

THE ARKANSAS ULTRA RUNNER

March 2012

The Newsletter For Members of the
Arkansas Ultra Running Association

AURA Website -

www.runarkansas.com

AURA Forum/Message Board -

www.arkrrca.com

AURA Potluck/Meeting/ Election of Officers

Saturday, March 24th, 2011 – 4:00 p.m.

Broadmoor Subdivision Clubhouse at 19 ½ Belmont Drive, Little Rock.

With regards to the Potluck there are several approaches that we can do. If your last name begins with A thru O, consider desserts or hors d'oeuvres; P thru Z, a casserole dish. But, if you wish, bring whatever you do best. The AURA will provide napkins, plates, flatware and drinks. If you would prefer something stronger to sip on, please be my guest. Following the meal, Stan will convene our meeting with the election of officers and other topics of discussion pertaining to our club. It is always great to get AURA members and guest together. I hope to see you there.

Directions: South on University Avenue to 21st street. Turn right at the light onto Broadmoor Drive. Go a short distance (1/4 mile +/-) and turn left onto Belmont Drive. 19 ½ will be on the left and the Clubhouse is down a sidewalk near the lake.

Message from AURA President - Stan Ferguson

Back-Track

A while back, someone suggested that it might be useful to have an article on the subject of course marking. That could be a short simple subject, or a very complex discussion—depending on your perspective and how anal you want to get about it. And it may be of more interest to those newer to ultra and trail running than it is to the old grizzled veterans. But anyway, as I'm always scratching around for something to blather about when I get the call from Harold each month, I thought I would relate a few things from my experience in the area of marking the course for a run.

It's somewhat of a tradition, or at least expected, that prior to a trail run there will be a briefing to give participants an idea of how the course is marked and things to watch out for. At Hardrock, a multi-hour slide presentation is given two days before the race. At some events—particularly large crowd affairs, any type of briefing may be totally supplanted by a description or map included in race information. Maybe I'm just old-school, but to me there's nothing quite like the race director standing up a few minutes before the race begins with a sample of the marking material and giving last minute reminders of what to look for in order to not get lost or off course.

“How's the course marked?” Unlike most road races, since it is very rare at a trail or ultra race for anyone to be at intersections telling you where to go, this is a very critical piece of information for you to know. Not just what material or materials are used, but how often, and the philosophy behind how directional signals are placed. Whether with flour, ribbons, signs, permanent trail markers, or some combination, the original concept employed for the typical local low-key trail runs around here has been to mark only the turns. Confidence ribbons (now there's a great term) are the exception—rather than the rule. “If you come to an intersection that's not marked, you're probably off course and should turnaround, retracing your steps to where you missed a turn.” When everybody is on the same wavelength and understands that, and manages to pay attention all through the run, this should work. Theoretically. Obviously this opens the possibility for problems, as it leaves the bulk of the responsibility for not getting lost on the participants. So as the number of participants increases, the odds go up for having to go track somebody down who is off wandering in the woods. Some of our low-key “fun runs” have grown such that additional marking is necessary to help ward off these occurrences.

A race featuring anything less than marked turns, I would be inclined to classify as something else. I haven't done the Barkley, but from accounts I believe it would be a hard argument to call this a “race”—at least using a traditional foot race definition, as there are too many other skills required to be successful. I mentioned “responsibility for not getting lost” above, and for this I think it is a degree to which most runners are not ready.

I guess the extreme opposite of the “only mark the turns” approach would be what they do on Olympic marathon courses—where there is a continuous painted line for the whole distance. Probably no one has ever gotten lost during the Olympic event, but you never know. A great truth we've learned is that no matter how well you mark the route, somebody will find a way of missing a turn or somehow getting off course. At the Traveller, we have several turns that we always mark with a four foot by four foot sign with a big red arrow accented with reflective tape. Guess what?

The most densely marked ultra course is going to be where you are told you when you pass one course marker, you should be able to see the next one. That's a lot of course marking, and if the race utilizes existing permanent trail markers they are probably not going to be that close

together. A little less extreme is where you may be told that if you go a couple of minutes without seeing a marker, you're probably off course. The missing piece here, of course, is that this depends on how fast one is moving. I've spent numerous minutes sitting on a rock or log, on course, and somehow failed to pass any trail markers.

When marking a course, no matter what the intended plan of attack, there are going to be places where it's really hard to justify placing a marker—due to there being no option for going anywhere else. Note how this can be subjective also. Some folks' definition of bushwacking differs from others'. I think a good point of communication for these scenarios is to let people know of any section with an abnormal distance between markers, and at least have some kind of maximum distance before there is a confidence marker. Having been there many times, I know the doubt that can creep into one's head after running for a long time and not seeing some indication that you're still on the right track.

An unfortunate fact is that sometimes course markings disappear. Rednecks may take them. Rain can wash them away or obliterate them. Deviants might move them to purposefully misroute people. Animals may eat them. Due to this, a common disclaimer is that runners are responsible for knowing the course—with a detailed course description or map made available. This is where even if you don't actually carry a course map, just taking a look at one and noting a few things can greatly improve your chances of staying out of trouble when you are not completely familiar with a route.

My summary would be that no matter the course marking approach taken, what's critical is that there is enough communication between run organizers and participants such that those traversing the course know what to expect. It is a run director's responsibility to make this information available. There will still be those participants—usually runners new to the scene, who fail to pay attention and/or feel they should be completely taken care of, but every attempt needs to be made by the organizer to not gloss over possible tricky spots. As a runner, you must be aware of the course marking approach and realize that you own your fate for being able to complete the event without adding bonus miles.

This ends our class for today!

For more on course and trail etiquette, visit http://www.runarkansas.com/Trail_Etiquette.htm

Sylamore Trail 50K and 25K

February 18, 2012

Allison, AR

Top Ten plus AURA Member finishers

(If you are an AURA member, finisher, and were omitted from this list, feel free to harass Stan@RunArkansas.com)

50K Men

Place	Name	City	Age	Time
1	Clay Hickman	Memphis, TN	30	4:02:46
2	Ted Herget	Jonesboro, AR	38	4:04:23
3	Nick Lewis	Memphis, TN	25	4:04:36
4	Olaf Schulz	Lakeland, TN	34	4:20:04
5	Roger McMillan	Jonesboro, AR	34	4:20:32
6	Doug Assenmacher	Springfield, MO	46	4:21:14
7	Bryan Kelp	Cape Girardeau, MO	33	4:22:26
8	Charlie Duke	Memphis, TN	31	4:26:06
9	Steve McBee	Fayetteville, AR	46	4:30:28
10	Adam Dearing	Kansas City, MO	29	4:30:45
16	Jon Bitler	Fayetteville, AR	40	4:41:51
19	PoDog Vogler	Russellville, AR	45	4:49:50
22	James Holland	Memphis, TN	35	4:58:44
23	Tim Norwood	Benton, AR	33	5:03:00
27	Paul Schoenlaub	St. Joseph, MO	52	5:05:06
36	Paul Turner	Conway, AR	48	5:29:27
42	Stuart Johnson	Shawnee, KS	52	5:41:27
71	George Peterka	Hot Springs, AR	51	6:30:24
84	Bryan Jones	Little Rock, AR	38	6:56:45
85	Barry Martin	Jonesboro, AR	55	6:58:04
89	Jim Sweatt	North Little Rock, AR	56	7:05:52
101	Jesse Garrett	North Little Rock, AR	28	7:44:46
116	Kenny Simpson	Olive Branch, MS	57	9:21:37
117	Timothy Mosteller	Memphis, TN	56	9:21:38

50K Women

Place	Name	City	Age	Time
1	Mary-Ellen Kelly	Memphis, TN	44	4:54:50
2	Nancyanne Hickman	Memphis, TN	27	5:05:37
3	Alison Jumper	Fayetteville, AR	36	5:12:27

4	Natalie Mcbee	Fayetteville, AR	38	5:25:45
5	Bethany Spiller	Memphis, TN	43	5:39:37
6	Mary Jones	Memphis, TN	48	5:57:19
7	Coleen Voeks	Kansas City, KS	38	6:01:09
8	Deb Baker	Little Rock, AR	49	6:08:53
9	Emily Conley	Lakeland, TN	39	6:10:37
10	Deb Johnson	Shawnee, KS	52	6:13:07
12	Karen Martin	Jonesboro, AR	40	6:57:47
21	Nancy Kirk	Mountain View, AR	55	7:34:35
25	Chrissy Ferguson	Conway, AR	51	7:48:17
28	Tala Hill	Jacksonville, AR	51	8:00:36
36	Lisa Gunnoe	Judsonia, AR	45	9:28:27

25K Men

Place	Name	City	Age	Time
Bottom of Form				
1	Matt Pruitt	Memphis, TN	28	2:00:35
2	Charley Hogue	Willow Springs, MO	36	2:12:01
3	James Slaba	Germantown, TN	42	2:14:26
4	Eric Tripp	Willow Springs, MO	31	2:16:07
5	McLean Wilson	Memphis, TN	33	2:23:07
6	Rick Bailey	Memphis, TN	34	2:28:44
7	Forrest Owens	Germantown, TN	43	2:29:13
8	David Sorrell	Bartlett, TN	55	2:29:42
9	Joe Carney	Memphis, TN	44	2:29:43
10	Brock Bigard	Columbia, MO	34	2:30:10
118	Roger Williams	Cordova, TN	70	4:23:34
120	Tom Singleton	Maumelle, AR	58	4:23:44
123	Bob Marston	Roland, AR	61	4:32:13
136	Ron Gimblet	N. Little Rock, AR	64	5:19:05

25K Women

Place	Name	City	Age	Time
1	Ashley O'Reilly	Springfield, MO	27	2:27:53
2	Whitney Kerth	Little Rock, AR	24	2:29:38
3	Barbara Mariani	Little Rock, AR	42	2:45:20
4	Dulcinea Groff	Conway, AR	28	3:02:09
5	Erin Grills	Memphis, TN	35	3:07:13
6	Melody Piazza	Little Rock, AR	51	3:14:56
7	Heather Churan	Little Rock, AR	42	3:15:16
8	Cindy Cloninger	Cabot, AR	50	3:18:35
9	Jessica Grammer	unknown	24	3:22:05
10	Sara Parrish	Springfield, MO	43	3:24:21
28	Holly Mosteller	Memphis, TN	51	3:56:15
30	Hillary Looney	Little Rock, AR	37	3:57:56

31	Adiel Looney	Little Rock, AR	35	3:57:57
37	Brenda Ransom	Lonoke, AR	48	4:10:58
55	Donna Duerr	Roland, AR	56	4:52:49
60	Elaine Gimblet	N Little Rock, AR	64	5:19:04



22nd Annual

Ouachita Trail 50 Mile and 50K

April 21, 2012, 6:00 AM

Maumelle Park, Little Rock, Arkansas

Presented by the Arkansas Ultra Running Association
 Proceeds benefiting Partners For Pinnacle

Course: A picturesque climb over Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle. Course includes six miles of asphalt and the remainder on scenic, rocky, single-track trail. Several highway crossings will be involved. There will be no traffic control. Please be responsible and be careful!

Trail: The Ouachita Trail is a single-track recreational footpath, and is permanently marked with blue blazes. Additional markers will be out. Approximately two miles of Pinnacle Mountain trails will be utilized on the "out" section only.

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. There may be an eight-mile trail section with no aid. Carry a bottle. Drop bags will be taken to the 15 mile aid station, and to the turnaround point for the 50 mile. Post-race food will be provided.

Awards: Finisher awards for both races. Technical shirts to all entrants. 13-hour time limit for both races. Entry fee: \$60 if postmarked by April 9th; \$75 thereafter. Please make check payable to Arkansas Traveller 100. NO REFUNDS. NO RACE DAY ENTRY.

Mail entry to: Chrissy Ferguson, 17 Caddo Dr, Conway, AR 72032 For more information visit website: www.RunArkansas.com; e-mail: OT50@RunArkansas.com; phone: 501-329-6688

Ouachita Trail 50 Mile/50K - Official Entry Form

Last Name _____ First _____ Middle _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-mail _____ Age on 4/21/2012 _____

(Minimum age is 18)

Gender _____ Short sleeve technical shirt size: Men S/M/L/XL/XXL: _____ OR

Women S/M/L/XL: _____

Entries received after April 1st are not guaranteed selected shirt size.

Please check event: 50 Mile ___ 50K ___ (You may change from 50 Mile to 50K during the race)

Race Waiver F

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 director and workers, Arkansas Ultra Running Association, 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 also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable.

Signature _____ Date _____

Big Rock Mystery Run

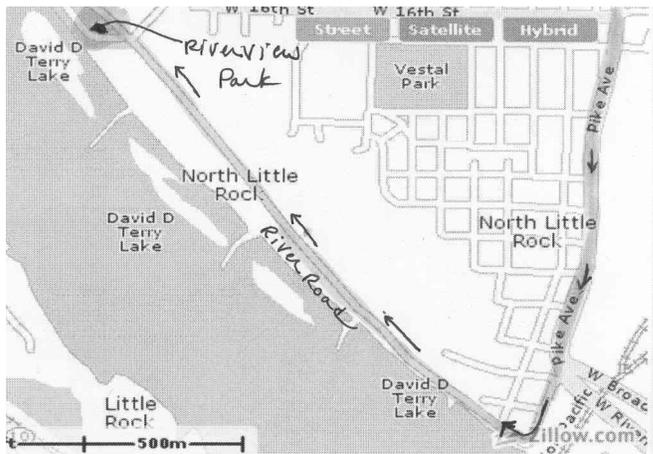
2011-2012 UTS Race #10

Directions:

- Interstate 40 to Exit 152 (Levy Exit)
- South on Pike Ave. (toward Downtown)
- Make RIGHT turn on River Road
- Follow River Road 1 to 1.5 miles to Riverview Skate Board Park
- LEFT into park, park near skateboard area

No entry fee; No advance sign-up

For questions, contact [Chrissy](#)



Mount Magazine Trail Run
8:00am - Saturday, May 12, 2012
Mount Magazine, Paris AR

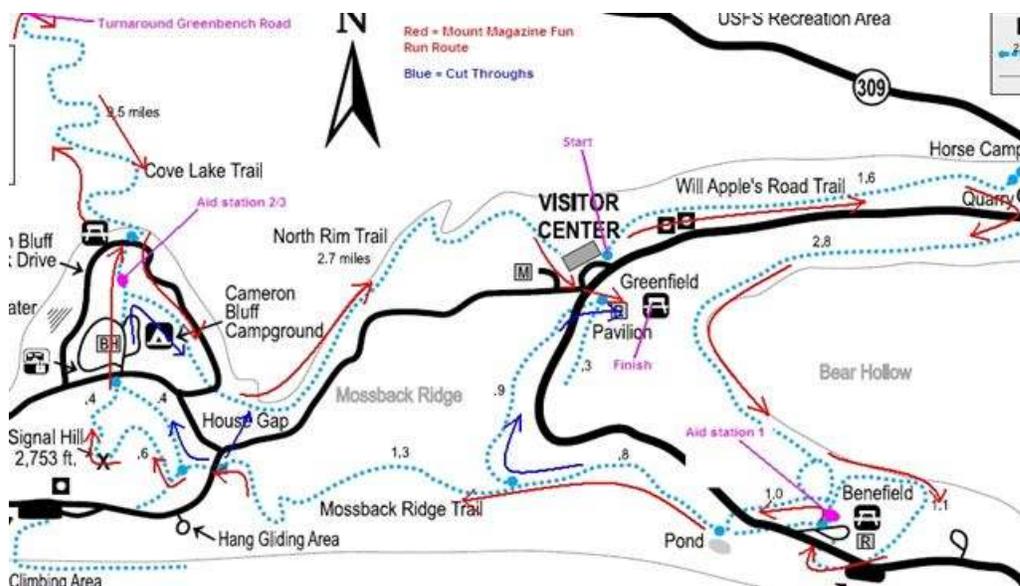
Race #12 of the 2011 - 2012 AURA Ultra Trail Series

Magazine is home to magnificent bluffs which make for breathtaking scenery, provide spectacular views, and make it popular for hang gliders and climbers alike. Magazine also offers numerous trails for hiking atop the mountain and into the valley below. It's now time to enjoy those trails as runners.

Come join us for the 2nd Mount Magazine Fun Run. We'll start just north of the visitor center (see map below), and hit almost every trail in the park, along with a portion of the Cove Lake Trail. The run will be approximately 18 miles, with a trip to the base of the mountain, via the Cove Lake Trail, and back to the top.

For those wishing to participate but not able to do 18 miles, there will be "bail-out" options.

This is a fun run and there are no entry fees or advance applications required. However, please contact [PT](#) if you intend to run--so we know how many runners to prepare for. Food will be provided after the run. Please carpool if possible, as this will help with parking.



Directions:

Mount Magazine State Park is located on Scenic Highway 309 approximately 17 miles south of Paris; or from Danville, travel nine miles west on Highway 10 to Havana, then go 10 miles north on Scenic Highway 309. Please arrive early enough to check in at Greenfield Pavilion – across the highway from the visitor center.

Many thanks to Mt Magazine State Park, and the Forest Service (Mt Magazine RD) for

helping to make this possible.

For lodging and camping information at Magazine go to

<http://www.mountmagazinestatepark.com/>

For more information on the race please contact [PT](#)

The Catsmacker Run

Sunday, June 02, 6:30 A.M.

From the Lake Winona Park

Distance: 22 mi. (+/-)

There will be SHORTER options
for Wimpy Kittens.

Features:

A short section of Ouachita Trail

Forest roads and 4-wheeler trails

A “popular” segment of the Arkansas Traveller 100 course

A surprise???

To get there: From Williams Junction (intersection of Highways 10 and 9, 30 miles west of Little Rock on Hwy 10): Go south on Hwy 9 for 5.7 miles. Turn Right onto Lake Winona Road. Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (Right) and FSR 778 (Straight). (If you go by the spillway, you’ve gone too far.) Go Right, up the hill, and turn Left into the park.



Kimmy Riley going up Brush Heap mountain



Rich Brown at Athens Big Fork

2012 Athens Big Fork Results

Marathon Male

- 1 Darin Schneidewind 4:49:29
- 2 Adam Dearing 4:59
- 3 Steve McBee 5:04:28
- 3 Mike Rush 5:04:28
- 5 Stephen O'Neal 5:16:57
- 6 Jeff Shaw 5:18:41
- 7 Cales Manis 5:21
- 8 Edgar Martinez 5:22
- 9 Paul Turner 5:26:43
- 9 Mark Denherder 5:26:43
- 11 Joshua Snyder 5:32
- 12 Jacob Anderson 5:36:31
- 13 Jay Ruby 5:37
- 14 David Joseph 5:38:40
- 15 Neil Smith 5:40
- 16 Lee Epperson 5:43:42
- 17 Blaine Shaw 5:43:45

18 Shaheen Sattay 5:46:57
19 Steel Fletcher 5:51
20 Jay Sateir 5:54 21
20 Chad Yocum 5:58
22 Marcin Zanko 5:59
23 Bryan Warren 6:04
24 Jacob Curley 6:04:54
25 Rich Brown 6:27:21
26 Jun Megerson 6:27
27 James Reeves 6:38
28 Josh Brown 6:41
29 Todd Blanchard 6:42
29 Mark Yeaman 6:42
31 Matthew Jackson 6:50
32 Zach Howard 6:51
33 Jim Richards 6:52
34 John Kelly 7:01
34 Joshua Bornhorst 7:01
36 Cliff Ferren 7:23
37 Dave Salavitch 7:28
38 Dave Davis 7:33
39 Adam Horton 7:33:21
40 Jim Sweatt 7:33:37
41 Tim Harrington 7:38:28
42 Matt Lyall 7:39:44
43 David Burrell 7:40:15
44 Chras Cochren 8:16:18
45 Patrick Barker 8:18:29
46 Josh Drake 8:57:48
47 Kattca Bozi 8:57:48
48 Eric Steele 9:13:59
49 Tom Lane ???

Marathon Female

1 Alison Jumper 5:23
2 Julia Barbel 5:49:40
3 Natalie McBee 5:49:50
4 Katie Helms 6:08:31
5 Deb Baker 6:16:40
6 Shannon McFarland 6:26
7 Tammy Winn 6:32
8 Sarah Fisher 7:33
9 Amanda Jerman 7:33:21

- 10 Kimmy Riley 7:41:45
- 11 Kim Dulolmatch 7:44
- 12 Deb Johnson 7:45
- 13 Colleen Voeles 8:00
- 14 Debbie Webseter 8:01
- 15 Lisa "Pink Panther" Vorwerk 8:56
- 16 Polly Choate 9:13:59

17 Mile Fun Run Male

- 1 Blake Shaw 3:03:46
- 2 Brandon Gardner 3:30:15
- 3 Tim Hall 3:34:39
- 4 Nico Hall 3:44:45
- 5 Jeremy Pate 3:46
- 6 Aaron Denson 3:51
- 7 Josh Madison 4:09
- 8 James Poaler 4:19
- 9 Paul Salavitch 4:26:01
- 10 Dave Hochstoler 4:31
- 11 Cam Prock 4:36
- 11 Brent Morrison 4:36
- 13 Jody Lingbeck 4:40
- 14 Kayce Hall 4:45
- 15 Wesley Reeves 4:47
- 16 Daryl Calloway 5:04
- 17 Kent Richardson 5:15
- 18 Josh Anderson 5:17
- 19 Tyler White 5:19:50
- 20 Emon Mahony 5:20
- 21 Rick Bushmiaer 5:27:34
- 22 Pete Ireland 5:33
- 23 Phil Brown 5:34:50
- 24 Joel McCourt 6:07
- 25 Cory Adams 6:17:30
- 26 David Samuel 7:20
- 27 Chris Block ??
- 27 Ryan Holler ??
- 27 Terri Ruby ??

17 Mile Fun Run Female

- 1 Kathy Wilson 3:52:37
- 2 Kristin Snyder 4:34

3 Cecilia Maggard 4:50
3 Whitney Kirby 4:50
5 Becka Gartner 5:26
6 Lisa Lawless 5:41
7 Susan McCourt 6:07
8 Dee Dee Earles 6:26:55
9 Carol Earles 6:26:46

Other Athens Big Fork Participants

Betty Sobeski 3:40 13.1 Miles
Joan Sobeski 3:40 13.1 Miles
David Caillout 4:06 12 Miles
Terri Griffin 4:21 12.5 Miles
Sharon Jones 4:21 12.5 Miles
Black Stallion 4:21 12.5 Miles
Bobby Graham 4:34 12 Miles
Marilyn Muhelck 4:48 12 Miles
Karen Rooker 4:48 12 Miles
Shander Staton 4:47 12 Miles

White Rock Classic 50K & 25K

February 4, 2012

Crosses, Arkansas

50K Run (33.4 miles) (2011-2012 UTS Race #9)

Place	Name	Age	Gender	City	State	Time
1	Cole Crosby	23	M	Norman	OK	3:53:55! (White Rock Best Time!)
2	Doug Assenmacher	46	M	Springfield	MO	4:17
3	Tom Brennan	40	M	Poteau	OK	4:19:21
4	Adam Dearing	29	M	Kansas City	MO	4:26:21
5	Stephen O'Neal	33	M	Bentonville	AR	4:31:53
6	David Joseph	20	M	Fayetteville	AR	4:58
7	Mark DenHerder	47	M	West Fork	AR	5:00:38
8	PoDog Vogler	45	M	Russellville	AR	5:00:38
9	Shannon McFarland	35	M	Rogers	AR	5:13:22
10	Katie Helms	34	F	Fayetteville	AR	5:14 (1st Female!)

11 Tim Norwood 33 M Benton AR 5:19:55
12 Reid Landes 41 M Little Rock AR 5:21:55
13 Jay Ruby 46 M Branson MO 5:23
14 John Knowles 46 M Topeka KS 5:26
15 Stuart Johnson 52 M Kansas City MO 5:29:38
16 James Barker 42 M Kansas City MO 5:48
17 Josh Brown 23 M Little Rock AR 5:50
18 Sean Gates 37 M Fayetteville AR 5:51
19 Deb Baker 49 F Little Rock AR 5:53
20 Stacey Shaver 39 F North Little RocAR 5:53
21 Jim Megerson 45 M Shawnee KS 5:58
22 Rich Brown 50 M Searcy AR 5:58:44
23 Tom Lane 40 M Bentonville AR 5:59:18
24 Jenny Brod 31 F Maumelle AR 6:03:46
25 George Peterka 52 M Hot Springs AR 6:03:56
26 Marc Linhardt 40 M Kildeer IL 6:13
27 Cliff Ferren 46 M North Little RocAR 6:14:04
28 Coleen Voeks 38 F Kansas City KS 6:18
29 Ryan Stalder 40 M Rogers AR 6:50 *
30 Sarah Stalder 39 F Rogers AR 6:50 *
31 Caleb Manis 21 M Cabot AR 6:22:30
32 Deb Johnson 52 F Shawnee KS 6:22:46
33 Sarah Henning 30 F Lawrence KS 6:22:51
34 Debbie Webster 52 F Gardner KS 6:23:51
35 Brant Bishop 28 M Fayetteville AR 6:35:25
36 Dave Mundorff 53 M Little Rock AR 6:37:25
37 Terri Ruby 48 F Branson MO 6:34:20
38 Judy Lingbeck 40 F Rogers AR 6:39:44
39 Chrissy Ferguson 51 F Maumelle AR 6:42:08
40 Jimmy Sweatt 56 M North Little RocAR 6:42:31
41 Don Preston 56 M Bigelow AR 6:46
42 Salli Scott Quinn 39 F Memphis TN 6:54:10
43 Scott Rogers 47 M Memphis TN 6:54:11
44 Eunika Rogers ? F Memphis TN 7:05:10
45 Amber Ragland 31 F Memphis TN 7:05:10
46 Steve Pomerleau 38 M Itta Bena MS 6:35 (late starter)
47 Jennifer Rogers 44 F Little Rock AR 7:25:30
48 Melissa Rhoads 41 F Rogers AR 7:43:13 *
49 Phillip Rhoads 42 M Rogers AR 7:43:13 *
50 Mark Roth 50 M North Little RocAR 7:07
51 Steve Hobbs 55 M Fort Smith AR 7:09
52 Chris Schalumberger 37 M Joplin MO 7:10
53 Eric Steele 46 M Wichita KS 7:19
54 Polly Choate 40 F Tulsa OK 7:19
55 Patrick Barker 47 M Little Rock AR 7:27
56 Kimmy Riley 50 F Mabelville AR 7:27
57 Sammy Barnes 55 M Mountain Home AR 7:57
58 Lisa Vorwerk 44 F Dover AR 8:10:01
* - Early Starter

25K Run (16.7 miles)

1 Greg Scharleau 55 M Springdale AR 2:27:40

2 Diane Diebold 48 F Springfield MO 2:30
3 Larry Vernon 47 M Springfield MO 2:30
4 Caleb Mannis 21 M ? ? ?
5 Chris Shellenberger 37 M Joplin MO 2:43
6 Mark Pickhardt 50 M Fayetteville AR 2:43
7 Jeremy Smith 35 M Bentonville AR 2:40 late starter
8 Jeff Underwood 48 M Bentonville AR 2:48
9 Rob Adair 42 M Bentonville AR 2:51
10 Ryan Lewis 37 M Fayetteville AR 2:57
11 Ricky Williams 52 M Fayetteville AR 2:59:24
12 Greg Hogue 50 M Fayetteville AR 3:05
13 Cam Prock 54 M Rogers AR 3:08
14 Nicole Green 28 F Lawrence KS 3:10
15 Israel "Izzy" Holby 32 M Ningbo China 3:10:49
16 Shaun Dubois 44 M Winslow AR 3:13:41
17 Melissa Craig 32 F Fayetteville AR 3:12:55
18 Mauvie Hogue 46 F Fayetteville AR 3:12:55
19 Richard Bushmiaer 33 M Fayetteville AR 3:37
20 Deanna DuPlanti 52 F Springdale AR 3:42
21 G. Brown 55 M Mountain Home AR 3:57
22 Matt Gould 50 M Ozark MO 4:25
23 Terry Gould 52 F Ozark MO 4:25
Other distances documented Distance
Jennifer Rogers 44 F Little Rock AR ? 16.7 miles
Patre Williams 38 F Little Rock AR 3:30:57 17 miles
Kayce Hall 33 F Little Rock AR 3:39:50 17 miles
Josh Snyder 29 M Poteau OK 3:35 26 miles
Chris Cantwell 48 M Rogers AR 4:29:00 25 miles
Emon Mahony 30 M Little Rock AR 5:00 23.6 miles
Ron Lockwood 45 M Bella Vista AR 5:18:20 26 miles
Nicole Green 28 F Lawrence KS 5:36 27 miles
Kevin King 44 M Fayetteville AR 5:59:40 26 miles



Winnie and Charley working the aid station at approx. 5 1/2 miles and 27 miles at White Rock Mtn. 50K, yesterday... We had a great time. I was thankful that this was not an all nighter !!!!!!!

Photo by Lou Peyton