



THE ARKANSAS ULTRA RUNNER

October 2016

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE:runarkansas.com

Message From President George Peterka



I hope everyone has recovered from the Traveller. I wish to thank all the folks who worked on it. We had beautiful weather and the race went off without any problems. BIG, BIG, BIG thanks to Stan and Chrissy for directing it for 16 years. The torch has now been passed. Thomas Chapin is the new Traveller race director. Welcome Thomas!

The Bona Dea 50K is being replaced by the Sweet Spot 50K. We could not get permission to use the Bona Dea trails, so Tom Aspel and PoDog moved the race to the other side of the lake to the Ouita Coal Company Mountain Bike Trail. See the following link for details -

<http://www.runarkansas.com/SweetSpot50K.htm> There's links to info about the course and even a video of a bike ride through the trail. I haven't been there myself, but I was told that the entrance to the trails is across the street from a store or gas station called "The Sweet Spot." The trail is a 7.9 mile loop with minimal climbing and is not supposed to be rocky. Come join us.

The next race after that is the Sunset 6/12/24-Hr Endurance Challenge, put on by Pete Ireland, on Thanksgiving weekend. Plan to attend and run off those holiday calories. I hope everyone is doing well and I am looking forward to seeing you at the races.

Sweet Spot 50k

Saturday, November 12, 2016

Russellville, AR
8:00am Start

Race #4 of the 2016 - 2017 AURA Ultra Trail Series

- *The race is on the Quita Coal Company Mtn. Bike Trail.*
- *The trail is a 7.9 mile single track lollipop shaped loop with 316 feet of ascent and descent.*
- *You will run the loop 4 times to get 50K.*
- *There will be aid stations and maybe drop bags. We don't have all the details worked out yet.*
- *Directions: Just off I-40 Exit 78. This is one exit west of Hwy 7 in Russellville. Take Exit 78, Hwy 64 east, towards Russellville and the parking lot is on the left just before you start crossing the lake. See Map.*
- *Race directors: Tom Aspel and PoDog Vogler.*

Registration Link- <http://runarkansas.com/SweetSpot50K.htm>



6/12/24 Hour Endurance Challenge

Sixth Annual Sunset 6/12/24 Hour Endurance Challenge

Friday and Saturday, November 25 -26, 2016

Race #5 of the 2016 - 2017 AURA Ultra Trail Series

Please register in advance so we will know how many people to prepare for and minimize the need for data entry on race day. We are planning to chip time the race this year and Saturday morning the 24 hour race will be in progress which could create issues with race day entry for the 6 and 12 hour.

Location

Sunset Lake, Benton (see directions & parking info below)

Times

The 24 hour run will begin at 7:30 p.m. on Friday, November 27.

The 6 and 12 hour runs will begin at 7:30 a.m. on Saturday, November 28.

Check-in will be 45 minutes prior to the start time of the event you are running. As mentioned above, advanced registration is strongly encouraged to expedite the check-in process.

Course

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

Few Frills

Water, Gatorade and soft drinks will be provided along with chips, pretzels, cookies, crackers, peanut butter, bananas, and boiled potatoes. If you want something else, feel free to bring it either for yourself or to share.

Runners are encouraged to bring a water bottle and/or other personal container either marked with their name or carried with them to minimize the use of disposable cups, thus avoiding unnecessary trash. There is room to set up your personal gear, ice chest, chair, etc., along the course near the pavilion.

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 (completed full loops only) regardless of how long they run (or walk, hop, skip, crawl, or a combination thereof). Runners may stop at any time they decide they have had enough fun! Runners are free to take breaks whenever desired and for however long desired. Mileage credit will be based on completed laps.

Registration Link- http://salinecountystriders.com/?page_id=81

2016 Arkansas Traveller 100

-By Cade Shera

A special thanks to my wife Sarah, who supported and encouraged me during the many months and hours of training; to Chris Baldwin and Ronnie Daniel who spent countless hours, (aside from training), planning routes, driving extra miles and hours to drop and pick up aid during training; for any runners in our group who endured my never ending questioning (sometimes repeatedly); to Stan and Chrissy Ferguson who have continued the tradition and passed on the torch of the Arkansas Traveller 100. It's a beautiful race; to the countless number of people who gave a part of themselves to see that everyone who toed the line were supported and taken care of along their journey; and last, but not least to James Reeves and David Newman who crewed and paced me for 100 miles and made sure I had the best run possible. You two are the best in the business.

I met Chris Baldwin and Ronnie Daniel through facebook. I had seen a post on the Arkansas Traveller 100 page for a training run of 18(ish) miles. The week prior I had run the Bentonville Half Marathon and really wasn't in any kind of shape to do a lot of distance, but I had been talked into joining some friends for Bandera in January so I figured I'd better start getting some training in. I had no intention at that point of running 100 miles any time soon. The miles came easy. Slow pace, walk the hills, take in the sunrise and lots and lots of breaks to film the tadpoles in the puddles. A couple of weeks later a few more people came out to run on Chris' birthday. Chris requested a full marathon distance in honor of his birthday so I set out about the same way I'd done the 18, slow and easy. Everyone kind of stuck together telling stories of past Travellers, asking if I was running this year. My reply was always, "Nah, just training for something else and getting to know folks." At about mile 24 I was somewhere in between 2 groups of people. The quicker ones a half mile or so ahead and another group a half mile or so behind. I was feeling good so I took off to catch the folks in front of me. My farthest distance to this day had been the Little Rock Marathon 2 years prior so it was a strange feeling to have that much burst at the end of 24 miles. I caught Cliff, Deb and Stacey with about a mile left to the cars. Cliff turns and says "My new

friend, I do believe you could run the Traveller if you Wanted." My reply, "Nah, I'm just getting some long runs in and meeting folks." But the seed was planted.

In early June it began to take root. I started mentally planning for the race on the training runs even though I hadn't made a decision yet. I was noting the terrain, hammering everyone with questions about the race, about the distance, about nutrition, bathroom breaks, aid stations anything I could think of. My confidence and curiosity were growing, but the thought was still too overwhelming. I started thinking that maybe pacing someone from our group or volunteering would be a good introduction, so I ran with that in mind for a while. But after a weekend spent with Mike Rush volunteering at War Eagle he convinced me that my training was ahead of schedule and I was well on my way to being able to run it. With that in mind that same weekend James Reeves approached me for my volunteer efforts and said, "Man if you ever need anything just ask." Me: "Well, I'm not sure yet, but I'm thinking of running the Traveller this year." James: "You got it."

And that quickly I had half my crew and half a mind to put my name in the hat. When I returned home that weekend my wife gave me the green light over dinner without me even having to ask and that settled it for me. I had no idea what I was doing, but I was in.

Approaching training with a new mind and a whole new list of questions. On June 17th Chris had organized a night run of 26(ish) miles. It was my first intro to night running and on a new part of the course, Rocky Gap. We weren't set to hit it until towards the end of the run so I set out the night way too fast. We made a loop back to the cars, refueled and set back out. This is the first time my stomach ever turned on me. I spent the next 3 hours in cramps and when we hit Rocky Gap I was done with 5 miles to go. It was the absolute worst run I'd ever had, but I made note of that section. I asked questions along the way



2016 Arkansas Traveller 100

-By Cade Shera

and mentally got in my mind that this is probably how I would be feeling in the race at that section and this is how I will get through it. Rocky Gap had inflicted a lot of suffering and agony at my first meeting and that would always stick with me. Every time it's mentioned that night comes to mind, but that section alone stood out to me above all others and I was looking forward to it on race day.

The Race:

#65 In

The nervousness never really came. There was some anticipation and eagerness to get started and get settled into the day. I procrastinated making my drop bags all week prior to the race. I wasn't sure what I would pack or how to pack what I would pack and really I still had no idea what I was doing. I had asked numerous people again and again what they thought I would need and what to use as drop bags, but I still couldn't put it all together. I watched Friday afternoon as people came into camp with their arms loaded and separated their bags by aid station. I went home Friday night and finally made the plan to drop at Lake Winona and Powerline and have my crew carry another bag of various things I would need throughout the race. The energy really hit me as we gathered at the starting line. All the light from the headlamps, the buzz of 100 mile endurance packed into 150 bodies all bunched together in that small space. The countdown, the gunfire and the release....

The group pace was a little quicker than I expected, but I settled in with a crew that I knew was planning on a 24 hour pace. Things were pretty smooth until we hit the OT section. That's where I started to get a bit antsy. The pace had slowed considerably and I was constantly checking my watch. I knew I wanted to be off the trail by at least 9:15, but at mile 15 I realized we were already off 24 hour pace. I made the decision to break from the group and take off and I spent most of the race from that point on running alone in the forest, almost all the way to Powerline.

I hit Lake Sylvia just before 9:30, a little frustrated that I'd already given up time at the beginning of the race. I made a quick shoe change, got my food, kissed my wife and

daughter and took off fast. 132C I found my pace for the day and got locked in. I was steady most of the way between 11-12 minute pace. Something hit me for the first time out there. I settled into a moment feeling that I could run forever right where I was. I wasn't working hard, wasn't getting tired, wasn't feeling anything uncomfortable. Stomach was good and the morning was rolling. Somewhere out there I lost all track of time and the race became a series of progressions for me. Place to place, aid station to aid station. I came into Lake Winona to cheers and applause. I heard one voice in the crowd say, "You're doing it man, you're doing it!" And yeah, I realized this is happening. My perfect race is coming together. Chris Cantwell was the first face I recognized coming in. "You're a smart man for walking that hill." I felt good enough to run it easy, but I knew I was making good time so I soaked in the moments at the crew station. My wife and daughter had come to see me again and this would be the last I would see them until the finish. It was still a blur, but my crew took care of my needs and got me moving again. James gave me an update on my pace, which was much faster than I had anticipated. He said, "Just keep that in mind between here and Powerline. You've got Smith Mountain so take it easy". Newman walked me up the hill reminding me I had some tougher terrain in the next few sections and to just relax and get to 50 feeling good.

When I got to Smith Mountain the energy really hit me. I had to really fight to keep myself from running the bigger hills, but I knew the area and knew when I could push a little. The phrase "Respect the Race" kept coming to mind anytime I wanted to push. I had 3 or 4 runners on my tail and I wasn't really interested in chatting or having company so that kept me motivated. I got some space between them before I came to the clearing and when I got out in the open the chills just came over me. I almost started weeping right there. I took a moment, blew a kiss to the sky and moved on. The next thing I knew I was coming in to Powerline.



2016 Arkansas Traveller 100

-By Cade Shera

I took a seat and stuffed my face full of watermelon that Jim Tadell had stashed for me. The place was buzzing with familiar faces and crews waiting on their runners. James brought me some soup and asked how I was feeling. "I feel great man." James says, "You look f'in amazing. Whatever formula you got going on, just keep it up." I downed some soup and burned out of there headed to Copperhead Rd where I picked up Newman for my first leg of pacing. This was probably the longest, toughest stretch of the race for me. It was bland and just seemed to drag on, but the excitement of seeing other runners coming and going helped it pass by a little easier. Night was coming and you could see who was struggling and who was still running strong. Newman kept me moving when I wanted to get lazy on that section and after one of the longer stretches of the race we made it back to Copperhead where James was waiting to pace me to the finish. We took off quick and I was eager to get back to Powerline, devour some more watermelon and make a shoe change.

When we arrived the first of the bad news came. No more watermelon. Bummer. I settled for a couple cups of soup and after some confusion over where my drop bag was and what shoes I needed we finally got it organized and ready to head out. I realized I'd been sitting too long, maybe 15-20 minutes and I could feel it. The pain and stiffness started to settle in. Cantwell said, "Get out of here you've been here too long." James got me reloaded on supplies and on we went to revisit Smith Mountain. This is really the only section of the entire race where I felt some fatigue. The first hill on Smith Mountain is steep. Really steep. I caught my breath dug in and powered up and when we got to the top eased back into running. It was a much slower pace than I'd run all day, but the main thing to me at that point was to make sure I was at least running the flat sections. We did a lot of walking, but this is where James' experience was really felt. He said, "You can walk, but walk with purpose". All summer I had struggled keeping a strong pace when hiking. He got me into good mechanics and a mindset that I had a goal to keep. It was a huge relief to see the ghostly blinking balloons bouncing in the wind leading into Bahama Mama. The ratty downhill of that last 100 meters was slow and painful and I was greeted with "Welcome back six five".

I scanned the food and drinks in a bit of a cloudy confusion, unsure of what looked good or what I needed. I downed some ginger ale and headed for the soup. I glanced at James who was looking at the pace chart. I didn't really want to know what pace I was on, but I overheard a volunteer saying we were about 20 minutes under 24 hour pace. I knew I'd lost a lot of time from my long stay at Powerline and the slow move over that first section of Smith Mountain, but hearing that set off the alarm bells. The volunteer continued, "You're probably looking at a 25 hour finish if you keep steady." James said, "We gotta get moving, Cade". I gulped down the soup and we set out of there in a hurry. James had repeated to me all day that the previous year he had lost his 24 between Lake Winona and the finish. I couldn't let that happen.

The adrenaline started flowing in that final leg of Smith Mountain and when I saw that last downhill a chill came over me and I picked up the pace. I think we held it pretty well coming into Club Flamingo and just before we arrived I passed the first runner I'd seen since leaving Powerline. WATERMELON! Club Flamingo was stocked with huge chunks of watermelon. I stuffed my face as fast as I could. James grabbed a cup and filled it full, handed it to me and we were out that quick. I walked and chomped, walked and chomped huge chunks of watermelon. It was exactly what I needed. I finished it off, and feeling revived we set to running again. I was pretty familiar with this section as I'd seen it several times throughout the summer on our training runs. I knew it flattened out and there was some good downhill even though the footing was really bad. I sped up and pushed the pain out. We came upon another runner and pacer who didn't like the idea of being passed. We leap frogged a few times until he halted with some violent dry heaving. Once we got off Pig Trail we picked up the pace again and headed into Lake Winona. I think we got in and out of there pretty quick. I recall Newman saying it was 1:00 am as we headed out. About 100 meters down the hill I asked James if he'd gotten the extra batteries. He froze...."We have these". He gestured to what we were wearing. I said, "We're gonna need



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-By Cade Shera

them. Rocky Gap. 132C". He paused again, " Get up that hill". He turned and headed back to the crew station to grab the lights. I made the turn and started up the infamous hill that most people dread. I powered into it, deep breaths, arms swinging, pushing hard. I was nearly to the top when James finally caught up to me. We got to the top and settled back into running. Now the race was on.

"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they will run and not grow weary; they will walk and not faint."

Isaiah 40:31

I had waited all summer to get to this moment. I had respected the race all day. I had held back from pushing too hard any time I was feeling good. I had been saving everything, physically and mentally for Rocky Gap. We made the turn and I poured myself into it. I eased into the first few climbs steadily running, making sure I was really fit to hold this pace. With every hill I ran I could feel myself getting stronger. I picked up the pace. Breathing became easier. Long, steady deep breaths fueling me. I saw headlamps bobbing ahead. I pushed harder, faster. I flashed back to the night of June 17th and remembered the suffering I had gone through. I got stronger, pushed harder and faster. Everything was in that moment. There was no time. Just the flow of trees and rocks and my wrecked legs churning through the trail. It was the most pure running I've ever done and it was all on the gift of renewed strength. I could hear James behind calling out splits to me, but at that point I couldn't even process time. As we neared the end of Rocky Gap he said, "You just crushed two sections that end people's dreams."

"Yeah." I had been waiting to do that since June 17th.

We came into Electronic Tower a bit confused. We had forgotten about that aid station, but were relieved to hear Pumpkin Patch was just a little over 2 miles away. I hit the soup and as I was standing there I said, "Man something hurts." A volunteer handed me a roller and I went down the side of my leg until I hit a lump. Some guy referred to as "Doc" says, "That's your IT band. You might be able to walk the rest of the way." I kinda laughed, handed back the roller and said,

"Let's go". James and I took off running. We quickly came to Pumpkin Patch, got some pumpkin pie, profusely thanked the volunteers and set off for the final leg of the race. I had it in mind to run 132C the same way I had run

Rocky gap. We made the turn, I looked back at James and said, "I'm gonna push it again", and I tore into it. I hit the same flow again, powering up the hills, dancing through the rocks and pushing the pace any time the terrain allowed. I wanted to go faster, but the loose rocks kept me humble. I settled into a quick comfortable pace knowing sub 24 was locked. I started looking at my watch and tried processing time again. "You think we can break 23"? James said there was no way, we'd have to hit 8 minute pace to the finish to do that. I said fair enough I could handle sub 24. Something about that didn't sound right to me though.

The lights at the end of 132C were glowing steady and such a beautiful sight. It was all adrenaline and time to just cruise in. As we trotted down the hill James said, "You've got 30 minutes to sub 24." That's when I knew he was off. I said, "Dude, it's 4:30. I have an hour and a half." He looked at his watch then back again. "Holy ____, we're gonna be sub 23." I said, "Yeah, I told you. Let's go get it. Between Bahama Mama and the finish we had picked up over an hour of time. We pushed up the highway and as we crested the hill James yells out, "Cade Shera, sub 23!" Then I hear, "Cade, is that you? It's daddy!" I see two silhouettes approaching me and know it's my wife and daughter who were literally parking and getting out of the car to hopefully see me finish. I grabbed their hand and said, "Let's go!" It was the most perfect ending to a near perfect race.

As I've tried to process this race the past few weeks, it still doesn't make sense to me. It still doesn't seem possible that I was able to do it and did do it. 100 miles is a long way. Seriously. It's a long way. There were times during my training that I questioned being able to make it even half way and wondered why I'd ever thought I could do something like that. I hit a low point one



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-By Cade Shera

afternoon and the realization came to me that there was no way I would do it on my ability alone. It was a gift to be able to run. My strength and ability was a gift that didn't really belong to me. It was something that was granted and entrusted to me to do something great with and to honor the one who enabled me to run. Without my faith in God I would be arrogant and prideful in even attempting the race. He kept me humble in training, reminding me where the well of strength is, where the source of life is in Him. I'm forever grateful for the things that went down October 1st and 2nd and will always be reminded of how he renews my strength by waiting and trusting him. The lesson of Rocky Gap will be with me til the end.

Thank you runners and crew and volunteers. You make pain and suffering and victory a beautiful thing.

#65 Out.



2016 Arkansas Traveller 100

-By Patrick Barker

A Good Time Running

Training Season

Almost every week of 2016 found me driving out to the Lake Sylvia area and putting in a long run on a different part of the Traveller course. Early on, I decided to keep track of these runs a little differently. Any time I ran over 20 miles, I would pick up a rock, take it home, and put it in a small bowl. One of my goals for the year was to fill up that bowl. Over the summer, the heat index would often be somewhere between 100 and 110 degrees when I left the house for a long run. Thirty minutes into the effort, every stitch of clothing on my body would be soaked in sweat. This went on for months. Racking up long, slow miles on course under these conditions made me very tough mentally and physically. My mind and body

became accustomed to covering lots of miles while under stress over long periods of time. Hills became flatter. Weekly marathons or better become the norm. I rarely ran over 50 miles a week, but each week also

incorporated cross training at the gym to improve my back and core. There were a lot of Stair Master sessions too. Each week found me getting stronger. A premium was placed on rest and a focus put on nutrition. I lost 15 pounds over the summer and developed a fuel stack of about six different foods and drinks that would be rotated through several times during long runs to keep me going strong. I stopped using gels altogether. Toeing the line healthy and physically fit for the distance were my

pre-race goals. In mid September, two weeks before the race, I picked up my 40th rock. My training for the Traveller was complete.

The Run of a Lifetime

The motto of the Arkansas Traveller is, "A Good Time Running" and I adopted this as my primary goal for the race. No matter what happened, I wanted to have a good time while on the course, and to the extent the terrain and conditions allowed it, I wanted to run along the entire distance to the best of my ability.

I ran from start to finish this year with Tisha Deen. This was her first Traveller, and the first time I had ever run 100 miles with someone else. The front half of the race required a lot of patience and discipline. We took the first 32 miles into Winona really easy, and just had fun along the way. Once the heat started to rise, it was just more of the same. Nice and slow while working with the course as conditions dictated. Along the way, there were quite a few aid station volunteers telling us we were running behind a 30 hour pace. There wasn't a lot that could be done about this during the heat of the day,



The Race Starts At Mile 60

2016 Arkansas Traveller 100

-By Patrick Barker

so we just continued going slow, didn't worry about it, and stayed focused on eating, drinking, minding perceived effort, and keeping it light and fun. The course and the heat weren't going to grind us down. Any tolls taken would be small and far apart. The Race Starts at Mile 60. Time only mattered when it came to getting in and out of aid stations quickly.



We arrived at Powerline feeling strong, mentally upbeat, and in great shape. The terrain, heat and mileage hadn't chewed us up. At this point, I had a great feeling that the best running was still ahead of us. We restocked our supplies and picked up our pacer, Eva. Half a mile down the road, Eva surprised us by pulling out a couple of cold beers from her backpack. Five minutes later were running along, drinking beer and watching a nice sunset as it filtered through the trees and mountain ridges. That pretty much sums up the kind of day I was having.

The overnight low was going to be in the mid to upper 50's. By the time we hit Turnaround at mile 58, the temperature had dropped into the 60's and my confidence was soaring. I've heard it said many times that a 100 mile race starts at mile 60, and I knew our discipline and patience were about to pay off. Barring some kind of terrible misfortune, there wasn't going to be very much fade on the backend of this run. Mild pain was starting to set in, but the perceived effort required to move forward was dropping right along with the temperature. It hurt, but mentally it was nothing compared to running in the summer heat. We kept trekking up the hills, running down them, and walk/running the flats. We continued to take care of ourselves and kept on having fun as we moved along. Aid stations seemed to pop up pretty fast through the night.

Our pacers were simply amazing and helped keep things light and carefree. We ran every downhill over the last 40 miles including the long three mile section between Pigtrail and Winona, and the final downhill section from Crossroads to the pavement. Running that deep in a race, miles 98 and 99, and actually wanting to run and being capable of it, was a first for me. Looking back, I have to consider it one of my greatest accomplishments as an ultra runner. From start to finish, virtually every mile offered up something that made being on the course worthwhile, while having a "A Good Time Running."



Mile 92, Electronic Tower, about 25 hours in. With Rocky Gap behind us, it's smooth sailing ahead! Pacers Misty Borkowski, Katy Grubbs, and runners Tisha Deen, Patrick Barker.

This was my third Traveller finish. I've had the privilege of calling myself an ultra runner for many years now, but it's always been something of a struggle, a difficult endeavor, something that could be accomplished but never mastered. In simple terms, it's almost always been just plain hard. There are so many variables that go into running long distances, so many things that can go wrong, but when everything comes together, you get to experience just how good ultrarunning truly can be. I finished the race without a single blister or hotspot on my feet. I never experienced any real lows, stomach, fueling or hydration issues, and the worst pain I experienced was a wasp sting at Browns Creek. My finish time was a personal best,

and it was icing on the cake to learn Tisha finished first in her age group at the awards ceremony. Crossing the finish line I told myself I didn't want it to end, that I had more miles in me, but the race was suddenly over, and at that moment I knew, with absolute certainty, that I had just completed the greatest run of my life. "Thank You!" everyone that helped make this year's Arkansas Traveller the best one ever!!!

2016 Arkansas Traveller 100 Results

2016-2017 Race #3

1	Wesley Hunt	M	33	AR	17:23:33
2	PoDog Vogler	M	50	AR	18:40:31
3	John Muir	M	38	MT	19:15:20
4	Chas Kabanuck	M	32	FL	19:49:39
5	Joseph Czabaranek	M	31	FL	19:49:39
6	Natalee Thompson	F	39	IA	19:51:40
7	Nathan Sicher	M	35	MO	19:55:42
8	Matt Pruitt	M	33	AR	19:57:55
9	Daniel Bellingham	M	30	FL	20:39:36
10	John Nobles	M	31	OK	21:01:10
11	James Mercer	M	47	MO	21:16:42
12	Brian Hill	M	42	TX	21:52:28
13	Reid Landes	M	45	AR	22:00:45
14	Brett Nguyen	M	47	AR	22:15:31
15	Chris Ho	M	41	AR	22:18:29
16	Stormy Phillips	M	35	OK	22:22:28
17	Stacey Shaver-Matson	F	44	AR	22:29:00
18	Cade Shera	M	41	AR	22:42:21
19	Bruce Wood	M	54	AR	22:42:35
20	Rolfe Schmidt	M	44	AR	23:01:40
21	Scott Irwin	M	52	TN	23:07:33
22	Troy Potter	M	53	TX	23:10:35
23	Walt Goodson	M	46	TX	23:14:09
24	Kyle Grady	M	42	TN	23:15:41
25	Jerod Honrath	M	42	TX	23:16:40
26	Geoff Hanley	M	40	OK	23:18:17
27	Rachel Coulter	F	28	OK	23:33:06
28	Aaron Dickens	M	35	AR	23:36:09
29	Shannon Hampton	M	43	AR	23:37:59
30	Dave Meeth	M	53	KS	23:38:16
31	Faye McConnell	F	23	AR	24:42:14
32	Jeff Stafford	M	59	TN	24:58:12
33	Trenton Bodenbach	M	26	MO	25:03:46
34	James Lambert	M	47	MO	25:03:47
35	Matt Crain	M	50	IL	25:26:18
36	Bill James	M	47	AR	25:36:09
37	Lance Biggers	M	34	AR	25:44:39
38	Stacy Warren	F	42	AR	25:46:18
39	David Allen	M	42	AR	25:50:48
40	Jordan DeRose	F	39	MO	25:58:10
41	Haley Schwarz	F	36	MO	25:58:11
42	Laura Range	F	50	IL	25:59:52
43	Christopher Baldwin	M	43	AR	26:08:38
44	Russell Bennett	M	44	OK	26:26:43
45	Ronnie Daniel	M	46	AR	26:35:36
46	Kelly Cook	M	33	TX	26:46:15
47	Cheryl Anderson	F	43	MI	26:48:08
48	Tina Ho	F	51	AR	26:51:32
49	Alex Wiener	M	35	FL	26:58:00
50	George Peterka	M	56	AR	27:04:03

51	Alexander White	M	32	MI	27:10:31
52	Shelley Sparks	F	44	LA	27:14:25
53	James Fountain	M	43	AR	27:16:06
54	Kervin Hoffman	M	46	TX	27:16:28
55	Deb Baker	F	54	AR	27:17:56
56	Dale Humphrey	M	57	MN	27:18:51
57	Kevin Smilor	M	34	KS	27:22:25
58	Kurt Stein	M	34	MD	27:31:35
59	Isaac Espy	M	53	AL	27:38:09
60	Beth Garrison	F	46	TN	27:40:02
61	Raymond Etheredge	M	49	AR	27:41:48
62	John Baughman	M	39	IL	27:41:48
63	Randy Windle	M	37	AR	27:46:03
64	Tisha Deen	F	34	AR	27:46:22
65	Patrick Barker	M	52	AR	27:46:22
66	Karen Martin	F	45	AR	27:50:54
67	Anthony Krone	M	45	TN	27:51:26
68	Nicholas Tyburski	M	36	AR	27:52:00
69	Nick Kaminski	M	44	TX	27:54:06
70	Dale Cougot	M	50	TX	28:03:47
71	Emily Quallen	F	21	WY	28:10:09
72	Jason Abernathy	M	42	PR	28:18:14
73	Andi Stracner	F	43	AR	28:18:57
74	Rebecca Burns	F	33	GA	28:19:31
75	Carlos Reyes	M	61	TX	28:20:32
76	Melanie Baden	F	47	AR	28:21:06
77	Kathy Hoover	F	56	OK	28:23:30
78	Anthony Heykoop II	M	23	OK	28:30:01
79	Arnold Begay	M	53	OK	28:33:56
80	Cliff Ferrer	M	60	AR	28:46:57
81	Tina Mitchell	F	43	AR	28:49:08
82	Jenny Rice	F	36	OK	28:52:00
83	Chrissy Ferguson	F	55	AR	29:19:08
84	Letha Cruthirds	F	63	MS	29:19:52
85	Butch Allmon	M	61	TX	29:19:52
86	Max Roycroft	M	52	TX	29:19:52
87	Justin Cloar	M	44	AR	29:22:20
88	Mark Roth	M	54	AR	29:25:21
89	Kenon Shelton	M	37	AR	29:28:54
90	David Failing	M	30	IL	29:29:22
91	Vincent Swendsen	M	54	NC	29:33:21
92	Charles Redditt	M	48	AR	29:40:12
93	Justin Cook	M	35	AR	29:43:47
94	Leonard Martin	M	63	TN	29:45:22
95	Katsuyuki Hatta	M	52	Jpn	29:45:23
96	William Lynch	M	41	LA	29:45:31
97	Stacey Smitherman	F	39	AR	29:46:41
98	Hiromi Hatta	F	55	Jpn	29:50:02
99*	Ben Walters	M	36	AR	30:25:59
100*	Aaron Smith	M	33	TN	31:35:00

*Unofficial finisher - over 30 hour cutoff

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Message From The Editor - *Stacey Shaver*

Happy Halloween! Thank you Cade Shera and Patrick Barker for sharing your stories with us!

Congratulations to all of the Traveller Finishers! Well Done!

Wishing you all the best of luck in your upcoming races. I hope to see you at the races on our calendar this year, especially the new events! Check out the calendar on our website. 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

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.