

ARKANSAS ULTRA RUNNER
ASSOCIATION

WWW.RUNARKANSAS.COM



UPCOMING
RACES & EVENTS



Sunset Lake
Race Director
Notes



Sunset Lake
the 24 Hour
Experience

AURA NEWS



Letter From the President

I wish to thank Phil Carr and his volunteers for putting on the Lake Ouachita Vista Trail Marathon. The weather

was perfect and we had a record 122 participants.

I don't really have much to say other than to wish everyone a Happy New Year. I hope you all enjoy the holidays. I am looking forward to seeing you at Athens Big Fork on January 6th. We have an unprecedented 182 people signed up this year so it is sure to be a fun day of running.

George Peterka

Athens Big Fork Trail Marathon

Race #8 of AUARA UTS

Saturday, Jan 6th

8am at Big Fork Community Center

Entry Fee:

No entry fee, however a donation of at least \$10 per runner is encouraged to support the Big Fork Community Center for opening the door for us, and to cover the cost of race supplies.

Course:

.The course is an out and back. The first 2.5 miles are on paved and gravel road up to the trailhead where you will enter the Athens Big Fork Trail, marked in WHITE blazes. Follow the trail over 8 mountains. You will pop off the trail and run about a half mile down the gravel road to get the full 13.1. Then you turn around and go back.

.Total of 3 aid stations with typical trail nourishment

.The 17 mi Fun Run only gets to run half the hills. You will turn around at the aid station just across Blaylock Creek.

.Drop bag service will be available

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

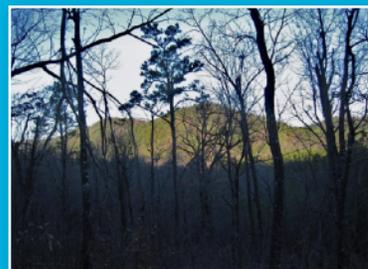
.Chili, Soup & homemade goodies will be waiting for you at the finish

WARNING:

THIS EVENT IS NOT FOR TRAIL NEWBIES!!!

If you are not an experienced trail runner, 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 difficult trail that presents many opportunities for you to get lost, injured, or incapacitated with little access for rescue.

Athens Big Fork Trail Marathon



Our Amazing Sponsors

- Big Fork Community Center
- Ouachita Amateur Radio Association
- Arkansas Ultra Running Association
- Ouachita Outdoor Outfitters
- Fleet Feet Easy Runner
- Team Jackass of Texarkana
- Go! Running
- Lakeshore Vacation Rentals

Swamp Stomper 50k

Race #9 of AUARA UTS

Saturday, Jan 15th

50k Start - 7:30am & 25k Start - 8:30am

Race Start Location:

Poplar Tree Lake Nature Center

GPS Coordinates- 35.306107,-90.067424

Aid Stations:

Aid is provided at miles: 3.0, 4.7, 9.6, 13.3, 16.3 (25K finish), 19.3, 21.0, 25.9, 29.6 32.6 (50K finish)

Cut Off Times:

If you are doing the 50K, you must start the second loop by noon. Runners must then leave the Mississippi River Group Camp gate turnaround aid station by 2:30 pm. Transportation back to the start/finish will be provided for those who don't meet the cutoff time at the turnaround. **No arguing with race officials.**

The Swamp Stomper benefits the Meeman-Shelby Forest State Park Friends of the Forest – a 100% non-profit organization. Feel free to visit the Friends website at <http://www.shelbyfriends.org> Thanks for participating in the race. May you run well on race day and have fun with your fellow trail runners.

For more information and course map visit the links below

RACE WEBSITE
ULTRA SIGNUP LINK

Swamp Stomper 50k



2018 COURSE RECORD
MONEY!!

Male - \$400 (4:10:06)

Female - \$400 (4:50:32)

\$100 Rolled Over/Yr
UNTIL BROKEN

2017 Sunset 6/12/24 Hour Endurance Run

by Pete Ireland, RD



The 7th annual Sunset 6/12/24 Hour Endurance Race was held November 24 and 25 at Sunset Lake in Benton. We had 99 pre-registered, 73 of whom showed up for the race. Despite a request to do so, only three of the no-show pre-registered people advised ahead of time they were not coming. With only 99 active timing chips, we ended up discouraging race day entries which often make up about 25% of the total. We ended up with 6 entering on race day which still gave us a record turnout of 79. The previous high was 72. We had participants from six states other than Arkansas.

For those not familiar with the history, this is an informal, no fee, no frills, low key race that started in 2011 as a favor to one of our Saline County Strider members who wanted to run 100 miles in 24 hours, but for religious reasons would not run on Sundays. It was initially going to be a one and done event.

We were fortunate to have better than average weather both Friday night and Saturday.

Congratulations to Michelle Posey from Little Rock who became only the fourth person, and second female, to reach the 100 mile mark in this 24 hour race. No male has reached the 100 mile mark since 2012. Denis McCarthy, age 58 from St. Louis, won the male 24 hour division with 88.31 miles. Strider member Maurice Robinson ran his age (76) plus at least one more lap for the 6th time in the history of this race. Eugene Bruckert, from Illinois, the oldest participant at 82, covered 50.75 miles. In the 12 hour, Shane Poland (56.84 miles) and Justin Cloar (50.75 miles) became the 4th and 5th men to surpass 50 miles in this event. Strider member Missy Harkins was the top 12 hour female becoming the 4th woman to top 40 miles in the 12 hour with a total of 40.6. Laura Kerns led the female 6 hour with 37.56 miles while Stan Ferguson topped the male results with 38.57.

Sunset Lake - The 24 Hour Experience

by Michelle Posey

November 24-25, 2017 – Benton, Arkansas

Sunset Trail Endurance Run, 2017: I left Mississippi in the middle of the night and as I left the very rural area my parents live in and neared the small town I name as home, I saw a shooting star. I made a wish (maybe more than one!)

I left at 1 a.m. the morning after Thanksgiving because my goal was to get some sleep in Arkansas before attempting 100 miles at the Sunset Endurance Run.

It was an idea some of us had kicked around earlier in the year: Finish Arkansas Traveler 100, 100 miles at Sunset, and finish LOViT 100, all within a year. It was an idea I had actually had in mind since my first Sunset Trail run in 2016, when I heard a few people talking about it. Three 100s, all in Arkansas, all within a few months.

A lot of people dread the monotony of the mile loop, but in 2016 I had found it meditative, especially in the darker parts of the night, when there were few people on the trail and there was less traffic on the highway. At the time I was reading a little book called “Learning to Walk in the Dark” by Barbara Brown Taylor, a former minister, and doing my own kind of walking in the dark as I entered a new chapter in my life as a single mom.

If you’ve never run the Sunset loop it goes like this: from the start there’s a very manicured section of park with well-spaced lighting, where in daylight hours people hold photo sessions looking out over the water. After the first turn, there’s a long straight stretch through pine trees whose roots make some bumps in the trail, but it’s still well lit. Still going straight, you pass the lake and fishing pier on one side, with a well-kept fence on the other.

Then you near the next turn. The fence gives way. The lights end. With every step the light falls off. A few short steps away, you round the second turn and you are on a part of the trail that is not lit at all, that has some eroded spots, and that goes through a section of the park that is more or less left to nature.

It’s my favorite part of the trail.

My first time running this trail, I discovered I ran faster and better in the dark. I discovered I had to pick my feet up and trust where they fell. I think there’s a lesson in faith there somewhere.



Back to 2017: I had determination, commitment, good weather ...

And ...

Fireball.

Charlie Redditt showed up at the run with a big bottle of Fireball. At first he said we would have a shot after every lap, until I pointed out that if we did that we'd likely not be able to run after 10 laps, and we'd run out of Fireball. Okay, said Charlie, every 10 laps. So, every 10 laps it was. We labeled some cups for ourselves to avoid waste, and put the Fireball where everyone could find it.



I had brought a minimal amount of food and supplies, since I didn't want to lug too many things down to the pavilion. I had a chair but swore to use it mainly as a place to store discarded clothing. The Saline County Striders, who put on this run, provide a pretty great array of runner snacks, Gatorade, and water. New things have a way of appearing as people show up with sometimes homemade goodies or additional supplies of salty stuff. I truly believe in Chrissy Ferguson's admonition to not sit down, so I didn't.

Running through the night was a blast thanks to Charlie — as anyone who has run with him knows, he is continually laughing and his booming laugh could be heard around the lake. It also became clear to everyone that he was my main competition as we both completed lap after lap. But Charlie had made it clear he only wanted 100k, not 100 miles — Until he of course made a new friend and decided to pace that runner for a “few” miles ... and then kicked it up a notch around mile 70-something.

It quickly became clear that we had a girls vs. boys thing going as all the women volunteering at the race began to tell me, lap after lap, just how far I had to go to “beat” Charlie.

I was a couple laps behind Charlie but he decided to call it a day at (I think) 76 miles. So I completed mile 77 loving the encouragement from those amazing race volunteers who were tracking our progress, some of whom had been there for many hours at that point.

Charlie, like the true champ he is, left the Fireball for me, as the volunteers pointed out when I hit mile 80.

I'm not sure when I really slowed down, since my watch gave out. I'm learning from listening to ultra runner friends that it's not uncommon for parts of the race to just disappear from memory! But every lap was full of seeing friends, even if it was just for a few seconds. The 12-hour and six-hour people arrived at 7 a.m. so of course it was social time for six hours. Many of the people I know well stayed for 12 hours, and I still had some company even after 6 p.m. when I was nearing the end of my day. It was helpful to see people, even if at that point none of us had any energy to do more than exchange a brief encouragement or hello. At least it was something to look forward to. Afterwards,

Justin Cloar commented that I was leaning a lot to one side when he saw me some time after 6 p.m., and I said, “Yes, I was trying to sleep!”

At some point the race involved just putting into practice what I had learned on my 2016 run at Sunset: one step more, and then one more, and another after that. A few weeks earlier I had found a journal entry from just after Sunset 2016, where I had assured myself: you can always do more than you think you can do. You can always go further than you think you can go. And the way you feel now? One thing is guaranteed: it will always change.

With these thoughts in mind I got to lap 99 and knew, having done the math last year, that I was actually at a bit more than 100 miles, but somehow at that point I had gotten it in my head to do 100 laps, not just 100 miles, so I dug in for one more lap.

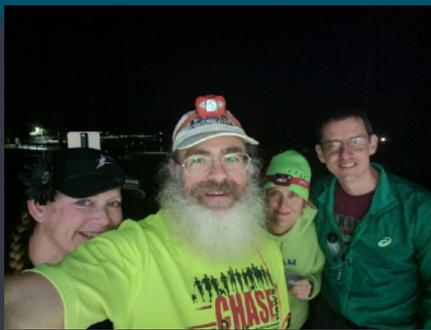
As I neared the end of the 100th lap, I saw the clock ticking at 23:22:45. I kicked it in as I neared the pavilion, and then, as I realized I was going a bit fast, I slowed to cross the finish line. Stubbornness and “zoning out” had paid off. I crossed the finish line at exactly 23 hours 23 minutes, with 101.5 miles completed at Sunset Trail Endurance Run.

“I’m lazy.” I told the volunteers. “I only wanted to have to remember one number.”





Sunset Lake Endurance Run



Benton,



Come join us to paint
Pinnacle Mountain at Pinot's
Palette on Tuesday, January 9th
from 6:30pm-8:30pm at 11610
Pleasant Ridge Rd,
Suite 101, Little Rock, AR

[Click Here to Register for the Event](#)

*Space Is Limited

PINOT'S PALETTE®
PAINT. DRINK. HAVE FUN.

LOViT Marathon

Place	Name	City	Sex	Age	Time
1	Chad Payne	Hot Springs	M	39	3:32
2	Shane Poland	Vilonia	M	33	3:45:34
3	Daniel Arnold	Benton	M	32	3:46:43
4	Chad Johnson	Boulder, CO	M	31	3:52:21
5	Joe Bulger	Shreveport, LA	M	27	3:59:38
6	Chris Ho	N. Little Rock	M	42	4:06:43
7	Stan Ferguson	Maumelle	M	54	4:07:06
8	Ian Rogers	Little Rock	M	23	4:10:13
9	Aaron Baka	Little Rock	M	26	4:23
10	Daniel Martin	Broken Arrow, OK	M		4:23:25
11	Burton Bledsoe	Springdale	M	48	4:29
12	Danny Harrington	Little Rock	M	27	4:46:40
13	Stewart Gray	Little Rock	M	24	5:03:12
14	Joel Gill	Little Rock	M	38	5:07
15	Darin Anderson	Hot Springs	M	46	5:07:42
	James Fountain	Jessieville	M	44	5:07:42
17	Anna Fisher	Fayetteville	F	24	5:08
18	Rich Brown	Searcy	M	56	5:09:22
19	Abbey Mackey	Waco, TX	F	30	5:11:48
20	Thomas Gaston	Fayetteville	M	24	5:16:22
21	Shelley Sparks	Farmerville, LA	F	45	5:21
22	Matthew Jackson	Hot Springs	M	40	5:21:13
23	Kevin Golden	Maumelle	M	51	5:21:35
	Donja Reel	Little Rock	F	29	5:21:35
25	Cliff Ferren	N. Little Rock	M	62	5:24:03
26	Brett Bassham	Thornton, TX	M	57	5:30
	George Peterka	Hot Springs	M	57	5:30
28	Julia Small	Austin, TX	F	30	5:32:38
29	Amy Joens	Fayetteville	F	26	5:32:52
30	Brandon Allen	Little Rock	M	35	5:37:40
31	Ken Myers	Little Rock	M	43	5:40:42
32	Josh Stewart	Sheridan	M	40	5:42:12
33	Randy Windle	Hot Springs	M	38	5:43:30
34	Tabatha Park	Royal	F	49	5:52:24
35	Elizabeth Kimble	Little Rock	F	31	5:53
36	Justin Clear	Little Rock	M	45	5:54
37	Rodney Declue	N. Little Rock	M	52	5:54:44
38	Randy Ellis	Sapulpa, OK	M	65	5:55:25
39	Henry Turner	Fayetteville	M	51	5:59:28
40	Kimmy Riley	Mabelvale	F	56	6:03
41	Corbett Sanders	Hot Springs	M	46	6:11
42	Ronnie Daniel	Little Rock	M	47	6:12
	Kendell Snyder	Jacksonville	M	55	6:12
	Chris Baldwin	Roland	M	44	6:12
45	Tina Ho	N. Little Rock	F	52	6:15
	Tina Mitchell	N. Little Rock	F	44	6:15
47	Chris Davis	Hot Springs	M	44	6:16
	Lacey Kelley	Little Rock	F	40	6:16
49	Kim McAllister	Hot Springs	F	45	6:17
50	Corey Key	Little Rock	M	26	6:18
51	Amy Hearting	Rogers	F	38	6:32
	Megan Gaarder	Fayetteville	F	33	6:32
53	Kim Johnson	Harrison	F	49	6:33
54	Shauna Veazey	Benton	F	47	6:39:18
55	Sharon Bennett	Greenbrier	F	41	6:40
56	Missy Ezel	Little Rock	F	44	6:42
57	Shane Capps	Fayetteville	M	41	6:44
58	Paul Noble	Benton	M	60	6:57
59	Jesse Rucker	Malvern	M	70	7:00
60	Darin Sanders	Hot Springs	F	66	7:01
61	Charity Shaw	Hot Springs	F	39	7:07
62	Johnny Eagles	Little Rock	M	65	7:34
63	Dawn Horn	Vilonia	F	40	7:48
	Jerry Oliver	Conway	M	34	7:48
65	Pamela Messenger	Hot Springs	F	52	7:49
66	Mary McDonald	Conway	F	64	7:59
67	Susan Beckwith	Hot Springs Village	F	49	8:50

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Simon Sanghera	Little Rock	M	37	2:10
2	Kandace Young	Poteau, OK	F	20	2:20
3	Rj Maguire	N. Little Rock	M	37	2:28
4	Brian Sites	Little Rock	M	52	2:38
5	Ginny Lantz	Austin	F	40	2:43
	Samuel Young	Poteau, OK	M	26	2:43
7	David Zimmel	Shreveport, LA	M	34	2:45:31
8	Thomas Duddy	Shreveport, LA	M	34	2:48
9	Dave Hochstedler	Hot Springs	M	61	2:53
10	Daniel Mehaffey	Irving, TX	M	36	2:58
11	Christine Bettis	Little Rock	F	61	3:00
	Carrie McAdam Marx	Little Rock	F	52	3:00
	Dan Sobkoviak	Maumelle	M	55	3:00
14	Beckie Irvin	Fayetteville	F	23	3:07
15	Jim Tadel	Monticello	M	61	3:09
16	Mike Murtha	Maumelle	M		3:10
17	Gabrielle Halverson	Cabot	F	48	3:10:23
18	Kathy Gray	Conway	F	41	3:11:30
19	Ben Walters	Rock City	M	37	3:15
20	Susan Garrett	Little Rock	F	55	3:19
	Benjamin Reinhardt	Shreveport, LA	M	30	3:19
22	Paul Turner	Conway	M	54	3:30
23	Lindsay Daniel	Little Rock	F	41	3:35
	Andrea Bratton	Lonoke	F	46	3:35
25	Dinh K Minh	Little Rock	M	26	3:38:26
26	Pam Kelley	Little Rock	F	59	3:40
27	Robert Misener	Hot Springs	M	47	3:59
	Alissa Sebastian	Grain Valley, MO	F	47	3:59
	James Sebastian	Grain Valley, MO	M	48	3:59
30	John Sheridan	Haskell, OK	M	61	4:01
31	Christy Brooks	London	F	55	4:05:15
32	Brianne Norton	Pearcy	F	37	4:06
33	Phyllis Bell	Mena	F	48	4:07
34	Chrissy Ferguson	Maumelle	F	56	4:08
	Michelle Bellomo	Mena	F	40	4:08
	Jim Sweatt	N. Little Rock	M	61	4:08
37	Shari Misener	Hot Springs	F	47	4:10
	Rhonda Snyder	Jacksonville	F	51	4:10
39	Benjamin Vaughan	Shreveport, LA	M	40	4:16
40	Cory Adams	Southaven, MS	M	38	4:22:03
41	Amy Hill	Lonoke	F	42	4:24
	Jamie White	Little Rock	F	51	4:24
43	Christine Meroney	Little Rock	F	46	4:25
44	Teressa Houston	Conway	F	47	5:15
45	Elizabeth Lee	Cabot	F	62	5:30
	Martha Morris	Little Rock	F	60	5:30
	Cristina Selva	Little Rock	F	55	5:30
	Dana Smith	Little Rock	F	51	5:30
	Raphael Vanblaricom	Little Rock	M	35	5:30
	Kim Walker	Little Rock	F	52	5:30
	Naeem Bajwa	Little Rock	M	49	5:30

Other Distances

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Faye McConnell	Little Rock	F	24	3:25	more than half
2	Ben Mansur	Little Rock	M	45		more than half
3	Lionel Burnett	Fort Smith	M	57	5:21:23	21.5 Miles
4	Prae Combs	Bryant	F	47	5:33:11	29 Miles

CONGRATULATIONS

TO

GEORGE PERTERKA & JIM TADEL

**ON THEIR WESTERN STATES LOTTERY
WIN**

AND TO

STAN FERGUSON

JAMES HOLLAND

&

BILLY SIMPSON

ON THEIR HARDROCK LOTTERY WIN

BEST OF LUCK

TO

YOU

ALL

Full Moon Donations Put to Good Use

Lenoir-Rhyne University established The Lou Peyton Track & Field Scholarship in honor of the exemplary leadership and dedication of renowned distance runner, Lou Peyton. The purpose of this scholarship is to provide tuition assistance for deserving student-athletes in the sports of Cross Country and Track & Field. Funds directed to this annual scholarship come from the proceeds of the Full Moon 25K and 50K Ultra Races in Perryville, Ark. The Full Moon 50K is an annual night race established in 1992 as the Midnight 50K. The race takes place near Lake Sylvia in Arkansas on the Saturday closest to the full moon in July. Participants in the event are able and encouraged to donate additional funds above their entry fee toward the scholarship.

“Lou isn’t just a legend in the running community, she’s an amazing person,” says Full Moon Race Director Susy Chandler. “It’s a privilege to support student athletes in her honor while promoting the sport of ultra running.”

The first preference of scholarship recipients will be given to a qualified student athlete from the state of Arkansas but other candidates would be awarded in absence of one from the Razorback State. Candidates for the scholarship in addition to athletic ability will embody a commitment to academic excellence, high character, and exemplary citizenship.



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 and celebrate your latest adventure. Everyone welcome, retired or not. If you are late look for the table with the old runners in their t-shirts from the past, medallions, trophies, etc.

Questions? Call Lou or Charlie Ellis Peyton
at 680-0309

From The Editor



As the new year approaches and your race calendar begins to overflow with fun events, I hope you will consider volunteering for at least one AURA event. It isn't easy sometimes to give up a race you enjoy to work behind the scenes but I promise you it is extremely rewarding. Besides, what's one race in the scheme of an entire year of running. So be a good steward, pick out your race to volunteer and contact the RD today.

I am still looking for funny running stories for the upcoming newsletters. These can be new stories or decades old. I am happy to keep you and your funny/crazy story anonymous if you choose. If you do have a story please share by sending me an email. Help me add some funny to 2018!

I hope to see you in Big Fork on January 6th. Come support my first race directing attempt. I have yummy food and great prizes for you!

Happy New Year AURA Friends!!

Contact Me at
mverrunnergirl@gmail.com