

**UTS #1 -Full mOOn 50K**  
**8:00 p.m., Saturday, July 24th**  
**Lake Sylvia Recreation Area**

**THE (e)ARKANSAS ULTRA RUNNER**

July 2010 – The Dead of Summer Edition

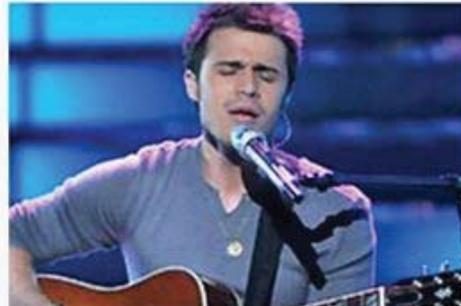
*The Internet Newsletter For Members and Friends of the Arkansas Ultra Running Association*

Website [www.RunArkansas.com](http://www.RunArkansas.com)

**The Big Shot's Paper Trail**



Got Talent? It does not matter! Mark it on your event calendar now – August 8th, at Pavilion #7, Maumelle Park in Little Rock. Talent or no talent come out for the 2nd Annual AURA/GNO Potluck and Talent Show. The pot luck will began at 5:30 p.m. and the fun begins shortly afterwards. Come celebrate the end of summer and the beginning of the Ultra season in Arkansas.



**AURA and the GNO's Present Potluck/Talent Show**

August 08, 2010 - Sunday

Maumelle Park, Pavilion #7, 5:30 pm.

Bring your favorite dish, lawn chair and your talent!

For more information contact **Chrissy Ferguson** at [stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net) or call **501-472-9162**

-SIMON



-RANDY



-ELEN



-KARA



## ULTRA CORNER

### Kettle Moraine 100 miler

LaGrange, Wisconsin

June 6th, 2010

5th	Paul Schoenlaub	21:26:32
37th	George Peterka	27:46:04
51 finishers		

Comments: *I finished the Kettle Moraine 100 Miler with a time of 27:46:04 and took 3rd place in my age group. It rained and a lot of people dropped down and did only the 100k. From 170 who signed up, only 51 finished—George Peterka*

### San Diego 100 Mile Endurance Run

San Diego, California

June 12, 2010

35th	Tamara Zagustin	25:21:15
90 finishers		

## The BS Comments

The month of June begins the summer of 100's - Western States, Hardrock, Leadville, Vermont, Wasatch, etc. As a public service to our new AURA brothers and sisters, the BS begins a Tutorial on the topic of Ultra Etiquette. The first in the series concerns the topic of what to say. Mr. Manners also feels that some of our more seasoned members could use a refresher.

### *Etiquette Lesson Number One – What to Say!*

Mr. Manners overheard numerous breaches in ultra etiquette at a recent ultra marathon being committed by some new as well as our more mature AURA members. To ask an ultra runner “what was your time” is never an acceptable query. It is rudely presumptuous on ones part to assume that the participate in question finished. If that were in fact the case, the participant who did not finish has two choices. One, making up a time and lie; the other is to slink away in shame. A sensitive AURA brother or sister will always ask, “How did you do?” This gives the DNF'er the opportunity to tell about their race thus finding closure and avoiding the stigma of not having a finish time. Mr. Manners will always be listening.



## 2010 Arkansas Traveller 100 Application

October 2-3, 6:00 AM

Lake Sylvia Recreation Area, near Perryville, Arkansas

Presented by the Arkansas Ultra Running Association  
Proceeds benefiting the Williams Junction Volunteer Fire Department

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Wind Jacket size (XS, S, M, L, XL, XXL): \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 10/2/2010 (Minimum age 18) \_\_\_\_\_ Gender \_\_\_\_\_

Previous Ultra Experience? \_\_\_\_\_ Anticipated AT100 finish time: \_\_\_\_\_

Is this your first 100-mile attempt? \_\_\_\_\_ Please list any previous years you completed the AT100 \_\_\_\_\_

If applicable, please describe what kind of camping you will be doing at Lake Sylvia (RV, tent, etc.): \_\_\_\_\_

List any medical conditions we should know of \_\_\_\_\_

Are you taking any prescription drugs? Please list: \_\_\_\_\_

Please provide a contact (name and phone number) in case of an emergency \_\_\_\_\_

There will be a free spaghetti dinner Oct 2nd for the runner and one guest. Please include \$5.00 fee for each additional guest.

Entry Fee \$ \_\_\_\_\_ (\$150 if postmarked or received by July 1; \$165 until Sept 1; \$180 thereafter)

\_\_\_\_ X \$5.00 = \$ \_\_\_\_\_ for additional spaghetti dinner

Total \$ \_\_\_\_\_ **No entries accepted after September 20 postmark**

### Entry limit: 150

Send application and entry fee (check payable to Arkansas Traveller 100) to:

Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032

**Registration fee is 100% refundable until July 1st, 2/3 refundable until September 1; 1/3 until September 20**

For additional information, visit the Arkansas Traveller 100 website: <http://www.runarkansas.com>

e-mail: [AT100@RunArkansas.com](mailto:AT100@RunArkansas.com) or phone 501-329-6688

### Race Waiver - PLEASE READ – This entry contains limitations of your legal rights.

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and workers, Arkansas Ultra Running Association, U.S. Forest Service, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable after September 20, 2010.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Catsmacker Fun Run and AURA Report

June 12, 2010 – Lake Winona Day Park

## The Catsmacker - 23 miles (+/-)

Place	Name	Time	Sex	Age	City
1	Scott Eason	3:29	M	44	Conway
2	Leah Thorvilson	3:29:01	F	31	Little Rock
3	Steve Appleton	3:39	M	37	Little Rock
4	Tim Norwood	3:55	M	31	Benton
5	Don Morgan	4:04	M	41	Conway
6	Reid Landes	4:11	M	39	Little Rock
7	Ken Barton	4:15	M	51	Greenwood
8	Caleb Manis	4:25	M	19	Cabot
9	John Krulenberg	4:17:16	M	49	Little Rock
10	Murry Chappelle	4:35:59	M	50	Sheridan
11	Tina Coutu	4:35	F	46	Little Rock
12	Shirley Hyman	4:42	F	43	Fort Smith
13	Maurice Robinson	4:44	M	68	Benton
14	Jenny Weather	4:48:33	F	29	Maumelle
15	Steven Preston	4:48:22	M	27	Little Rock
16	Melanie Baden	4:50	F	41	Stuttgart
17	Mark Roth	4:53	M	48	Sherwood
18	Karen Martin	4:54	F	38	Jonesboro
19	Leslie Tucker	4:54	F	43	Jonesboro
20	Don Preston	5:05	M	55	Bigelow
21	Dennis Baas	5:12	M	63	Little Rock
22	Deborah Lashley	5:15	F	50	Fort Smith
23	Carl Hennebery	5:15	M	50	New Orleans
24	Kim Johnson	5:19	F	41	Harrison
25	Dianne Seager	5:25	F	53	Little Rock
26	Kayce Hall	5:15	F	32	Little Rock
27	Karen Hayes	5:27	F	56	North Little Rock
28	Pete Ireland	5:41	M	69	Benton
29	Gary Speas	5:51	M	57	Little Rock
30	Jimmy Sweatt	6:06	M	54	North Little Rock
31	Roger Williams	5:57	M	68	Memphis
32	Robert Chandler	5:57	M	47	Memphis
33	Patrick Barker	6:08	M	46	Little Rock
34	Greg Bourns	6:20:07	M	69	Waldron

## Kitty Run - 12 miles (+/-)

Place	Name	Time	Sex	Age	City
1	Lee Epperson	1:49:05	M	36	Benton
2	Joel Perez	2:04	M	32	Little Rock
3	Veronica Battaglia	2:09	F	37	Little Rock
4	Jen Freilino	2:12	F	26	Russellville
5	Mark Heffington	2:12	M	47	Conway
6	Deanna Diria	2:20	F	41	Little Rock
7	Chris Bettis	2:20	F	54	Little Rock
8	Dottie Rea	3:12	F	57	Vilonia (Early start)
9	Earl Simpson	2:25	M	62	Conway
10	Millie Rupp	2:25	F	35	Little Rock
11	Becky Humes	2:25	F	31	Little Rock
12	Todd Swann	2:30	M	43	Greenbrier
13	Kelly Farrell	2:28	F	33	Little Rock
14	Michael Harmen	2:27	M	42	Little Rock

15	Sarah Lewis	2:27	F	28	Greenbrier
16	Beth Miller	2:27	F	27	Greenbrier
17	Randy Tolbert	2:27	M	40	Little Rock
18	Judy Massingill	2:42	F	51	Conway
19	Paul Mattocks	2:43	M	62	El Dorado
20	Lynn Wooley	2:45	F	44	Vilonia
21	Chanty Ashworth	2:45	F	24	Conway
22	Ron McCafferty	2:49	M	58	Little Rock
23	Ernie Peters	2:51	M	62	Little Rock
24	Susy Phillips	2:53	F	31	Maumelle
25	Carrie DuPriest	3:02	F	50	Little Rock
26	Robyn Tolbert	3:03	F	39	Little Rock
27	Michelle Posey	3:03	F	40	Little Rock
28	Jimmy Green	3:00	M	66	Conway
29	Lou Peyton	3:29	F	65	Little Rock
30	Patty Groth	3:15	F	54	Cabot
31	Noel Hall	3:34	M	31	Little Rock

### Other Distances

Place	Name	Time	Sex	Age	City	Miles
1	Mike DuPriest	4:25	M	54	Little Rock	20
2	Eli Perez	4:26	M	46	Little Rock	20
3	Thomas Chapin	4:17	M		Paron	20
4	Sherry Rogers	4:35:50	F	49	Memphis	16.75
5	Hilde Haynes	4:35:50	F	67	Memphis	16.75
6	Tammy Walther	4:28	F	38	Little Rock	20
7	Chrissy Ferguson	4:28	F	49	Conway	20
8	Harold Hays	4:48	M	52	Little Rock	20
9	Paul Turner	5:48	M	47	Conway	29+
10	Stan Ferguson	5:48	M	46	Conway	29+
11	PoDog Vogler	5:48	M		Russellville	29+
12	Jay Miller	6:00+	M			23+
13	Alston Jennings	6:00+	M		Little Rock	23+



Catsmacker Overall winners Scott Eason and Leah Thorvilson, and Masters winners Tina Coutu and Don Morgan. Leah recently qualified for the 2012 U.S. Olympic Marathon Trials.

Photo Below: AURA sister, Connie Scherz at the North Fork Pinnacle Aid Station while out for a Saturday's run during the Catsmaker 22



AURA's Kim Johnson, Harrison, Arkansas, says goodbye to the Catsmackers Aid Station as she prepared to climb up North Fork Pinnacle

## AURA REPORT

Items of interest from the June AURA Meeting, AURA officers' discussion, and other miscellaneous topics

- The AURA Girls Grand Prix Team is presently in 4th place (out of 12 teams). Grand Prix races in the next two months are: Brickfest 5K (6/26, Malvern), Dam Night Run 5K (7/31, Arkadelphia), White River 4 Mile (8/7, Batesville), and the Watermelon 5K (8/14, Hope). There are currently 18 AURA women on the team!
- There were 60 entrants in the 2009-2010 Ultra Trail Series. Total revenue for the UTS was \$635.00 and \$738.00 was spent on awards. The deficit was made up in contributions made at the Catsmacker. The awards included crowns, plaques, shirts, and Montrail shoe certificates procured by AURA member Jamie Anderson.
- The 2010 Ouachita Trail 50 a record number of entrants: 185. The race made its largest donation so far, \$1000.00, to *Partners For Pinnacle*--the non-profit organization for Pinnacle Mountain State Park.
- Run Across America on Trails. Mike Samuelson is organizing this run in 2012, and has put up a website—aptly named RunAcrossAmericaonTrail.com. It is not a “race” per se. Mike is advertising to seek other runners who might be interested in joining him.
- Problem: How to find out about training runs, ultra gatherings, late breaking topics of local interest, etc., that are not addressed in the AURA newsletter. Answer: The AURA **FORUM!** The AURA has its own message board area on the Arkansas RRCA website, [www.arkrrca.com](http://www.arkrrca.com). Registration (quick, easy, free) is required to make posts, but anyone can view. You are encouraged to log-in and keep up with everything ultra in Arkansas.

### UTS Recognition – Comments from Stan Ferguson

I've been doing some un-archiving of old UTS results, and feel it worth mentioning some of the changes observed over the last 21 years. The early days predate my involvement, but what's evident is that for the first several years the series consisted entirely of fun runs hatched by the Big Shot and Nick Williams. Average run participation on a good day was around 20 runners. “Fun Run” might seem to be a subjective term, but a hard differentiator is that these are runs that have no entry fee. That issue can be quite significant in relation to the agreement or permit with the agency in charge of the area where a run takes place. In recent years the UTS has also included a number of full-fledged “races”—some organized by the AURA, and some not. But I believe the true spirit of the UTS lives with the Fun Runs. With many runners getting interested in going beyond 5K, 10K, etc road-races, it is not uncommon for these runs to now have 70, 80, or even 100+ runners show up—which can really push the limit of the fun run concept. I want to express my thanks to those who administer our runs. Please show your appreciation to these folks!

# 2010-2011 ULTRA TRAIL SERIES

## General Information

The AURA organizes and /or designates a number of races to be included in the ultra Trail Series. Individual points are awarded for each event completed, based on the UTS rules. Male and female-open, Master, Senior, and Super-senior winners (Kings and Queens of the Trail) are crowned at the completion of the series each year, based on point totals.

To be eligible for the King and Queen awards, you must sign up for the Series. One can sign up at any time after the Series begins however your points will only be counted, once you are officially in the Series. A UTS application is in this newsletter and can be found on the web site-[www.runarkansas.com](http://www.runarkansas.com)

Some of the UTS races are low key, little or no fee, no frills, minimal aid events (fun runs), while others are full-fledged races. Please plan and prepare accordingly. Point standings are published regularly in this newsletter.

## Race Terms and Guidelines

Sign-in Sheet-It may be up to you to keep your own time and sign in when you complete the run.

Water Bottles- This is what you need to carry on most of the runs. For minimal aid races, there might be water set out, but there won't be cups.

Donation Can- If it is a no fee race, there might be a donation can. Participants are encouraged to contribute a dollar or two to show appreciation for those putting on the race, marking the course, providing aid, etc.

For more info- Contact the UTS Coordinator, Stan Ferguson - [Stan@RunArkansas.com](mailto:Stan@RunArkansas.com).

## 2010-2011 UTS Schedule\*

#1	7-24-10	Full mOOn 50K	8:00 p.m. start; Lake Sylvia
#2	8-21-10	Mt Nebo Trail Run-14 Miles	Mt. Nebo State Park
#3	9-11-10	Bartlet Park Ultras(50K,40M,50M)	Memphis area
#4	10-2-10	Arkansas Traveller 100	Perryville, Arkansas
#5	11-?-10	<i>(November race pending)</i>	
#6	12-11-10	Lake Vista Trail Run	Mt Ida, Arkansas
#7.	1-8-11	Athens-Big Fork Trail Marathon	Big Fork, Arkansas
#8	2-5-11	White Rock 50K	Cass, Arkansas
#9.	2-19-11	Sylamore 50K	Allison, Arkansas
#10.	3-11/13-11	3DaysofSyllamo	Mountain View, Arkansas
#11	TBA	Big Rock Mystery Run	North Little Rock, AR
#12	4-16-11	Ouachita Trail 50K/50Mile	Little Rock, Arkansas

\*-Note The UTS Schedule is subject to change.

The Arkansas Ultra Running Association's  
2010-2011

**Ultra Trail Series**  
Official Entry Form

Name: Last:	First:
Sex: M F	
Date of Birth:	Age on 7/24/2010 (series age):
Address:	
City, State, Zip:	
E-mail:	
Date:	
*** UTS entry form and fee must be received by the UTS coordinator or a designated representative prior to a participant's first race to earn points. ***	
For complete UTS information and rules go to <a href="http://www.RunArkansas.com">www.RunArkansas.com</a>	
2010-2011 UTS entry fee is \$10 for AURA members / \$15 for non-members Make checks payable to <b>Arkansas Traveller 100</b>	
Please send this completed entry form with fee to: Arkansas Ultra Running Association c/o Stan Ferguson 17 Caddo Dr Conway, AR 72032	

**Waiver for AURA Ultra Trail Series**

I understand the Ultra Trail Series is a program for administering awards and is not a footrace. I further understand that my accepted registration in the Ultra Trail Series in no way grants or guarantees my admission into any event recognized as part of the Ultra Trail Series.

In consideration of accepting my registration, and intending to be legally bound for myself, my heirs, my executors, and my administrators, I hereby release and discharge the Arkansas Ultra Running Association, Ultra Trail Series event organizers, sponsors, and each and every person and entity affiliated or associated with the Arkansas Ultra Running Association from any and all liabilities, rights, and claims for damages I may have arising out of participation in the Ultra Trail Series. I also grant full permission to the Arkansas Ultra Running Association to use any photographs or other records of my participation in the Ultra Trail Series for any legitimate purpose.

**Participant Signature & Date**

\_\_\_\_\_

Parents Must Sign for Participants Under 18 Years of Age

\_\_\_\_\_

## UTS #1 - The Full mOOn 50K (AKA the Midnight 50K)

Saturday, July 24th - 8:00 p.m. Start

Lake Sylvia Recreation Area

Directions: From Williams Junction (approximately 30 miles west of Little Rock on Hwy 10), follow Hwy 9/10 north approximately one mile, take Hwy 324 and follow four miles to the park entrance.

**Note: A \$3.00 park fee will need to be paid at the park entrance for each vehicle. Please carpool!**

This is the 2010-2011 AURA Ultra Trail Series kick-off race. UTS applications and AURA memberships will be accepted on site before the run starts.

There are no applications or entry fees for the run. There will be a waiver to sign, and donation receptacle to show appreciation for those administering the run and/or providing food and aid.

New for 2010: HAM Radio at aid stations and the finish. We'll issue numbers at registration to help the operators keep up with you.

Both courses are out-and-back, all on well-maintained forest service roads.

All turns will be marked with flour, and maps will be available at the start. Two unstaffed aid stations are at miles 3.5 and 12-ish. Two staffed and stocked aid stations are at the 25k (7.5 miles) and 50K turnarounds. Carry a water bottle or hydration pack. It gets dark around 8:45 to 9:00; so carry a flashlight too.

A 7:00pm early start is provided for runners who desire to do the 50K but who feel they may need more than eight hours to complete the course.

Results placement of early starters will be after all finishers who begin at 8:00pm.

You might keep an eye out for Copperhead snakes (they may stretch out on the road--soaking up the heat after dark).

Schedule:

06:45pm - Trail briefing for early starters

07:00pm - Early Start

07:45pm - Trail briefing

08:00pm - Race Start

10:15pm - (Cut-off) 50K runners not passing 25K turnaround point by this time must turn around (change to 25K)

12:00am - (Cut-off) Runners not clearing the 50K turnaround by this time will be pulled and returned by sag wagon

02:00am - (Cut-off) Runners not clearing the 25K turnaround (inbound) by this time will be pulled and returned by sag wagon

04:00am - Sag wagon will pick up outstanding runners

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**Gentle Reader-** When your reenlistment is due, the BS will highlight your address label, if you are a Hard Copy recipient. If you receive the (e) AURA, you will be sent a Friendly Reminder application plus an addressed envelope. **This will be your only reminder.** Although the BS will always consider you an AURA brother or sister if you choose not to renew, one must be an active member of an RRCA club to be considered for the awards given by the Arkansas/Road Runners Club of America.



**100 MILE ENDURANCE RUN**  
October 22-23, 2010  
Ozark National Forest, Mountain View, Arkansas

Entry fee for the Syllamo 100 Mile Endurance Run is \$165. After August 1, the entry fee will be \$195; after September 1, the entry fee will be \$210 and after October 1, the entry fee will be \$225. Your entry fee includes running on some very sweet, remote singletrack, great aid station food, a very generous bag of race ware, pre-race pasta dinner, post race food, refreshments and finishers buckle. Additional pre-race meals for nonrunners will be \$10 per person.  
NO REFUNDS, NO RACE DAY REGISTRATION!!

Send your entry payable to: Syllamo Productions 7308 Westwind Drive, North Little Rock, Ar 72113 E-mail:syllamo@mail.com

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**PLEASE PRINT LEGIBLY**

Name \_\_\_\_\_ Age on 10/23/10 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gender \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Phone \_\_\_\_\_

Medical conditions we should know of \_\_\_\_\_ are you taking any prescriptions we should know of \_\_\_\_\_

Qualifying Run: \_\_\_\_\_ Number of ultras ran \_\_\_\_\_ Size Shirt: S M L XL  
(attach copy of qualifying run results)

Amount enclosed with this entry (Entry & Additional Meals):

100 Mile Run: \$ \_\_\_\_\_

Additional Meals for non-runners (\$10): \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

**Race Waiver - PLEASE READ – This entry contains limitations of your legal rights.**

I know that running an ultramarathon race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Syllamo Productions, LLC, race directors, workers, volunteers, United States of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is nonrefundable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## 2009/2010 UTS Kings and Queens of the Trail

Photo Taken following the Catsmacker Fun Run-June 12, 2010



Left to right: Greg Bourns (Super-Senior), Shirley Hyman (Queen of the Trail), Dianne Seager (Senior), Chrissy Ferguson (Masters Co-Queen), Rosemary Rogers (Super-Senior), Kim Johnson (Masters Co-Queen), Paul Turner (King of the Trail), and Murry Chappelle (Senior). Not pictured: Mark DenHerder (Masters)

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**RETREADS** are looking for new replacements. If you consider yourself retired or just tired, the mature runners meet monthly at Franke's Cafeteria on Rodney Parham Blvd. We line up in the lobby at 11:30 a.m. for show and tell, then those who are able, sprint to the food line. Hope I get to see you there someday.

22nd EDITION; Number Six  
The AURA – Where redemption abounds  
A Member of the Road Runners Club of America

*It is finished*