



# THE ARKANSAS ULTRA RUNNER

September 2016

THE NEWSLETTER FOR MEMBERS OF THE  
ARKANSAS ULTRA RUNNING ASSOCIATION

AURA WEBSITE: [runarkansas.com](http://runarkansas.com)

## Message From President George Peterka



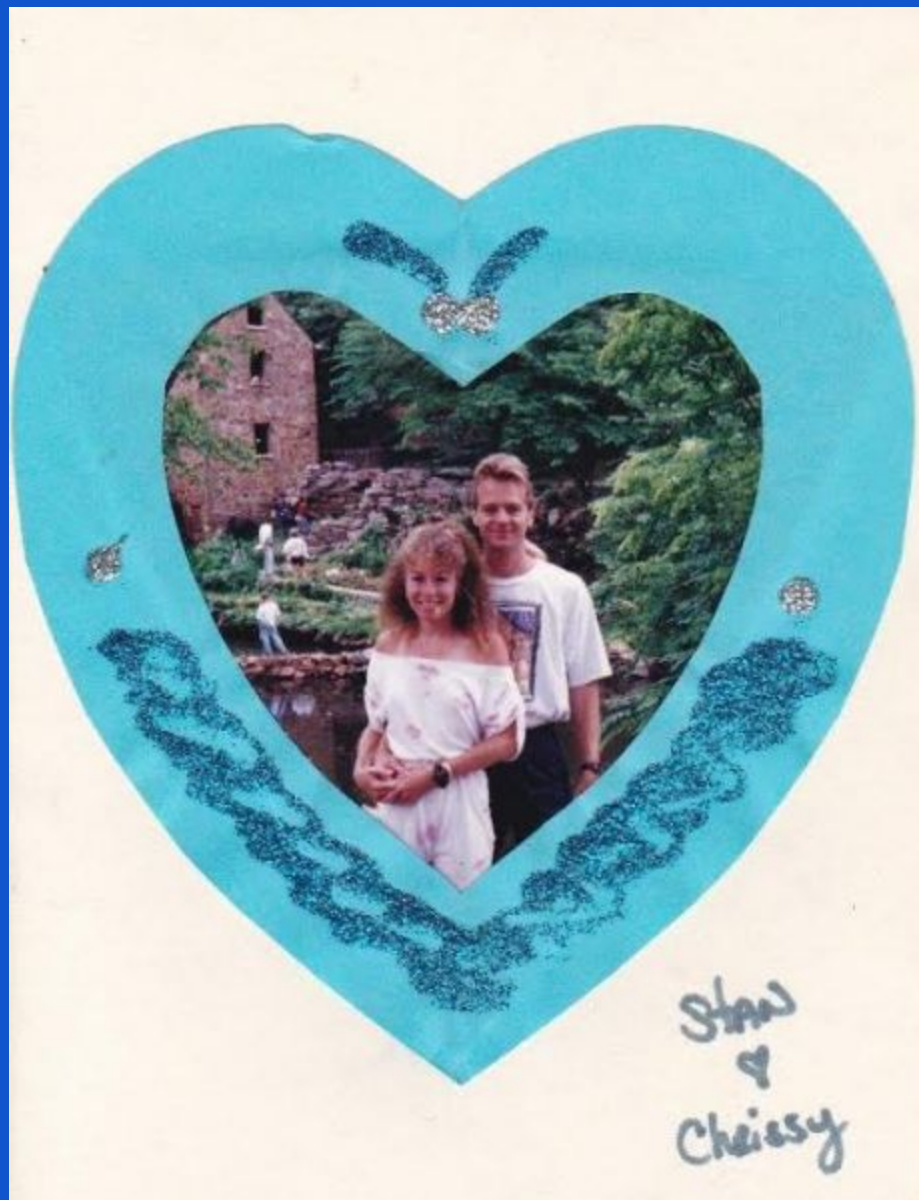
The hot summer is over and we can finally enjoy some nice fall running!

I'd like to thank Tom Aspel and his track team for putting on the Mt. Nebo Trail Run.

I would also like to remind everyone that AURA memberships expire on July 1st so please check <http://www.runarkansas.com/AURAmembers.htm> to see if your membership has expired. If your name is BLACK then you are good till 6/30/2017. If your name is RED then your membership has expired and this is the LAST NEWSLETTER you will receive. We still do not know what will happen with the Bona Dea 50K. When we find out, it will be posted on the website and on Facebook. Otherwise the UTS schedule is all finalized. See the list of races at <http://www.runarkansas.com/UTSraces.htm>

Thanks to Stan & Chrissy and all the volunteers who are preparing for the Traveller. Hope to see everyone there!

20th  
Wedding Anniversary  
Celebration



**Come Help us Celebrate our 20th Anniversary**  
Once upon a time there lived a Fair Maiden who loved to run.  
More than anything in the world she wanted to meet someone who  
loved running as much as she did and would treat her like a princess.  
One year at the Arkansas Traveller 100, due to circumstances beyond  
anyone's control the Knight that was to pace her was injured.  
He introduced the Maiden to a Knight new to ultrarunning, who paced her  
instead.

The Knight and Maiden spent the time running under the moonlight and  
getting to know each other. They had the best time together.  
Even though their kingdoms were far apart they saw each other as much as  
possible and fell in love.

The Fair Maiden was really a princess. She asked her Father the King, if he  
would dub the Knight a prince so they could marry. The King gladly  
approved and the Prince and Princess lived happily ever after – Thanks  
Dave

On this day we will renew our vows to my best friend  
The one who shares my Dreams, Life and Love

Stan Ferguson  
&  
Chrissy Ferguson

We hope that you will join in this celebration  
On Saturday, October eighth  
Two thousand and sixteen  
At six o'clock in the evening  
Girl Scout Building off Hwy 324  
Perryville, Arkansas

**R.S.V.P**  
Chrissy Ferguson - (501)472-9162 or [Stanchrissy100@att.net](mailto:Stanchrissy100@att.net)

Please bring an appetizer (NO desserts) Beer, Wine, Soft Drinks and  
Dancing will be provided – NO Gifts - Just your blessings



26th Annual  
**Arkansas Traveller 100**  
Ouachita National Forest - Arkansas  
October 1-2, 2016

*Good Time  
Running!*

**Location:** The start, finish, and race festivities will be at historic Camp Ouachita, near Williams Junction. Getting there: You should be able to find Williams Junction, AR on most maps; it is approximately 30 miles west of Little Rock on Hwy 10, or 20 miles south of Morrilton on Hwy 9. You will see signs as you enter the community that you are in Harmony. To get to the race site from Williams Junction, go north on Hwy 10/9 for a mile and a half, then take Hwy 324 and follow for about three miles. If an address is needed for GPS, it is: 618 Hwy 324 South, Perryville, AR 72126

**Important information for parking near Camp Ouachita on race weekend:** Runners and crews must park along Hwy 324 on the WEST SIDE Only. This is the side of the road opposite Camp Ouachita. Parking on one side is a requirement of the US Forest Service, and they will write tickets to violators.

**Other Camp Ouachita guidelines:** Please note that dogs are NOT allowed inside the great hall. Also, no camping is allowed on the grounds at Camp Ouachita. The campground at Lake Sylvia will be open on race weekend. It is about one mile from Camp Ouachita.

**Event Schedule:**

Friday - September 30th

- Noon - 3:15 pm Pre-race packet pickup and weigh-in
- 3:30 pm Welcome; Runners and crew briefing (Mandatory)
- 4:30 pm Spaghetti Dinner.

Saturday - October 1st

- 5:30 am All runners check in at race headquarters
- 5:50 am Begin assembling at starting line
- 6:00 am (Prompt) Race Start!

Sunday - October 2nd

- 7:00 am (approx) - noon Breakfast is served
- 12:00 noon Race ends
- 12:30 pm Race awards

**Volunteers Needed: We could still use some volunteers at E Tower. If you find yourself free this weekend please consider volunteering. Pass this along to anyone you think might be interested.**

**Thank You!**

**For More Information See the Traveller 100 Website:** <http://www.runarkansas.com/AT100.htm>

**Download Your Race Packet:**

<http://www.runarkansas.com/AT100/2016ArkansasTravellerRunnerInformation.pdf>

# Runners & Volunteers



## You are invited to the Arkansas Traveller 100 Post-Race Appreciation Picnic!!!

**DATE:** October 16, 2016 (Sunday)

**TIME:** 3:30 PM

**WHERE:** Maumelle Park, Pavilion #3

**R.S.V.P. - To Stan and Chrissy Ferguson**

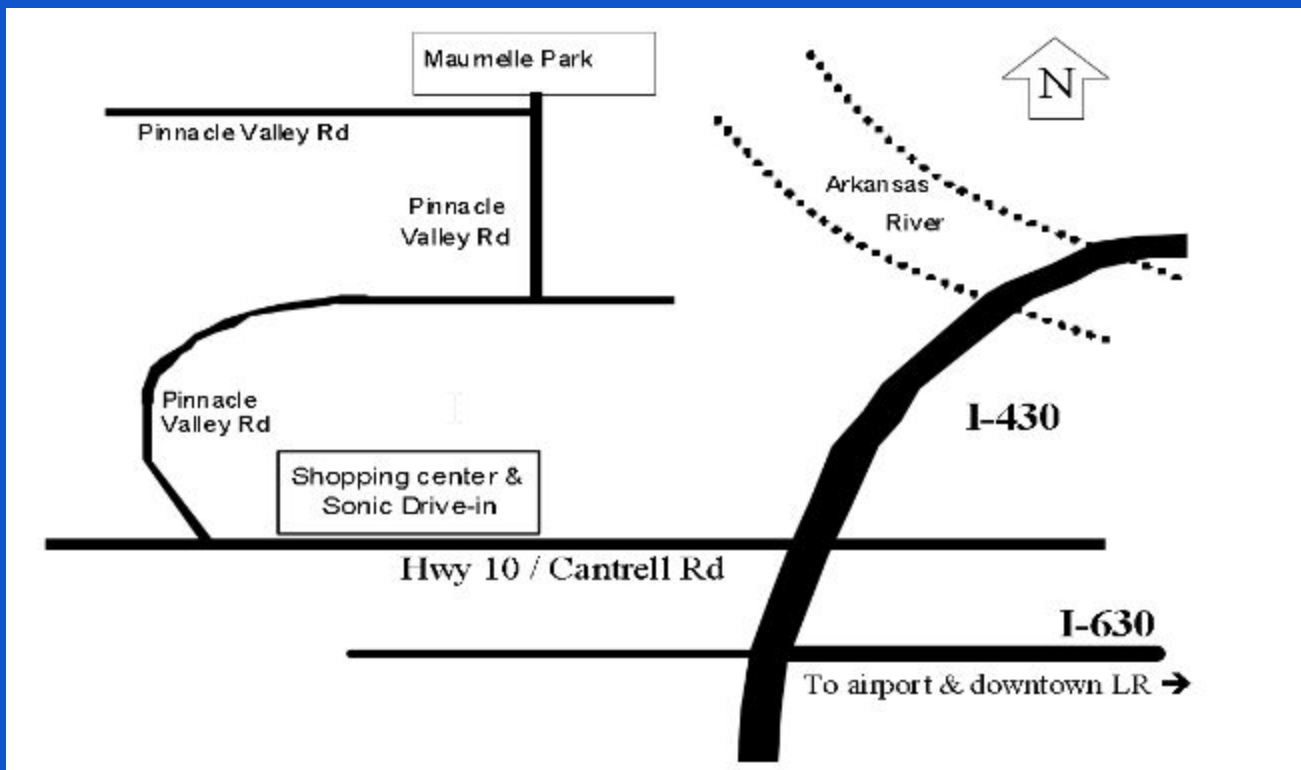
**501-803-9411 / StanChrissy100@att.net**

The Arkansas Traveller will provide: Hot dogs, Hamburgers, Beans, Chili, Chips, potato salad and soft drinks.

Bring your families; if you would like something else to drink, please bring it with you.

### Directions:

From Interstate 430 at Highway 10 in west Little Rock, go West on Hwy 10/Cantrell Rd. Stay on Hwy 10 for approximately 2.7 miles. Make a Right turn onto Pinnacle Valley Rd at the stoplight. (Look for a brown sign indicating Maumelle Park.) Pinnacle Valley Rd makes a left turn about 1.5 miles from Hwy 10 (watch again for a brown Maumelle Park sign). Follow for less than a mile, to get to Maumelle Park. Go right just after entering the park, and Pavilion #3 is at the end of the parking lot.



# 2016 Mt Nebo

-By Daniel Arnold

## Race Information

What: Mount Nebo Trail Run  
When: August 27, 2016 7:00am  
Distance: 14 Listed – 13.3 recorded on Garmin  
Strava Link:

<https://www.strava.com/activities/690771206>

## Goals

- A. 1st overall – Completed? NO
- B. 1st UTS runner - Completed? YES
- C. Best last year's time – Completed? YES

## Gear

Red North Face Better Than Naked 3.5" Split Shorts  
Black/Green Saucony Kinvara 7  
16 oz. Amphipod Handheld Water Bottle  
Garmin Forerunner 635

## Fuel/Hydration

30 oz. Water  
1 Salted Caramel GU  
4 oz. Heed

## Training

The race landed at the end of week 16 of my current 18 week marathon training plan. I'll be doing Big Cottonwood marathon on Sept. 10th, which has a ton of elevation drop from start to finish, so I figured that running down Nebo would be a good simulation run. I've been trying to get as much downhill running in as possible to prepare for the pounding that I know my legs will have to endure.

## Pre-Race

My father-in-law, Jim Tadel, and I drove up to Russellville Friday evening to stay with family so we would have a short drive up the mountain in the morning. We stayed with his twin brother Tim who was also going to be running, along with Tim's son Casey. (If you kept thinking you saw the same runner multiple times it was either these guys or the heat getting to you.) I woke up around 5:30, gathered up all my things, and was out the door at around 5:50. I had my breakfast in the car on the way which consisted of a nutri-grain bar and a banana. Unfortunately I forgot the whole "my body needs caffeine to function in the morning" thing, which I instantly realized just as it was no longer an option. All else was status quo to the start of the race.

## Mile 1-3: Top o' the Mountain

The first few miles of the race are relatively flat and take place at the top of the mountain on the paved roads.



I went out with the lead pack that consisted of around 5-10 others. We cruised along at a comfortable pace chatting a little as we rounded sunrise point and headed back past the start toward sunset point. We picked up the pace a bit at mile 2 and I was still feeling pretty good as the group dwindled to about 4-5 of us. We circled around sunrise point and headed to the gravel road that drops down to the bench trail, where we spread out and each began running our own race.

## Mile 3-9: Bench Trail

Leaving the pavement and hitting the trail I had to adjust my pace accordingly. I tried not to slow too much, but keep a consistent effort level and keep my heart rate in check. The bench trail has rolling ups and downs and is a little wider than a four-wheeler trail. Not too technical but you still had to be careful and watch your step. I was in 2nd when we dropped down to the trail but was soon passed by another runner. I was starting to feel a little sluggish and my stomach was getting a little upset as I finished the first loop and started on the second. I was hoping it would pass but it seemed to keep getting worse to the point where I thought I was going to have to stop and walk. I decided to take a gu and some water and that seemed to help some as I was able to keep running through the second loop and back to the aid station at the road.

## Mile 9-10.5: Down

I hit the pavement after completing the bench trail and took a right to head down the mountain. My goal here was to run down at marathon pace and not go too hard. I didn't want to risk injury and I knew that I needed to conserve some energy for the climb back up. It's about a mile and a half to the turnaround at the bottom and I feel that I did pretty well at sticking to my goal. I tried to hit the outsides of the switchbacks as they weren't as steep as the inside corners and I felt like the little extra distance wouldn't hurt. As I neared to bottom I met the two runners in front of me and saw that they were just a few minutes ahead. I hit the turnaround, filled my water bottle, and turned to face the climb back up the mountain.

## Mile 10.5-13.3: And Back Again

My goal here was to just run as much as possible without exerting myself too much. I would grind at a slow pace until I felt my heart rate getting too high then walk until it came back down. This ended up working out to walking the steep switchbacks and jogging in

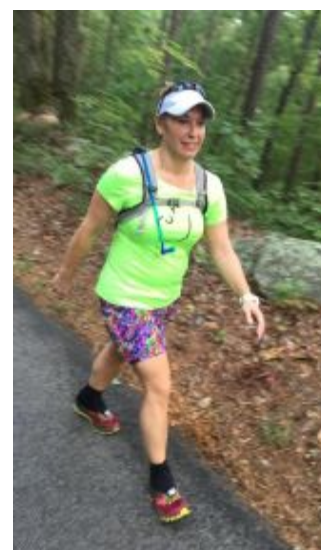
# 2016 Mt Nebo

-By Daniel Arnold

between. I got plenty of words of encouragement from the runners coming down the mountain which really helped boost me mentally. Just before the aid station at the bench I caught up to one of the runners in front of me and moved back in to 2nd. I grabbed some heed at the aid station and took off to finish running the flat section of the bench before the big climb back to the top. I walked most of the next section to the top but was able to maintain my position. Once I was back on flat ground I broke into a run and finished the last few tenths at a brisk pace. I finished in 1:47:25 and knocked about 9 minutes off of last year's time.

## Post-Race

After finishing I was feeling a little dizzy and decided to get some Gatorade and sit for a while. I had some watermelon and cheered on the other runners as they came in across the finish line. Unfortunately I began feeling worse with stomach cramps and dizziness so we decided to head out earlier than we normally would which cut into one of my favorite parts of a race, the post-race beer and socializing. When I got home I crawled in bed and stayed there most of the rest of the day. My guess is I must have caught a 24 hour bug or something because I was feeling fine the next day. All-in-all I feel like I had a good prep race, aside from the illness, and I look forward to hitting the trail again at the next AURA "fun run".



# A Race For The Ages II - Labor Day Weekend 2016

-By Lou Peyton

I got to run/walk A Race For The Ages last year at its inception. It was hard to put the race memory away. It took at least a month for the memory to fade and for me to pick up and move on. All fun, and a great experience last year. So this year rolls around and I'm not sure what I will do about going or not going to the race. In the spring as the race is filling up with participants I asked Charley's advice about going back to the ARFTA. He told me try to secure a spot with Maurice and Pete for the drive over. I immediately get online with Pete Ireland to see if it was possible to ride with him and Maurice. In a day or two I am told I have a spot in the suburban and they might have others travelling with them, also. As it turned out I am the third passenger and off we go to Manchester, Tennessee. On Thursday, Sept. 1 – 6:30 a.m. Wow, the planning is over and we are off to the event.

We plan to camp at the start/finish and use the gym that is cool (air conditioned) and the race headquarters for a place to sleep during the day if we want. The weather in Manchester, at this time of the year is hot during the day (mid 90's and manageable at night). My plan last year and this year was to rest during the day and run all night each night.

My race began at noon on Friday. EGADS. Am I supposed to wait until the sun goes down to start my race? I decide to walk on Fri. until the sun goes down then to run a portion of each loop for as long as I can. Meals are served every six hours at this event. The meals are in the gym and liquids provided the whole time (water, ice, Sword (an electrolyte drink). Our tents are set up 25' from the race course under a huge walnut tree.

I walked on Friday until the sun went down then started to run the downhill portion of the race. All went well and it was fun to reconnect with the runners from last year and to meet some new ones from this year. Every hour new runners would start their race. We had our age in hours to run/walk/sleep/rest until noon on Labor Day, Sept 5th to accumulate as much mileage as we could. My unspoken goal was to go 110 miles.

I didn't have a strict plan but 35-40 miles every 24 hours. I was still going to heed my friend's (Pat Torvestad) advice to stop, elevate feet every 3 hrs. for 20 minutes from start to finish. I did follow this plan and I changed socks and applied a product (not body glide but one close to that to my feet (last year I used body glide and had no foot problems). All was going well until near the end of the first running session for me which was daybreak Sat. a.m. My feet were hurting very bad. They felt bruised and with every step very painful. I got a shower at the recreation center about ½ mile away and tried to nap/rest during the day.

At 4 pm. I started to plan for my second run through the night. I had to do something about my feet or give up and quit. I thought about what Max Hooper would say. I decided he would say, "duct tape your feet, and continue". That's what I did. I brought the smallest amount of duct tape we had at home. Why? I had enough for one duct taping session through night #2. My feet hurt the whole time but I surmised they wouldn't get worse just not better. With some naproxen 220 mg I made it through the night to daylight still on the same run/rest plan but now there was no running on those hurting feet. I could walk fast and that's what I did and determined to stay positive and visit with the runners/walkers. I covered about 34 miles leaving me 26 miles to make 100 on the third night.

I had run out of duct tape after the taping of feet for night #2. Harry Strohm let me use his bag of products to work on my feet for night #3. I have never used kinesio tape but I used his turquoise Kinesiotape and applied it directly to the hurting areas of my feet the ball and heels. I had no idea what I was doing but the tape worked and stayed in place for the third night. Before I started out for night #3, a friend called from Mississippi. Tim McCarley, and suggested that I go at least 1 mile further than last year. I took Tim's advice and my goal was now to get to 101 miles. I used the same rest plan/walk fast plan and about 4:20 a.m. Monday morning I had my 101 miles. I was thrilled to get there.

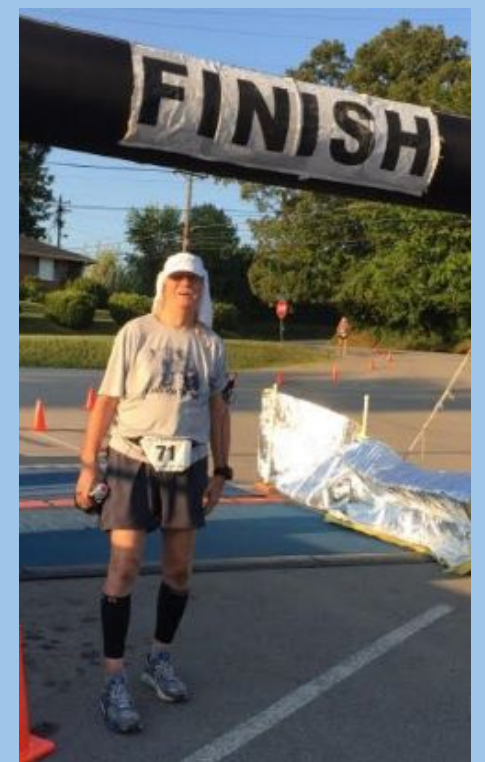
It was a pleasure to meet so many wonderful, inspiring people along this journey. I will never forget the great characters and their stories. The Cantrell Family work so hard to make this race a great event for the participants.





### Aura Members & Arkies

- Maurice Robinson, 74 - 155 miles
- Pete Ireland, 76 - 126 miles
- Don Preston, 61 - 109 miles
- Lou Peyton, 72 - 101 miles
- Mike Samuelson, 50 - 100 miles
- Kim Fischer, 56 - 100 miles



# 2016 Mt Nebo Results

## 2016-2017 Race #2

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jeremy Provence	Clarksville	M	26	1:42:05
2	Daniel Arnold	Benton	M	31	1:47:25
3	Grayson Greer	Little Rock	M	31	1:50:00
4	Edward Hill		M		1:51:30
5	Tommy Griffin	Mountainburg	M	33	1:53:56
6	Stan Ferguson	Maumelle	M	52	1:54:31
7	Bryon Murders	Russellville	M	32	1:55:37
8	Michael Whit		M		1:56:52
9	Paul Turner	Conway	M	53	1:59:15
10	Joel Fletcher	Little Rock	M	33	2:03:27
11	Hunter Bridges	Little Rock	M	36	2:04:13
12	Chris Berry	Little Rock	M	30	2:04:27
13	Casey Tadel	Russellville	M	31	2:04:33
	Tyler Wilkerson	Russellville	M	28	2:04:33
15	Bruce Wood	Sherwood	M	53	2:04:50
16	Erin O'Toole	N. Little Rock	F	27	2:05:20
17	Shannon Box	Batesville	M	42	2:06:35
18	Rick Estep	Russellville	M		2:07:14
19	David Partridge	New Blaine	M	55	2:09:05
20	Chase Mangiapane	Little Rock	M	31	2:10:28
21	Matthew Pickard	Conway	M	36	2:12:25
	Bailey Wilkerson	Russellville	F	26	2:12:25
23	Randy Windle	Hot Springs	M	37	2:12:55
24	Aaron Dickens	Van Buren	M	35	2:13:07
25	Brett Nguyen	Fort Smith	M	47	2:13:08
26	Cliff Ferren	N. Little Rock	M	60	2:15:10
27	Nicole Hobbs	Little Rock	F	31	2:15:18
28	Joseph Allbritton	Mayflower	M	43	2:16:27
29	Billy Mills	Russellville	M	47	2:17:00
30	Joell Gill	Little Rock	M	37	2:20:07
31	Corbett Sanders	Hot Springs	M	45	2:20:20
32	George Peterka	Hot Springs	M	56	2:20:48
33	Alan Hunnicutt	Berryville	M	62	2:21:42
34	Crystal Cossey	Sulphur Rock	F	42	2:24:04
35	Steve Hern	Russellville	M	62	2:25:06
36	Deidre Luker	Russellville	F	32	2:26:09
37	Sara Pilgrim	Conway	F	26	2:26:23
	Jim Tadel	Monticello	M	60	2:26:23
39	Gregory Milligan	Maumelle	M	39	2:27:45
40	Tabatha Park	Royal	F	48	2:27:54
41	Lucas Bishop		M	41	2:28:00
42	Kevin Robbins	Mountainburg	M	39	2:30:00
43	Dave Hochstedler	Hot Springs	M	59	2:31:43
44	Karen Call	Little Rock	F	63	2:35:18
	Brian Waller	Little Rock	M	31	2:35:18
46	Blake Butler	Hot Springs	M	47	2:36:45
47	Brandon Cain	Jonesboro	M	32	2:37:36
48	Elizabeth Kimble	Little Rock	F	30	2:39:01
49	Steve Griffin	Dallas, TX	M	58	2:39:02
50	Steve George	Dardanelle	M	45	2:39:25
51	Chris Davis	Hot Springs	M	43	2:40:53
52	Melissa Thompson	Sherwood	F	44	2:41:21
53	David McCormack	Dardanelle	M	61	2:41:23
54	Beth Walters	Fort Smith	F	49	2:41:25

55	Rebecca Laymon	Russellville	F	47	2:42:39
	Amber Underwood		F		2:42:39
57	Melanie Baden	Cammack Vilage	F	47	2:44:59
58	Amy Hearting	Rogers	F	37	2:45:02
59	Chrissy Ferguson	Maumelle	F	55	2:46:07
60	Cote Sams	Rogers	M	22	2:46:48
61	Ed Monkjoy		M		2:48:12
62	Taylor Dugan	Little Rock	M	31	2:48:13
63	Phil Brown	Little Rock	M	49	2:49:40
64	Tina Mitchell	N. Little Rock	F	43	2:50:20
	Krystal Watkins	Cabot	F	31	2:50:20
66	Karen Hayes	N. Little Rock	F	62	2:50:25
67	Arisa Laffer		F		2:50:40
68	Tim Tadel	Russellville	M	60	2:50:41
69	Karen Morales	Siloam Springs	F	30	2:53:00
70	Robert Misener	Hot Springs	M	45	2:54:00
	Monica Bryson	Dardanelle	F	42	2:54:00
72	Amy Davis	Bentonville	F	44	2:54:02
73	Matthew Chandler	Pottsville	M	31	2:55:27
74	Brian Cochran	Farmington	M	46	2:56:00
75	Rebecca Kneidler	Fayetteville	F	40	2:57:00
	Cassie Brown	Fayetteville	F	33	2:57:00
77	Stephen Rush	Jonesboro	M	35	2:59:04
78	Jennifer Armstrong	Little Rock	F	35	2:59:13
79	Kim Johnson	Harrison	F	47	3:00:58
80	Crystal Wagner	Dover	F	38	3:02:34
81	Shari Misener	Hot Springs	F	46	3:04:18
82	Linda Wood	Hot Springs	F	54	3:04:37
83	Debbie Rigsby	Lonsdale	F	59	3:04:43
84	Angie Stewart	Fayetteville	F	35	3:05:00
85	Kristen Alexander	Little Rock	F	31	3:06:00
86	Marsha Poll		F		3:09:30
87	John Shaver	Arlington, TX	M	41	3:15:00
	Norma Shaver	Arlington, TX	F	37	3:15:00
89	Louis Chalfant	Hot Springs	M	41	3:15:16
90	Leslie Hesselbein	Dover	F	41	3:17:28
91	Lori Lemley	Conway	F	46	3:20:58
92	Tina Rush	Russellville	F	48	3:22:10
93	Heather Bush	Greenbrier	F	39	3:26:50
	Tonja Fillippino	Conway	F	42	3:26:50
	Mira Evans	Conway	F	43	3:26:50
96	Joe Milligan	Maumelle	M	66	3:34:57
97	Elaine Gimblet	N. Little Rock	F	69	3:41:30
98	Martin Delarosa		M		3:46:00
99	Gwen Laffer		F		3:46:30
100	Bill Brass	N. Little Rock	M	77	3:49:30
101	Allie Matthews		M		4:02:30
102	Dalton Huckably	Little Rock	M	24	4:02:32
103	Rose Ann Foster	Maumelle	F	51	4:06:34
104	Marilyn Lattin	Maumelle	F	58	4:06:40
105	Eddy Light	Judsonia	M	54	4:18:20
106	Teressa Houston	Conway	F	46	4:20:27
107	Rebecca Kimball	Maumell	F	48	4:20:57
108	Dan Belanger	Little Rock	M	72	4:51:18
109	Joy Higdon	Magnolia	F	47	5:22:21

## Other Participants

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	William Bergen	Fort Smith	M	48	2:58:00	11.5 Miles
2	Raymond Petty		M		1:40:00	10 Miles
3	Sherry Rogers	Memphis, TN	F	55	2:15:35	10 Miles
4	Deb Baldridge	Mabelvale	F	51	2:17:00	10 Miles
	Emily Gabbard	Conway	F	44	2:17:00	10 Miles
6	David Taylor	Memphis, TN	M	34	2:20:47	10 Miles
7	Brenda Duhamel	Cabot	F	51	2:29:00	10 Miles
	Megan Kendall	Cabot	F	42	2:29:00	10 Miles
	Cynthia Yancey	Cabot	F	46	2:29:00	10 Miles
10	Dottie Rea	Vilonia	F	64	2:39:00	10 Miles
11	Pete Perkins	N. Little Rock	M	57	2:41:39	10 Miles
12	Rebecca McGraw	Conway	F	47	2:58:00	10 Miles

13	Ann Moore	Little Rock	F	75	3:16:00	10 Miles
14	Amanda Williams	N. Little Rock	F	40	3:31:29	10 Miles
	Matthew Williams	N. Little Rock	M	40	3:31:29	10 Miles
16	Ron Gimblet	N. Little Rock	M	68	2:46:00	8.64 Miles
17	Christy Brooks	London	F	54	3:00:39	8.64 Miles
	Monica Ritchie	Sherwood	F	46	3:00:39	8.64 Miles
	Kim Yarber	Russellville	F	42	3:00:39	8.64 Miles
20	Charity Shaw	Hot Springs	F	38	1:23:46	6.35 Miles
	Justin Stuart	Benton	M	43	1:23:46	6.35 Miles
22	Shellie Hanna	Russellville	F	49	1:50:00	6 Miles
23	Justin Cloar	Little Rock	M	44	1:52:00	5.6 Miles
	Kendal Cloar		M		1:52:00	5.6 Miles

## Message From The Editor - Stacey Shaver

I hope you all enjoyed this edition of the AURA Newsletter. Thank you to Daniel Arnold and Lou Peyton for sharing your stories with us!



Congratulations to

James Holland for his Western States 100 finish 28:39:55

To Wesley Hunt for Winning Grand Champion in the Rock Away Night & Day

To Lou, Maurice, Pete, Don, Mike and Kim for their finish at ARFTA

To Stan Ferguson for his finish at Superior 100 finish 31:49:34 39th/138

To Chrissy Ferguson for her trail marathon finish at Superior

To Melissa Thompson for her Moscow Mountain Madness Idaho Trail half marathon finish

I hope I didn't leave anyone out.

Thank you to Dan Belanger for sharing the video he made at the Full Moon start line:

<https://splice.gopro.com/v?id=YpQ8qDL6L>

Wishing all of our AURA Members the best of luck in your upcoming races and I hope you see you out on the trails!

~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.