

THE ARKANSAS ULTRA RUNNER

September 2017

THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION
AURA WEBSITE:runarkansas.com

Message From President George Peterka



I wish to thank Tom Aspel and his volunteers for putting on the Mt. Nebo Trail Run. We had nice weather and Mt. Nebo is a great place to run. I also wish to thank in advance all the people who are working on the Traveller.

We still have some folks that have not renewed their AURA membership. If you do not renew, this is the last newsletter you will receive. Please check your AURA registration status by going to <http://www.runarkansas.com/AURAmembers.htm>. If your name is red then your registration has expired.

As I mentioned in the last newsletter, Athens Big Fork Trail Marathon will happen next year but we don't have a date yet but we are working on it.

Don't really have much to say. Hoping everyone's Traveller training is going well. You're pretty much at the point where you start to taper. So rest up. I am looking forward to seeing everyone there.

Best Regards

Hot Springs Nat. Pk. Trail Run



18 Mile Trail Run In Hot Springs National Park Saturday, October 28, 2017

Race #4 of the 2017 - 2018 AURA Ultra Trail Series

Race Information:

- Registration is required.
- We ask if you registered but will not come, please un-register (or contact us) so we don't waste a slot.
- Registration is free. There will be a donation can since the permit cost us \$707.
- 7:00-7:45 AM Runner check in at Fat Jack's Oyster Sports Bar & Grill, 101 Central Ave, Hot Springs, AR 71901
- 7:45 AM Mandatory pre-race briefing
- 7:55 AM Runners walk across Central Avenue and assemble at the Canyon Trailhead next to the Mountain Valley Water building
- 8:00 AM Race Start
- Runners must remain on trails at all time. Bushwhacking is not allowed.
- Runners must run in single file and pass only when there is room.
- Runners must be courteous and yield right of way to other trail users. The trail is used by hikers, tourists and even horse riders. We do not have exclusive use of the trails. The National Park was kind enough to allow this race to be held provided we do not interfere with other users of the trail.
- If you come upon a horse, do not startle it. Make sure the horse & rider know you are there before you get too close.
- If nature calls, make sure you leave no trace.
- You will be crossing several roads. Use caution. Stop and look both ways.
- The last 1/4 mile is on sidewalks down Fountain St. and up Central Ave. Use caution. The finish is at Fat Jack's.
- If you are new to the area we recommend that you familiarize yourself with the course beforehand. We will provide maps. See course map [Google Map](#). and [Park Trails Map](#)
- We recommend you carry a phone. Cell coverage is good. George Peterka RD 501-282-8090, Park Ranger 501-620-6739 or 911.
- This is a strenuous run on technical trails. Be sure you are properly trained. Carry plenty of water.
- There will be 2 manned aid stations at roughly mile 6 (Blacksnake Rd.) and 12 (Stonebridge Rd).
- Race Directors: Brady Paddock 903-276-0928 and George Peterka 501-282-8090.
- Links: [Race Info Page/Registration](#) [Hot Springs National Park](#)

Sweet Spot 50k

Saturday, November 11, 2017

Russellville, AR
8:00am Start

Race #5 of the 2017 - 2018 AURA Ultra Trail Series

- *The race is on the Quitita Coal Company Mtn. Bike Trail.*
- *The trail is a 7.1 mile single track lollipop shaped loop with 316 feet of ascent and descent.*
- *You will run 1.8 miles out to the loop. Then do four 7.1 mile loops.*
- *There will be 1 aid stations and 1 water drop on each loop. No drop bags.*
- *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. The sign says Illinois Bayou Park See Map.*
- *Race directors: Tom Aspel and PoDog Vogler.*

Important Links:

Race Website

The More You Know - Illinois Bayou Facts



6/12/24 Hour Endurance Challenge

Sixth Annual Sunset 6/12/24 Hour Endurance Challenge

Friday and Saturday, November 24-25, 2017

Race #6 of the 2017 - 2018 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 be lighting on part of the trail loop after dark but it is recommended that the 24 hour runners bring a flashlight or headlamp unless they are comfortable running in the dark.

Entry Fee None – Donations will be gladly accepted to help offset costs

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.

Important Links:

Online Entry

Race Website

Race For the Ages 2017 ~by Lou Peyton

About June 1st I decided that I wanted to return to ARFTA for the 3rd time. I asked Charley how he felt about me going and he said, "find a ride, there". It took me about 15 seconds to get on the computer and send Pete Ireland and Maurice a request that I wanted to ride with them, as I did last year, if they were going back to ARFTA. They did not immediately say they were going but they were thinking about it. I knew I was going, I just had to figure out how and they were my best bet. I think, like Pete does, if it worked last year, why change anything. WOW, I was getting excited and hoped that all the details would fall into place. Fast forward to the end of August. The details did fall into place, many prayers were said, by me, that they would. We now had Ann Moore committed to go with us. That spells a big FUN from the start. Ann would share my tent the first night, then I would move into the gym as would, she. Leila Dockey was driving over the following day and could use the tent. Kim Fischer was traveling by herself with all her gear and toys and would arrive on Friday. I used my gear list from two years ago, about what items to take, changing very little. "If it works, don't fix it".



We left Little Rock, Maurice Robinson, Pete Ireland, Ann and me at 6 a.m. Thursday, Aug. 31. We arrived at Manchester, Tn. about 3-4 p.m. and immediately started setting up camp. We were expecting rain and wind from Hurricane Harvey that hit the Texas coast, a couple days, prior. Harvey's wind and rain arrived during the night Thursday, and I'm saying hard rain, heavy winds. The worst came Thursday night but it continued to rain off and on until about noon Sat. We did what we had to do, with rain gear, etc. The temps were in the 60's during the day and night in the 50's after Harvey came through. The race this year was a new ballgame for the first two days. No heat, to deal with but wet feet and clothes. Things in the tent did get wet. We slept on wet mattresses and damp, sleeping bags but being the tough old broads that we are, we found humor in the situation and plodded forth. Ann was more fun that I had thought she would be. We laughed at everything and that helped so much. We were not cold, we were just wet.

Pete started his race at 7 a.m. Sat., Ann at 8 am, Maurice at 9 a.m. and me at 11 a.m. I was anxious (I think everybody was) to get the show on the road. It's hard to sit around and wait. Kim arrived Sat. p.m. as did Leila and they set up their gear for the race. Runners can get in the gym and claim a spot 8' x 4', one hour before your race begins.

With us dealing with cool weather, not hot, my sleep/run plan had to change, for me to take naps, not get out of the heat, which I did last year. This worked for Fri. and Sat. Then the plan went back to get out of the sun (which did arrive on Sunday and Monday).

We met the most interesting runners and heard their stories, day and night. I always wish I had a recorder to tape the stories of the races they have run, where, and who was at those races. I was in Ultra Runner, heaven, again. I could list the people right here but I don't want to miss anyone and everyone meant so much to me. I had the time of my life, again. What a treasure to get to attend an event like this. My thanks to Charley for letting me go with his blessing. The mental high that I get from this race lasts for a month, or has in the past. If you said the building is on fire, I would be okay with it and know things will all work out.

I could go on and on and on. What a treasure to go to A Race For The Ages in Manchester, Tn. Thanks to Sandra and Gary Cantrell for making the race, possible. Thanks, Maurice for the ride to the race. Pete thanks for getting the most miles of the Arkies this year. 130 miles for Pete Ireland, 106 for me, 105 for Kim Fischer, 100 for Maurice, 100 for Leila, and Ann Moore got her age in miles 76. What fun!!!!!!!!!!

Go Razorbacks!

Run Rabbit Run ~by George Peterka



The Run Rabbit Run 100-mile race was held on Friday and Saturday, September 8-9 in Steamboat Springs, Colorado. It has 20,000 ft of ascent and descent ranging between 6,500ft and 10,500ft in elevation. I went by myself because Darlene (my girlfriend) had to watch her mother and Andrea (my daughter) was in school. On Monday, I flew from Little Rock to Denver, rented a car, and drove to Dillon. Dillon is about 70 miles west of Denver and about halfway to Steamboat Springs. I decided to stay in Dillon, at 9,000 feet, for three nights instead of staying right in Steamboat Springs, which is at only 6,500. On Tuesday and Wednesday, I drove to Loveland Pass (about 20 minutes from my motel). The pass is at 12,000 feet, and I spent both days hiking between 12,000 and 13,000 feet and just sitting and resting to get some altitude acclimatization. This 2-day routine usually works well for me.

On Thursday - the day before the race - I drove to Steamboat Springs and checked into my motel. I found where the start of the race would be, where to park, and where the registration and pre-race meeting were to be held. This was my first time in Steamboat, so I toured it a little in the car to get oriented. In the afternoon, I registered and dropped off my drop bags. I also ran into Jimmy Sweatt, who I knew would be running. The pre-race meeting was a little long, but it did provide a lot of good info on the course, how it's marked, what to carry, what to pack, etc. At the end, they gave a very nice motivational speech. The RD brought up how Ken Chlouber at Leadville tells the runners:

"You are stronger than you think you are."

"You can do more than you think you can."

But he said what Ken doesn't tell you is

*"This is harder than you think it is"
and "You will hurt more than you think you will."*

I got a good night's sleep, and the next morning at 7:00, I watched Tom Masterson, age 73 from Boulder, start the race 1 hour early. He gets that extra hour (37 hours total) because he's over 70, and he finished in 36:41. Truly inspiring.

I also saw Randy Windle from Hot Springs before the race started, which was a nice surprise. Always great to see someone from your own turf.

At 8:00 was the start. The race starts at the bottom of a ski hill and climbs to the top before continuing into the mountains. The start reminds me of Western States but is considerably more brutal. In WS100 you go up the green beginner run, the easiest and longest way to the top. In the RRR100 you go straight up a black diamond (expert) ski run under the gondola. This is the steepest way possible. Straight up the mountain with no switchbacks. When I reached the upper gondola station (about mile 1) my legs were dead. They were burning with pain. I also sweated out a lot of water, which would cause me problems later. After this, it gets easier. You ascend the rest of the mountain and reach the aid station at the top (4000 ft. ascent in the first 4 miles).

The next section was very scenic, gently rolling downward with nice views. At mile 10, you reach the 2nd aid station at Long Lake. The next section descends all the way back into town following a creek. The creek cuts a narrow gorge with waterfalls, which is a very pleasant descent. You get about 4 miles of downhill asphalt and run through town into Olympian Hall aid station at mile 21.

Here is where the mistake happened. I drank, but not nearly enough. I left the aid station and thought of returning and drinking another 26 ounces but ultimately decided against it. Big mistake. The next section is 8 miles, the first 4 of which are all uphill. It was early afternoon, sunny, no shade, and

Run Rabbit Run ~by George Peterka



hot. I got dehydrated, and climbing became impossible. Fatigue is the first symptom of dehydration. I somehow reached the top (stopping to rest several times). I had finished my water bottle and was on a dry ridge with 4 more hot miles to go and no creeks to refill from. Fortunately, it was all easy, gentle downhills and I walked into the next aid station, Cow Creek at mile 30. My throat was so dry I could barely talk. I sat down and started drinking. It got cloudy and windy, and I started shivering. The aid station workers put a zipper-up fleece on me as well as a blanket and hat. As I warmed up, I felt better and drank and ate. I sat there for 15 to 30 minutes. I knew I would be fine. I just needed to get some fluids and some food in. I've been dehydrated before and it's easy to fix.

The aid station worker asked me where my crew or pacer was, to which I responded that I was alone. He asked me which hotel I was staying in. I told him and he offered to drive me to my hotel right then. He said I don't even have to wait for the aid station to close. He didn't say I cannot continue, but he seemed to be baiting me to go the hotel, which I wasn't a fan of. I just needed a couple minutes to drink and recover and I would be perfectly fine. There is no reason to quit. Eventually, I got up and continued on. I still felt like throwing up and hoped there wouldn't be a climb, which would make me throw up for sure, and then I'd have to go back to that chair and deal with the car key jingling guy again. Fortunately, the course was level for about 3 miles and by the time it started to climb, I felt perfectly fine and didn't have any more problems. Pretty soon, I was passing people who had passed me while I was in the chair.

This was a 12-mile stretch back to Olympian Hall. This race has long distances between aid stations, a lot of 7-8 mile sections and one 12-mile section. It started getting dark on me. I had about 3 miles to descend 1,500ft to reach my headlamp. I planned for this and took out my \$5 Wal-Mart 1-AAA LED flashlight, which is roughly the size of a pinky

finger. It shines forever (50 hours with Lithium battery I'm guessing) and you can walk or run with it, but holding it in my hand throws off my rhythm when running. It has a rubber ring over the aluminum body and your teeth nicely grip this. You can breathe through your nose or keep your lips apart and breathe through the corners of your mouth. I ran the 3 miles down and reached Olympian Hall aid station at mile 42. I took my headlamp and kept the flashlight in my pocket for backup. I ate a bunch of food, as the next section is 10 miles with a water stop (but no food) and a 4,000ft climb. I took my warm clothes and headed out. Since I never carry a watch, I have no knowledge of time other than looking at the sun or moon. But it was maybe an hour after it got dark.

Now we retrace our steps back to Long Lake aid station, climbing 10 miles - the first 4 on asphalt road - and then on the very steep and scenic trail through the gorge with the waterfalls. This section went well, except near the top I ran out of calories. 10 miles and 4000 ft is a long way to go without food. I had a Honey Stinger Bar and resisted as long as I could, because I knew it would make me throw up. Eventually, I caved and ate about 1/3 of it. I threw up about 5 times. Nothing ever came up, but I felt nauseated and had to take a break about every minute, which I knew would happen. But look on the bright side - you get so nice and warm throwing up! (It was getting cold.) I passed a lot of people during this section and reached Long Lake at mile 52.

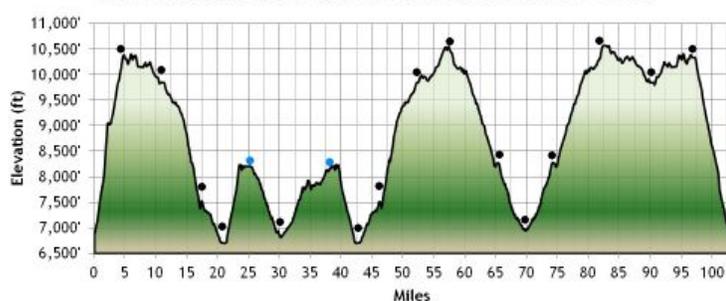
You would think that you're about halfway since it's a 103 mile race, but you're wrong! You're way past half. The second half is considerably easier than the first. It has good footing, lots of long and very gentle downhills, and only about 5,000ft of climb. The first half has 15,000ft of climb, just for comparison.

The rest of the race was easy and uneventful.

Run Rabbit Run ~by George Peterka

6 level miles on gravel road to Summit Lake. 7 gentle downhill miles to Dry Lake. Four downhill miles to the turnaround. At sunrise (around 6am), I had 26 miles left. Now reverse and climb 4 miles of trail to Dry Lake and then climb 7 miles to Summit Lake. It started getting hot, so I shed all my warm clothing, keeping only shorts and a t-shirt and skull cap to reduce my sunburn. I used sunblock but still got sunburned really badly (don't tell my dermatologist). Now 8 level miles on trail to Long Lake and 6 gently climbing miles to the last aid station on the top of the ski area. The finish is 6.5 miles of runnable downhill on the gravel road (beginner green run) down the ski area and to the Sheraton Hotel. Finished in 33:29 with 2 and a half hours to spare before the 36-hour cutoff. The finishing rate was 60%. Winning time was 18:44.

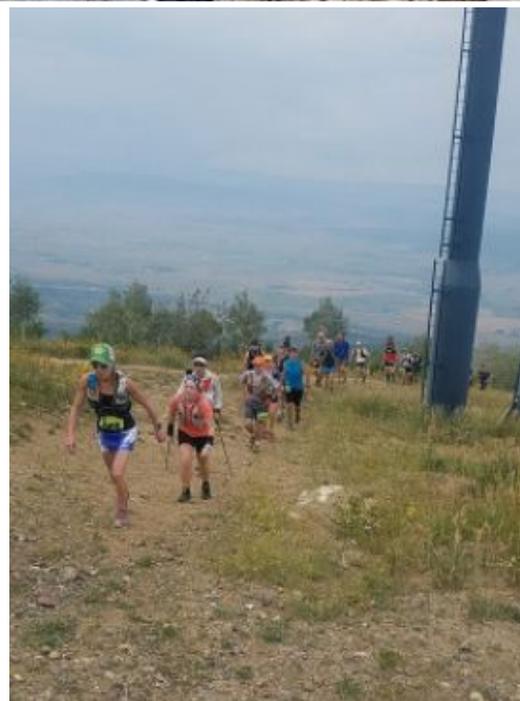
Run Rabbit Run 100 Mile Elevation Profile



I sat for 5 minutes at the finish line and drank some chocolate milk before driving back to my motel (only about 1.5 miles).

The next day, I drove to D back home. I got a cold and my chest was all congested while I was in Colorado and it has not yet improved. It was cold at night, and even though I was dressed warmly, I breathed in a lot of cold air. But it's OK. I'll be fine in a few days.

Overall, I think the race is fairly easy to finish with the 36-hour limit. The course is a little harder than Leadville or Western States, but you get 6 hours more. Most of it is smooth, very runnable, and fast. It does have that tough first climb and the one rugged section by the falls. It also gets quite hot during the day and very cold at night. For those wondering, there is no lottery, and it is a Hardrock qualifier.



Mt Nebo 2017



Mt Nebo 14 Mile Results

Place	Name▼	City▼	Sex▼	Age▼	Time
1	Jeremy Provence	Clarksville	M	27	1:34:12
2	Shane Poland	Vilonia	M	33	1:42:40
3	Ian Rogers	Little Rock	M	23	1:43:04
4	Kevin Golden	Maumelle	M	50	1:43:29
5	Bee Wilkerson	Russellville	F	27	1:44:03
6	Caleb Ault	N. Little Rock	M	30	1:44:47
7	Tommy Griffin	Mountainburg	M	34	1:45:30
8	Chris Ho	N. Little Rock	M	42	1:48:32
9	Stan Ferguson	Maumelle	M	53	1:52:43
10	Jason Armitage	Hot Springs	M	44	1:56:58
11	John Haddock	Springdale	M	51	1:57:08
12	Podog Vogler	Russellville	M	51	1:57:29
13	Paul Turner	Conway	M	54	1:58:25
14	Jaeden Miller	Canton, TX	M	17	2:01:13
15	James Fountain	Jessieville	M	43	2:06:36
16	Randy Soeung	Springdale	M	37	2:06:37
17	Justin Shinn	Pottsville	M	35	2:06:40
18	David Patridge		M		2:08:40
19	Andrew Smith	Harrison	M	25	2:10:32
20	Scotty Reynolds		M		2:11:13
21	Daniel Arnold	Benton	M	32	2:11:21
22	Rusty Harvey	Gassville	M	31	2:11:41
23	Ben Mansur	Little Rock	M	45	2:12:43
24	Brett Nguyen	Fort Smith	M	48	2:14:31
25	Deidre Luker	Russellville	F	33	2:15:03
26	George Peterka	Hot Springs	M	57	2:15:11
27	Steve Harrelson	Little Rock	M	43	2:18:26
28	Faye McConnell	Little Rock	F	24	2:20:24
29	Kurt Hauser	Hot Springs	M	52	2:21:23
30	Brandon Allen	Little Rock	M	35	2:21:28
31	Alan Hunnicutt	Berryville	M	63	2:21:33
32	Gregory Milligan	Maumelle	M	40	2:21:38
33	Robert Misener	Hot Springs	M	46	2:22:49
34	Lucinda Bishop	Salem	F	35	2:24:32
35	Steve Adkison	Arkadelphia	M	55	2:24:37
36	Steve George	Dardanelle	M	46	2:28:31
37	Ron Sanders Jr.	Little Rock	M	52	2:30:46
38	Joe Fluech	Greenbrier	M	50	2:32:11
39	Tina Mitchell	N. Little Rock	F	44	2:33:06
40	Corbett Sanders	Hot Springs	M	46	2:34:31
41	Kimmy Riley	Mabelvale	F	56	2:34:42
42	Sherry Oehler	Pine Bluff	F	38	2:36:06
43	Kevin Robbins	Mountainburg	M	40	2:36:32
44	Erin Callahan	Danville	F	36	2:36:48
45	Justin Cloar	Little Rock	M	45	2:37:42

47	Marulys Navarro	Conway	F	40	2:38:07
48	Ashley Wiser		F		2:38:20
49	Brandon Cain	Jonesboro	M	33	2:38:22
50	Stephen Rush	Jonesboro	M	36	2:38:58
51	Kelsey Walker	Russellville	F	32	2:39:15
52	Donna Dillon	Mayflower	F	37	2:39:55
53	Chris Davis	Hot Springs	M	44	2:40:14
54	Jim Tadel	Monticello	M	61	2:40:15
55	Jeff Beason	Malvern	M	45	2:42:42
56	Charles Sellers	Malvern	M	59	2:44:33
57	Arissa Laferr	Belleville	F	37	2:45:14
58	Toby Yeager	Pottsville	M	43	2:45:42
59	Michelle Posey	Little Rock	F	47	2:49:09
60	Glenn Berry	Vilonia	M	51	2:49:14
61	Jennifer Stone	Viola	F	38	2:52:14
62	Sharon Bennett	Greenbrier	F	40	2:52:33
63	Missy Harken	Little Rock	F	44	2:52:34
64	Melissa Martin	N. Little Rock	F	53	2:53:09
65	Manfred Galatowitsch	Little Rock	M	69	2:55:04
66	Debbie Rigsby	Lonsdale	F	60	3:00:02
67	Kathy Ruthrauff	Hot Springs	F	67	3:00:03
68	Brooke Oliver	Conway	F	27	3:06:26
69	Lisa Gunnoe	Judsonia	F	51	3:08:26
70	Joe Milligan	Maumelle	M	67	3:12:20
71	Darin Sanders	Hot Springs	F	66	3:13:46
72	Jamie White	Little Rock	F	51	3:15:11
73	Stephanie Brown		F		3:15:15
74	Eddy Light	Judsonia	M	54	3:15:21
75	Charity Shaw	Hot Springs	F	39	3:18:00
76	Shari Misener	Hot Springs	F	47	3:22:12
	Brianne Norton	Pearcy	F	37	3:22:12
78	Wesley Leach	Oppelo	M	62	3:24:35
79	Emily Gabbard	Conway	F	45	3:30:47
80	Gwen Laferr		F		3:32:39
81	Thaveep Leach	Oppelo	F	62	3:34:33
82	Charles Redditt	Conway	M	49	3:38:27
83	Martin DeLaRosa		M		3:40:47
84	Mira Evans	Conway	F	44	3:41:22
	Tonja Fillippino	Conway	F	43	3:41:22
86	Bill Brass	N. Little Rock	M	78	3:44:44
87	John Sheridan	Haskell, OK	M	61	3:53:22
88	Dottie Rea	Vilonia	F	65	3:54:31
89	Sheila Galatowitsch	Little Rock	F	58	3:54:45
90	Rose Ann Foster	Maumelle	F		3:55:38
91	Sandi Brown	Alexander	F	68	4:01:29
92	Renee Brock	Conway	F	29	4:19:06
	Andi Stracner	N. Little Rock	F	44	4:19:06

Other Participants

Place	Name▼	City▼	Sex▼	Age▼	Time	Distance
1	Terry Callahan	Danville	M	45	1:13:03	6.5 Miles
2	Alex Wan	Little Rock	M	41	1:49:51	10 Miles
3	Sandy Ahne	Conway	F	55	1:54:02	6.3 Miles
	Brent Ahne	Conway	M	46	1:54:02	6.3 Miles
5	John Honeycut		M		1:58:33	10 Miles
6	Ann Moore	Little Rock	F	76	1:59:45	6.5 Miles
7	Jen Freilino	Little Rock	F	33	2:00:33	10 Miles
8	Jennifer Fluech	Greenbrier	F	49	2:00:36	10 Miles
9	Angie Bishop		F		2:06:58	7 Miles
10	Heidi Strock	Jacksonville	F	73	2:15:51	7.5 Miles
11	Earl Simpson	Conway	M	69	2:27:42	10 Miles
12	Joy Higdon	Magnolia	F	48	2:32:33	10 Miles
	Skip Smith	Little Rock	M	59	2:32:33	10 Miles
14	Stacy Harper				2:40:13	10 Miles
15	Heather Bush	Greenbrier	F	40	2:40:14	10 Miles
16	Deb Baldridge	Mabelvale	F	52	2:40:39	10 Miles
17	Dan Belanger	Little Rock	M	73	2:46:17	10 Miles
18	Jodi Kusturin				3:03:10	11 Miles
19	Lucas Bishop		M	42	3:03:12	11 Miles
20	Colton Key				3:03:15	11 Miles
21	Alison Jenkins	Russellville	F	34	3:05:32	12 Miles
22	Amanda Williams	N. Little Rock	F	41	3:24:55	10 Miles

Message From The Editor - Stacey Shaver

AURA MEMBERS,

I hope you enjoyed this edition of the AURA Newsletter. If you are interested in submitting a race report on Traveller 100, the Hot Springs Trail Run, or an out of state race, please email me and I will happily add your race report, photos, poems, gear or running book review.



Thank you to all who sent me sweet cards and messages! I loved them all and it truly means a lot to me! As always, feedback is most welcomed. I love receiving your emails!!!

Best of luck to everyone who is running, crewing, or pacing for the Arkansas Traveller 100. Especially to our first time 100 runners! It is truly a life changing experience and I wish you the best of luck! Chrissy Ferguson, is going for her 20th finish and to George Peterka and Isaac Espy going for their 10th so cheer them on when you see them!

Sincerely,

~Stacey Shaver-Matson~

~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.