi Challenge 10K and there was Larry right in the big middle of things. He had helped the LRRRC make the event the largest in the State. I was introduced to his beautiful wife Paulette and left Little Rock with another hug.

We talked sporadically over the next couple of years and then in June, 1984 I called Larry about some course certification questions. He asked me what I had planned for August. At the time I was taking summer classes at U of A, Fayetteville and not running a lot in the heat. He invited me to fill a vacant spot for the Pikes Peak Marathon. At first I told him he was crazy. He convinced me anyway and I met them at Alma, Arkansas for the first of many road trips to Manitou Springs. Larry introduced me to Ken Ropp and we drove all night to Colorado. I was riding shotgun with Larry as we crossed the high desert of New Mexico. I leaned over to get a look at the speedometer. It was just under 100! Larry smiled that big smile of his and we caught the sunrise as we crossed Raton Pass. Larry introduced me to the Silver Saddle Motel. It was the most incredible weekend running I had ever had. On the van ride back on Monday, The Arkansas Pikes Peak Marathon Society was born! He dropped me off at Alma and gave me a hug.

In March of 1987, Larry convinced me to run my first 50 miler at Cross Timbers Trail Race at Lake Texoma. He got caught with a busy work schedule and had to bail out. But, in typical Larry fashion, he left me in good company. He introduced me to Charley and Lou Peyton. More great friends for life. I DNFed at Cross Timbers but Larry kept pushing me. He and Max Hooper encouraged me to get into the Western States lottery. Max and I both made it in in 1988 and we all met at Lake Tahoe in June. I finished just ahead of Max and watched he and Larry cross the line in Auburn. Max got the first hug and I was next. Two years later, I was coasting in at mile 85 at Leadville Trail 100 and I heard his familiar voice behind me. He was pacing his buddy Phil and he was putting the hammer down. He stopped long enough to wrap his long arms around me and then he galloped off into the darkness.

After Larry and Paulette moved from Little Rock, we didn't cross paths as much. But, I was always on the lookout for the famous Larry Mabry sightings! He would just show up out of nowhere like one year at White Rock 50K. I thought I was seeing a mirage, but it was Larry. I was pushing hard back down the mountain but, I stopped for my hug!

It's funny that Larry never went back to Pikes Peak after 1984 but, I've never missed a year. I would have probably never met Max Hooper, Buzz McNair, Ken Ropp, or the Peyton's had it not been for Larry. My wife used to joke that every time I signed up for a new race, she figured Larry had something to do with it. And of course she was right. I think most people would agree that when you met Larry, you seemed to know you had a new friend for life. But for me, it was all about the hug!

Bill Coffelt

Well said Bill, I am going to miss Larry's hugs, they were always special. I spent lots of time with Larry on the roads and trails with Larry. He had such a huge loving heart and I am thankful that he shared it with me.

There will be a memorial for Larry Mabry at Second Presbyterian Church on Friday December 5 at 4 p.m.

Be careful on your run

By Lou Peyton

I was running with Pat Torvestad just before daylight. I use a gymboss and it was not set correctly. Pat said, "well set it", and I said, "I will give it one try"..I looked at the Gymboss (gadget that beeps on a time you set, i.e. run 5 min. walk 1 min) I like to use, and I accidentally stepped off of the pavement (River Mtn. Rd.) and down I went on my right arm and same leg.

It could have been so much worse. I had on a jacket because it was raining which really helped as I got a horrible road rash but it started to swell, immediately and was just an open streak on my outer arm...Without the jacket it would have been worse. (See photo on the following page)

When Pat saw my arm, she said, "let's go back" and get that cleaned up. It was worse than I first thought but I am o.k. If I had hit on elbow or wrist I would have probably broken a bone. Dr. T. gave me a tetanus shot, rewrapped the arm and just told me how to change dressing. It should be o.k. Never take eyes off of the road or stop...I should have known better. It sure was a good reminder on keep eyes on the road or completely stop to take care of other business like reset gymboss.

So, I took a tumble! Lesson learned. I was lucky to not have broken anything.

Lou



AURA Trivia

On October 11th, at the Arkansas/Alabama football game, the 1964 Arkansas Razorback National Championship Football Team was honored with a Team Reunion during the pregame ceremony. The first person who can tell me the name of the AURA member who was a member of that championship team and was on the field that afternoon I will treat you to a Mexican dinner. You have one guess. This expires one week after receiving this newsletter. Time is Ticking. Reply to Chrlypytn@gmail.com

Upcoming AURA events



The 5th Annual
Bona Dea 50K
Saturday, November 15, 2014
Russellville, AR
8:00am start

Part of the 2014 - 2015 AURA Ultra Trail Series

Introduction:

Ultrarunning made an appearance in the Arkansas River Valley back in the early 1980's with the Arkie 50 (miler), conducted on the Bona Dea Trails in Russellville. Over 25 years later, ultrarunners returned for the first Bona Dea 50K, in 2010. With the flat course and cool weather, many PRs were set over the multi-lap course on hard surface trail. Put it on your calendar for 2014 and come see what you're made of!!

Directions:

Take Exit 81 off I-40 in Russellville. West-bound traffic will have to turn left on Aspen Ln, then take an immediate left onto Arkansas Ave (AR Hwy 7). East-bound traffic will exit onto Arkansas Ave, and should turn right. Once on Arkansas Ave, drive south and take the first right turn onto Dyke Rd/Lake Front Dr. Continue west on Dyke Rd/Lake Front Dr until reaching the Bona Dea Trailhead parking lot.

Details:

The race will utilize a 3.4 mile loop on paved trail: nine complete loops, then a short out and back at the end. An aid station will be available at the completion of each loop. If you have a drop bag for special supplies, it can be left at the aid station. Times will be captured on each lap.

Entry:

There will be no entry fee or advanced registration this year, but if you will let Tom Aspel at tasel@atu.edu or Stan Ferguson at Stan@RunArkansas.com know if you plan to attend it will help in knowing how many runners to plan for.

6/12/24 Hour Endurance Run

Fourth Annual

Sunset 6/12/24 Hour Endurance Run

Friday and Saturday November 28 –29, 2014

Race #5 in the 2014-2015 Ultra Trail Series

Location

Sunset Lake, Benton

Coming from Little Rock and points farther away, take westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge, turn right and go down to the frontage road. Turn left on the frontage road and go just over 3/10 mile west. You will pass Holland Chapel Church and the Saline County Fairgrounds. Turn left on Fairfield Street which is just past the fairgrounds. You will pass the National Guard Armory on your right and then you will see Sunset Lake on your right. Park anywhere around the lake except the upper parking lot next to the dog park. From eastbound I-30, take the Sevier Street exit (Exit 116). Bear left on the frontage road. Turn right on to Fairfield Street which will be the first right after you enter the frontage road. Stay on Fairfield Street to Sunset Lake.

Times

The 24 hour run will begin at 7:30pm on Friday, November 28.

The 6 and 12 hour runs will begin at 7:30am on Saturday, November 29.

Check-in will be 30 minutes prior to the start time of the event you are running.

Course

The course will follow a one mile paved loop around Sunset Lake
(The actual distance is 1.015 miles.)

There will be lighting on *part* of the trail loop after dark but

it is recommended that the 24 hour runners bring a flashlight or headlamp unless they are comfortable running in the dark.

Entry Fee

None (*donations will be gladly accepted to help offset costs*)

No Fees, Few Frills

Water, Gatorade and soft drinks will be provided along with chips, cookies, crackers, peanut butter, bananas, boiled potatoes, and soup. Runners are welcome to bring any other desired personal food items for themselves or to share.

Runners are encouraged to bring a water bottle and/or another personal container either marked with their name or carried with them to minimize the use of disposable cups, thus avoiding unnecessary trash.

We will have Overall, Masters, Grand Masters, and Seniors male/female first place (only) awards for each event.

Other

No DNFs – Runners will be credited with the total number of miles completed regardless of how long they run. Runners may stop at any time they decide they have had enough fun! However, runners who change to a different run category will not be eligible for an award.

Runners are welcome to bring someone with them to help count laps, crew, or just cheer them on.

Although there is no entry fee, *advance registration is encouraged* so that we will have some idea of the number of people to prepare for.

This form may be submitted by e-mail.

There will be a waiver for all participants to sign on race day.

Coming from Little Rock and points farther away, take westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge, turn right and go down to the frontage road. Turn left on the frontage road and go just over 3/10 mile west. You will pass Holland Chapel Church and the Saline County Fairgrounds. Turn left on Fairfield Street which is just past the fairgrounds. You will pass the National Guard Armory on your right and then you will see Sunset Lake on your right. Park anywhere around the lake except the upper parking lot next to the dog park.

From eastbound I-30, take the Sevier Street exit (Exit 116). Bear left on the frontage road. Turn right on to Fairfield Street which will be the first right after you enter the frontage road. Stay on Fairfield Street to Sunset Lake.

Questions may be referred to Pete Ireland at pirel@prodigy.net

Paper app below or go to <http://salinecountystriders.com>

Registration Form

4th Annual Sunset 6/12/24 Hour Endurance Run

November 28 - 29, 2014

24 Hour - 7:30pm Friday

6 & 12 Hour 7:30am Saturday

Race #5 in the Arkansas Ultra Trail Series

Entry Fee: None (Donations welcome)

mail to:

Saline County Striders

P. O. Box 866

Benton, Arkansas 72018

or

e-mail to pirel@prodigy.net

Name: Last, First, MI: _____

Date of Birth: _____ Age on 11/28/14: _____ Sex: M
F

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____ (please print
clearly)

Event: _____ 6 Hour _____ 12 Hour _____ 24 Hour

Waiver

I know that running an endurance run or race is a potentially hazardous activity. I know I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by any decision of a run official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the running surface, 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 Saline County Striders Road Runners Club, run officials and volunteers, the City of Benton, the County of Saline, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race.

I grant permission to use any photographs or any other record of this event for any legitimate purpose.

Signature _____ Date: _____

Parent Signature if under 18 years _____

Date: _____

NOTE: For those entering by e-mail (and probably for everyone) there will be a waiver to sign on race day when you pick up your race number.

LoVit Trail Marathon
(Lake Ouachita Vista Trail)
Saturday, December 6th, 2014 - 8:00am

Miscellaneous Information

Distance: 26.2 miles (approximate)

Location: Shangri La Drive on Lake Ouachita, near Mount Ida

Directions:

Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida off of Hwy 270. You will turn onto Shangri-La Drive and make the first left which is OLD HWY 270. Look for signs posted for the run. Registration will be set up 500 ft down OLD HWY 270. Parking will be at that location and along the road.

The course will be on the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.

Aid: There will be a total of 6 aid stations set up along the trail; all will have water and Gatorade, along with various goodies. Drop bag service will be available.

There is no application or entry fee. There will be a waiver to sign and a can for donations to cover run expenses.

Please keep your own time and check in at the finish.

Race contact Phil at bpcarr13@gmail.com

Check out more information on the Lake Ouachita Vista Trail:
<http://lakeouachitavistatrail.com/WP/>

Recent AURA times out of state:

The Bear 100 Logan, UT

Deb Johnson 33:54:33

RETREADS
(Retired Runners Eating Out)

We meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd.

The food lineup begins sharply at 11:30 a.m.

Come early to the lobby for a time of "Touching and Feeling"

Wear something to identify you as an old runner. T-shirt, medallion, etc.

Call Charley or Lou Peyton 680-0309 if you have questions.