

## **THE ARKANSAS ULTRA RUNNER**

**November 2016**

**THE NEWSLETTER FOR MEMBERS OF THE  
ARKANSAS ULTRA RUNNING ASSOCIATION  
AURA WEBSITE:[runarkansas.com](http://runarkansas.com)**

### **Message From President George Peterka**



I hope everyone had a nice Thanksgiving. I wish to thank Tom Aspel and PoDog Vogler for putting on the Sweet Spot 50K and Pete Ireland and the Saline County Striders for putting on the Sunset 6/12/24-Hr Endurance Challenge.

The Sweet Spot 50K was a new race to replace the Bona Dea 50K. I had never run on those trails and I enjoyed it. The trail was very run-able (not too rocky and not too steep) and had nice views of the lake and nice fall colors.

The next race is the Lake Ouachita Vista Trail Marathon on December 3rd but I don't know if this newsletter will reach you before then. I want to wish everyone a Merry Christmas. Then we kick off the new year with the Athens Big Fork Trail Marathon on January 7th. I'm looking forward to seeing everyone. I hope you all enjoy the Holidays.

# Congratulations On Your Accomplishment

On Behalf of AURA and AURA Members



James Holland finished the Grand Slam  
Western States 28:39:55

Vermont 26:47:51

Leadville 28:54:44

Wasatch 34:43:47

Total Time 119:06:17

As Mentioned In Ultrarunning Magazine (pg 62)

The **Grand Slam of Ultrarunning** is a set of four of the most prestigious and oldest 100 mile races contested in the United States. Only about a dozen runners complete the Grand Slam each year and this year James Holland was one of those finishers. From your AURA brothers and sisters we congratulate you!!

This athlete from Tennessee and Race Director for Swamp Stomper completed all four of these 100-mile races in a span of 10 weeks, beginning with the Western States 100 at the end of June followed by the Vermont 100 three weeks later, in July. The Leadville Trail 100 Run was run in mid August and finally, the Wasatch Front 100 at the beginning of September. For those who may not already know, in 2008, Western States was cancelled (due to fires) and the Arkansas Traveler became the fourth race.

No course is easy. Western States, starting in Squaw Valley, California, temperatures can get up over 100. Vermont's course is hot and humid, with rolling hills, ascending and descending 14,000 to 15,000 feet. At Leadville, no part of the course is lower than 9,200 feet and the route goes as high as 12,600. Wasatch, through Utah's northern mountains, features varied terrain and some 26,000 vertical feet of climbing. You never know what to expect from the weather in the Wasatch mountains on race day--there have been below-zero days and some that have soared above 100 degrees.

Between the cost of entry fee, travel, accommodations, crew, and food it can cost more than \$1,000 for the summer. Being able to attempt this series requires acceptance through a lottery at the Western States, where an athlete's name is drawn an average of once in five years. However, first one must qualify for Western through set performance standards.

With the Western States lottery coming up this Saturday, December 4th I will leave those of you who may be contemplating a slam with the wise words of Ian Sharman "Good luck to anyone who attempts the Slam. It was harder than I ever expected when I ran it this year, but also an immensely satisfying challenge with so many memories."

<http://sharmanian.blogspot.com/2013/12/quick-tips-for-grand-slam-of.html>

# Congratulations On Your Accomplishment

On Behalf of AURA and AURA Members

## Overall and Master Ultra Runners of the year - 2016



### Overall Ladies' Winner: Stacey Shaver-Matson

**2016 Races Completed and Points Earned:**  
Full Moon 50K (3rd) 55  
Ouachita Trail 50 Mile Run 60  
Arkansas Traveller 100 Mile Run (2nd) 300  
White Rock 50K 30  
3 Days of Syllamo 50 Mile Run (3rd) 125  
Swampstomper 50K 23.75  
Mohican 50 Mile Run 75  
Total 668.75

### Masters Ladies' Winner: Deb Baker

**2016 Races Completed and Points Earned:**  
Sunset Lake 6 Hour Run 28.27  
Full Moon 50K 30  
Arkansas Traveller 100 Mile Run 145  
Squaw Peaks 50 Mile Run 50  
Overall Winner, Ultra Trail Series 50  
Sylamore 50K 25  
Ouachita Trail 50 Miler 60  
Swampstomper 50K 23.75  
White Rock 50K 30  
Syllamo 50K 25  
Total 467.02

### OVERALL MEN'S WINNER: Chris Ho

**2016 Races Completed and Points Earned:**  
Sunset Lake 6 Hour Run 27.765  
Ouachita Trail 50 Mile Run 75  
White Rock 50K (2nd) 65  
Overall Winner, Ultra Trail Series 50  
Lake Ouachita Vista Trail 100K (1st) 140  
Bryce Canyon 50 Mile Run 60  
Arkansas Traveller 100 Mile Run 170  
Bona Dea 50K (2nd) 53.75  
Swampstomper 50K 27.5  
Full Moon 50K 30  
**TOTAL 699.015**

### MASTERS MEN'S WINNER: PoDog Vogler

**2016 Races Completed and Points Earned:**  
Ouachita Trail 50 Miler 60  
Arkansas Traveller 100 Mile Run (2nd) 300  
3 Days of Syllamo Stage Race 145  
Sunset Lake 6 Hour Run 21.755  
Bona Dea 50K (3rd) 46.25  
Hardrock Hundred Mile Run 120  
**TOTAL 693.005**

# **LOViT Trail Marathon Saturday, Dec 3rd 8am**



**Race #6 of the 2016 - 2017 AURA Ultra Trail Series**

## **Miscellaneous Information:**

- Distance: 26.2 miles (approximate)
- Location: Shangri La Drive on Lake Ouachita, near Mount Ida
- Race #6 of the 2015-2016 AURA Ultra Trail Series

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

## **Accommodations:**

Shangri-La Resort will be renting hotel rooms and cabins for the weekend of the LOViT Marathon. The restaurant will be closed but rooms are available. Anyone that is running the LOViT Marathon and is looking for a hotel on Friday or Saturday night can call Shangri-La Resort at 870-867-2011. Be sure to mention you are running the LOViT marathon!!!

## **Registration Link:**

<http://www.runarkansas.com/LoVitTrailMarathon.htm>



# ATHENS BIG FORK TRAIL MARATHON

Jan 7th

8 am

## ABF Community Center

(if you can't find it then this race is not for you)

Race #7 of the 2016 - 2017 AURA Ultra Trail Series

**Entry Fee:** No entry fee, however, a donation of \$10 per runner is encouraged to support the Big Fork Community Center, which is opened for the event, and to cover the cost of aid station supplies.

**COURSE:** The course is an out and back course. You first run 2-1/2 miles on roads - paved and gravel up to the start of the trail. Then you enter the Athens-Big Fork Trail - White Blazes. Follow the trail over 8 mountains. The 8 mountain crossings on the trail are:

1. Missouri
2. Hurricane Knob
3. McKinley
4. Brier Creek
5. Leader
6. Brushheap
7. Brushy
8. Big Tom

You pop out of the trail and need to go about a half mile down the gravel road to get your full 13.1. Then you turn around and go back. It's that easy!

The 17 Mile Blaylock Creek Fun Run only gets to run half of the hills. You will turn around at the Aid Station just across Blaylock Creek.

Max Elevation: 1850

Min Elevation: 1050

Climbing Elevation Gain: 4600 feet

Climbing Distance: 7.10 miles

Average Grade: 12%

### NOTE/WARNING: THIS EVENT IS NOT FOR TRAIL NEWBIES

If you are not an experienced trail - or ultra-runner (or adventure racer), we happily invite you to one of the other UTS runs, BUT NOT THIS ONE. This is a difficult event on a difficult trail that presents many opportunities for one to get lost, injured, exhausted, or incapacitated--with sparse access for rescue.

Please do not be enticed into trying this run because of the difficulty warning--it is merely an honest attempt at preventing the run organizers from having to find and rescue someone ill-equipped for the event.

A cut-off time of 10:30am (2.5 hours) will be enforced at the turn-around (half-way) point for the 17-mile run. Runners reaching that point after 10:30 must turn around (--NOT proceed on the marathon course).

Registration Link: <http://www.runarkansas.com/AthensBigFork.htm>

Race Info: <http://www.runarkansas.com/ABF/index.htm>

# 2016 Sweet Spot 50k

-By Stacey Shaver

This year AURA was unable to host the Bona Dea 50k due to new park rules that don't allow for races anymore. Some were sad to see that race go and some were happy to have the old paved race replaced by one on true trail. Regardless of where anyone's opinion fell it was unanimous in the feeling of gratitude to Robert Vogler, aka Podog, and Tom Aspel for taking the time to find a suitable place for us to gather, run, and enjoy time with good friends on beautiful trails.

If you were unable to make it out I encourage you to go check this trail out for yourself. The Ouita Coal Company Mtn. Bike Trail is located in Russellville. If you take exit 78 and make a left on hwy 64E you will find the road and sign for Illinois Bayou Park on the left just before crossing the lake.

My buddy Andrea Sayers and I went out the weekend before to get our training miles in and do a little reconnaissance.



It was a little warm that day but we were shaded the entire route thanks to the beautiful trees overhead. I can see this being a nice little spot to avoid the sun on a hot day.

Race day was a little chillier, or at least the start was. But it warmed up and we wound up with



Just before 8am Podog gave us the trail briefing and the lowdown on what to expect and sent us on our way. We began with a 1.8 mile run from the parking lot to the beginning of the loop. This was part pavement and part trail. One of my favorite spots on this course was just after leaving the pavement and hitting trail. There is a big, blue doorway on a straight stretch that looks magical and enchanted. It made me feel like crossing its threshold would certainly lead to an opportunity for a great adventure.



A table full of trail grub awaited us at the beginning of the loop. How did they do it? How did they get that table, those coolers, and the food out there. Well, it couldn't have been easy. As I was driving in I saw Podog on the opposite side of the freeway. Turns out he was there to drop the aid over the fence which then had to be carried out from there. Let's not forget that this process had to be repeated after everyone finished the run. So again, I say a big THANK YOU to our RD's!

The trail is a 7.1 mile single track lollipop shaped loop with 316 feet of ascent and descent. It was all single track which was leaf covered so we had to be careful of our footing, watching out for the roots that were waiting to trip us. On one side of



# 2016 Sweet Spot 50k

-By Stacey Shaver

the loop was freeway which could be heard but not seen. The opposite side of the loop included beautiful views of the Illinois Bayou section of Lake Dardanelle. All throughout the forest was thick with big beautiful cedar trees. The course was very well marked and easy to follow.



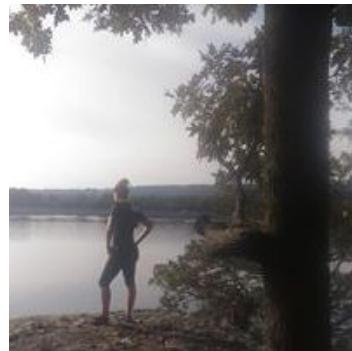
I ran my first loop with some very strong and powerful women. I imagine the whole city of Russellville could hear us as we talked and played catch up on one another's lives. The second loop was with my buddy Chris, who can

actually carry on a great conversation for those of you who only know him as the crazy movie making, fart man. Many of my buddies had decided to call it a day after loop 2, so I found myself running mostly solo for the final two loops. I got to chat with people a little here and there but ran mostly solo. I was ready to be done and hanging out with my friends so I put on my music and just pressed for the finish. I have to give a big shout out to James Fountain for pushing so hard in the last few miles. I came past him and boy did he pick up the pace. It was a nice friendly push but a push nonetheless. It was the kind of pace that lets you know you are really alive. I loved it!

Some people don't like loops but for me I see it as an opportunity to run with more people. It is even a chance to meet and make new friends. That is what keeps a loop course from being boring to me. That is just my opinion. There were also a few people who were not keen on the single track aspect but even those that said they would have preferred to have run the pavement of Bona Dea had a great time. That is one of the great things about

trail races. Regardless of how your run/race goes the comradery will always cheer you up. Hanging out and visiting afterwards makes all of the miles worth it. This race was no exception. Everyone was sitting around in a big circle at the finish, and as people finished their race the circle would grow. We had quite the crowd so there were great discussions and tons of laughter.

Turns out that doorway was an invitation for adventure and I am glad I accepted because now my mind is full of great memories of laughter and of conversations with friends. If you missed the event this year then I hope you will consider coming out next year and accepting that invitation for adventure yourself.



# 2016 Sweet Spot 50k Results

2016-2017 Race #4

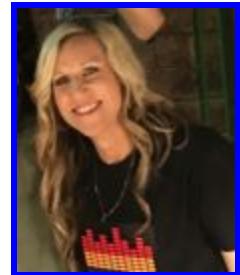
Place	Name▼	City▼	Sex▼	Age▼	Time
1	Daniel Arnold	Benton	M	31	4:13:21
2	Christophe Block	Roland	M	35	4:24:30
3	Chris Ho	N. Little Rock	M	41	4:31:17
4	Marc Gill	N. Little Rock	M	39	4:32:09
5	Tyler Wilkerson	Russellville	M	28	4:37:36
6	John Haddock	Springdale	M	50	4:43:21
7	Caleb Ault	N. Little Rock	M	29	4:50:10
8	Bee Wilkerson	Russellville	F	26	5:05:43
9	Stan Ferguson	Maumelle	M	53	5:14:54
	Podog Vogler	Russellville	M	50	5:14:54
11	Matt Clay	Fayetteville	M	38	5:16:32
	Rob Green	Norman, OK	M	37	5:16:32
13	Bruce Wood	Sherwood	M	54	5:20
14	Rolfe Schmidt	Fayetteville	M	44	5:36:42
15	Brett Nguyen	Fort Smith	M	47	5:46
16	Robert Williamson	Jonesboro	M	50	5:50
17	Stacey Shaver-Matson	N. Little Rock	F	44	5:59:45
18	James Fountain	Jessieville	M	43	6:00:15
19	Deb Baker	Little Rock	F	54	6:00:09
20	Alan Hunnicutt	Berryville	M	62	6:04
21	Jim Tadel	Monticello	M	60	6:14
22	George Peterka	Hot Springs	M	56	6:35
23	Ben Walters	Rock City	M	36	6:43
24	Hoa Nguyen	Fayetteville	F	44	6:59
	Joshua Bornhorst	Little Rock	M	42	6:59
26	Corbett Sanders	Hot Springs	M	45	7:19:16
27	Tabatha Park	Royal	F	48	7:19:25
28	Chris Chalfant	Russellville	M	37	7:37
29	Emily Gabbard	Conway	F	44	8:18
30	Lisa Gunnoe	Judsonia	F	50	8:21:58
31	Thaveep Leach	Oppelo	F	62	9:47
	Wesley Leach	Oppelo	M	61	9:47

## Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Kyle Baldwin	Little Rock	M	45	4:03	24.9 Miles
2	Joel Gill	Little Rock	M	37	5:30:30	24.9 Miles
3	Eddy Light	Judsonia	M	54	6:55	24.9 Miles
4	Deborah Baldridge	Mabelvale	F	52	8:19	24.9 Miles
5	Tom Brennan	Poteau, OK	M	45	2:32	17.8 Miles
6	Steve George	Dardanelle	M	46	2:54	17.8 Miles
7	Kathy Gray	Conway	F	40	3:13	17.8 Miles
8	Tina Ho	N. Little Rock	F	51	3:40	17.8 Miles
9	Tina Mitchell	N. Little Rock	F	43	3:41	17.8 Miles
	Kelsey Walker	Russellville	F	31	3:41	17.8 Miles
	Chris Baldwin	Roland	M	43	3:41	17.8 Miles
	Andrea Sayers	Cabot	F	37	3:41	17.8 Miles
13	Louis Chalfant	Hot Springs	M	42	3:59	17.8 Miles
14	Angie Stewart	Fayetteville	F	35	4:10	17.8 Miles
15	Pamela Messenger	Hot Springs	F	51	4:18	17.8 Miles
16	Chrissy Ferguson	Maumelle	F	55	4:50:28	17.8 Miles
17	Julie Kerr	Benton	F	44	4:52	17.8 Miles
	Krista Buck	Benton	F	49	4:52	17.8 Miles
19	Susan Beckwith	Hot Springs Village	F	48	5:17:30	17.8 Miles
	Maegan Cochran	Maumelle	F	25	5:17:30	17.8 Miles
21	Mary Hawkins		F	54	5:27:30	17.8 Miles
22	Teressa Houston	Conway	F	46	5:33	17.8 Miles
23	Will Baldwin		M		1:25	10.7 Miles
24	David Caillouet	Little Rock	M	58	2:42	10.7 Miles
25	Ann Moore	Little Rock	F	75	4:07	10.7 Miles

## **Message From The Editor** - *Stacey Shaver*

I hope everyone had a great Thanksgiving. It was great to see so many out at the Sunset Lake Endurance Run over Thanksgiving weekend. The course may be flat but it is not an easy one to get through considering the paved loops. Seeing so many friends and hearing encouragement from fellow runners so often makes the time pass by faster. We had so many newcomers this year and some folks who set distance PR's for themselves. I am looking forward to those race reports and hope you do too. Something to look forward to next month.



Thank you to Robert Vogler aka Podog for putting on the Sweet Spot 50k. The aid station was fantastic - I know that couldn't have been easy to set up or tear down. Also, thank you to the Saline County Striders for putting on the Sunset Endurance Run again. The aid was great, the fire was amazing, and the homemade awards were the coolest! To the RD's and volunteers this month THANK YOU!!! Without you there would be no races. Much appreciation to you all!

Fellow AURA members, I wish you all the best of luck in your upcoming races. I hope to see you at the upcoming Lovit and Athens races. Check out the calendar on our website for future events.

***If you can't make the upcoming races then please consider volunteering.***

Link to UTS Calendar- <http://www.runarkansas.com/UTSraces.htm>

~Stacey Shaver-Matson~  
[mverunnergirl@gmail.com](mailto:mverunnergirl@gmail.com)

## **RETREADS**

**(Retired Runners Eating Out)**

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

The food lineup begins sharply at 11:30am.

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 at 680-0309 if you have questions.