



San Diego Ultrarunning Friends (SURF) – August 2018

Message from the Board

Scott Crellin, SURF board member, writes:

Hey fellow SURF members! In this installment of the "Message From the Board," I'd like to talk to you about being involved in the club. With almost 400 members, there are clearly going to be a wide variety of reasons that we have for being a part of SURF. For me, as I am sure it is for many of you, it is about connecting with a great community of runners, it is about support of the races and trails I love, and it is about the lasting friendships I have made over the years.

As you may already know, SURF has a [Facebook](#) page, a [Meetup](#), a [Strava](#) group, and an [Instagram](#) account, and maybe you follow some or all of them, I hope you do! I'm not the most social or outgoing person, so you may not see me posting often, but I want you to know that you should feel welcome to do so. If you are planning a training run and want some company, put it out there on one of these sites and it's quite likely you'll make a new trail friend. One of the requests we on the board hear quite often is that we need more training runs at different locations and at different times, or we need runs for slower folks or faster folks. So, if you are meeting up with some friends to run, consider sharing with the membership, and together we can meet more of our group's diverse needs.



I also strongly believe in the importance of supporting local races, not only by running them, but also by volunteering. You might have seen me at SD100 driving around in a van and schlepping gear here and there. I was fortunate enough to be invited back to help at Black Mountain Park Aid station at Black Mountain 50k this year. It is always a fabulous time. I constantly hear feedback from runners

about how great volunteers and aid stations are at local San Diego races, and this is because of all of you out there who are giving your time and energy to supporting them. But supporting races is not the only reason to volunteer. When you volunteer you will meet other SURF members, runners, and just generally cool people, and have fun giving back to the community. So, if you haven't volunteered at a race yet, please don't hesitate to contact your friendly, neighborhood race director!

Thank you all for allowing me to a part of the SURF board, and I look forward to meeting more of you at a future event.

Latest News

- Upcoming **training runs followed by SURF picnic:**
September 1, 2018 Noble Canyon upper loop
September 8, 2018 Cuyamaca 100k training run
See the SURF [Meetup page](#) for details!
- **Save-the-date! SURF Holiday Party** SATURDAY December 15th check-in at 11:00 am. The Annual SURF Holiday Party is the highlight of the year. This year, we've moved the gathering to a Saturday with the hopes of increasing our attendance. The new party room will accommodate up to 350 attendees so we are hoping that we will have an even greater turnout. We will be sending our invites with RSVP requests in the late fall so be looking for that email. We've just contracted with a caterer and tasted some of what is going to be a great meal.

Food served beginning at noon through 2pm, then the raffle and Club recognitions beginning at 2p through 2:30.

Location: Marina Village, 1936 Quivira, Marina Village, San Diego, CA 92109.

- Join us at the **SURF Club Meeting/Social!** October 13, 2018 3:00 PM
Location: Hilltop Community Park, 9711 Oviedo Way, San Diego, CA 92129
What to Bring: Chair and side dish to share.
- SURF Membership continues to grow and as of Aug 12, we are now 388 strong. We **welcome the newest members** (along with some past members who have renewed) since the last newsletter to include: **Jill Brauchia, Chris Harrison, Matt Buschman, Christiana Hilmer, Jory Brownd, Mike Hilmer, Kevin Cadieux, Maureen Moran, Carrie Cox, Alan Sheppard, Leah Curtis, Laura Sohaskey, Timothy Dalton, Matthew Spire, Christine Dancey, Michael Stuart, Dana Dancey, Chris Tharp, Ron Davis, Jeffrey Zawadzki, Michael Deras, Trace Funderburk, and Chira Gelinas.**

- Reminder that we have setup a new email address for SURF newsletter content. SURF members and all Race Directors are invited to submit content to RunSurfNews@gmail.com (photos, articles, race reports other text etc...).

Recent SURF Events

Trail Fit (Trail Work)



Ken Bonus Writes:

I know it's too darn hot right now, but one of these days, hopefully soon, the weather will begin to cool off and we can look forward to the 2018-19 TrailFit season. Shari Rodarte has already claimed the honor of being the first volunteer to sign up for a graffiti removal project on the PCT near Kwaaymii Point on November 17. I'll be adding some more dates for work, post-fire season, so check in periodically with us at www.sdtrailfit.org.

I've already got a list of trails to work on and once we get some winter rains, this year we'll be doing a lot more more to repair and improve drainage/tread surface. We started doing some of this last season and it really helped keep the trails free from erosion.

The Forest Service has asked us to help them purchase and install new trail intersection signs for the various trails in the Mount Laguna Recreation Area. The new signs will show directions to intersecting trails and distances to other trails. I think this is going to require something like 80-90 signs to be dug in. I'll have more details in a few months. We will be meeting with REI about the possibility of getting a grant to help fund this program. If you have any contacts with management at REI, please contact me.



TrailFit also scored an amazing donation of rare, hard-to-find vintage crosscut saws and related tools and equipment. We are now in a position to establish a comprehensive crosscut saw program to preserve these old tools, many of which are already over 100 years old. We should be able to remove just about any size tree and keep our trails in tip top condition. My hope is that this will be an on-going legacy program from SURF. If you're interested in learning more about these wonderful old saws, how to use them, etc. please get in touch.



Of course, the critical ingredient in our TrailFit program is you. Even if you're not signed up for a race that requires you to volunteer for trail work, please consider donating a day to our trail system. We clear downed trees, remove brush, fix up the trail bed, etc. This is totally co-ed; it's an upper body workout but anyone can help! Kids who are used to being outdoors are also welcome! This earns us a ton of support with the agencies that approve our races. And, in case you've never worked with us on a TrailFit outing, we try to make it fun, with a great post-work lunch. Oh, and did I mention that we have beer?

Thanks for the support. See you out there on the trails!

www.sdtrailfit.org

PCT 50

May 19th, 2018

RD John "El Cubano" Martinez Writes:

The one hot day within a two week period was the story for this year's PCT 50 as 121 runners toed the starting line. A lack of wind and a strong sun on the upper reaches of the course led to a slow trickle of runners dropping from the race, including 2017 champ, Fernando Blanco. By the end of the day, 25 runners had dropped, resulting in a finish rate below 80%. Once Blanco had dropped at Dale's Kitchen, Jesse Haynes had the course to himself, finishing comfortably in first place in a time of 7:34:14.

Teresa Kaiser, the women's winner and second place overall, ran strong throughout, overtaking all of her male counterparts, except for Haynes, as the race went on. She finished in a time of 8:40:04. SURF members Scott Hollister and Tracy Moore came in third and fourth overall.



A special shout out to Megan Yu, Mike Tamoush, and Melanie Weir for completing the San Diego Slam with their successful PCT 50 finishes. Matt Whalen and Tracy Moore collected 5 Year Finisher mugs for successfully navigating the race.

For complete PCT50 results [click here!](#)

San Diego 100 Mile Endurance Run

June 8-9th 2018

The 17th Annual San Diego 100 (SD 100) was again greeted with dry, hot conditions that ruled the day. There was little respite for the 268 starters who battled high heat indices across the Pacific Crest Trail, Mt Laguna Trails, and especially during the ever challenging climb up Noble Canyon. This year's event witnessed the second highest attrition rate in the history of the race, as only 56% of the runners crossed the finish line at Lake Cuyamaca.



We had 151 finishers under the 32 hour time limit.

Had it not been for the ultra-experienced, attentive SURF aid station volunteers, the finishing rate would have been significantly worse. Runners were brought back to life at each succeeding aid station as the day's conditions continued to make the challenges ever more difficult.

Both the men's and women's fields were strong this year which made for exciting competition. Local San Diegan and SURF member, Dmitri Journist, ran an extremely smart race, showing the discipline and confidence representative of well-seasoned

athletes. Coming off a very strong performance at the competitive Lake Sonoma 50 Miler where he finished 12 overall, Dmitri was primed to earn his 1st 100 mile win.



San Diego 100 Mile Endurance Run continues to pride itself for being an ultra for everyone. It's challenging and competitive for veterans, accommodating for first timers and Solo Runners, and is an event that is challenging with diversity of terrain and ever changing mountain weather patterns. Over the history of the race, many have characterized SD 100 as a "Sneaky Hard course." This year, we decided it's not in fact "Sneaky Hard" but just plain "Hard."

Congratulations to all our SURF participants for taking the challenge.

We had over 60 club members entered this year. We also thank our incredibly experienced and passionate SURF volunteers who make the race so successful. We hope to see many of you back for the 18th Annual SD 100, tentatively scheduled for June 7, 2019.

Results are located at: https://ultrasignup.com/results_event.aspx?did=49381

Black Mountain 50k/25k

June 30, 2018

This was the 2nd year of the race and we filled up to 200 runners with 35 still on the wait list. This race has become a local favorite with the Start/Finish venue at a family friendly park and great food and socializing at the end.

We look forward to an even better race next year! Registration opens on 1 Jan 2019 and the race will be on 29 June 2019.



Gabriel Garmendia from Temecula won the Black Mountain 50k in 4:43:00 and Julie Watts from San Clemente, CA won it for the women in 4:55:34!



Picture credit Ilian Moctezuma.

For complete Black Mountain results [click here!](#)

The Peak 50k (and Marathon and 1/2 marathon) July 14, 2018

This was the 2nd Annual Peak 50K Marathon....and "if you love the mountains, the challenge of a good, long climb and quad-pounding descents, then The Peak is for you. Running mostly along single track trail with spectacular views, The Peak climbs Cuyamaca Peak—San Diego County's second highest.

The 50K and marathon routes have you climb up a 2,200 foot climb over the initial 6.5 miles of the **course and then you descend down 2,800 feet to the Green Valley Aid Station and marathon** turnaround. 50K runners do a short loop back to Green Valley and then join marathoners on a return trip that takes you back up to the top of Cuyamaca Peak for a total elevation gain and loss of 10,000 feet."

Tracy Moore and *Scott Crellin* were the two top SURF Finishers. Results are located at: https://ultrasignup.com/results_event.aspx?did=51531

Training Runs and SURF Picnics





The San Diego Ultra Slam is composed of four San Diego ultra marathons: [PCT50 Mile](#) (May), [San Diego 100 Mile](#) (June), [Noble Canyon 50k](#) (September), and [Cuyamaca 100k](#) (October).

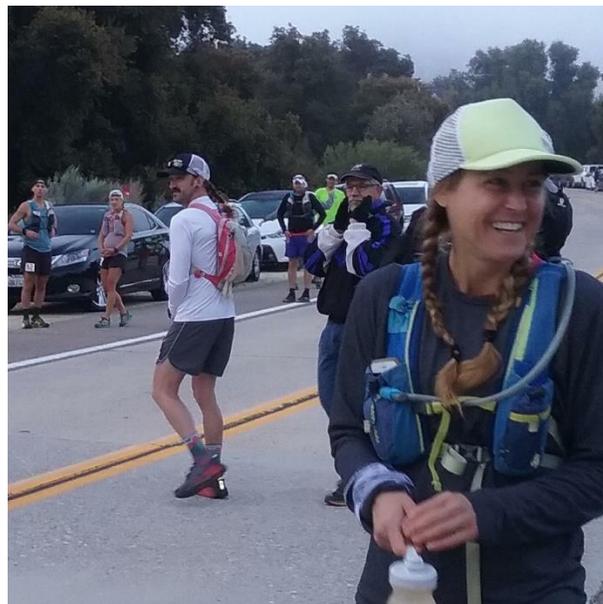
To be eligible for the award, participants must complete each race in the sequence they occur. However, you may choose whichever race you wish to start with.

Congratulations to Melanie Weir, Megan Yu, Mike Tamoush, and Megan Sperry who finished the slam at this year's PCT 50!

Meg Yu: PCT 50 Time: 11:23:50 Total Slam Time: 57:59:13

Melanie Weir: PCT 50 Time: 12:34:58 Total Slam Time: 67:17:26

Mike Tamoush: PCT50 Time: 9:52:52 Total Slam Time: 56:50:30



And Congratulations to Ilian Moctezuma, and Nelly Purvis who completed the SLAM at the San Diego 100!

Ilian Moctezuma: San Diego 100 Finish Time: 30:48:52 Total Slam Time: 67:30:22

Nelly Purvis: San Diego 100 Finish Time: 31:28:00 Total Slam Time: 68:48:28

[Click here](#) for the SLAM website.

SURF Members at the Races

If you know of any SURF member's recent race or trail achievement please email us (runsurfnews@gmail.com) and we'll include it in the next newsletter.

The ultrarunning season is in full swing. We have seen thrilling, tough and impressive races by our own SURF club members!

- **Western States 100** (June): Several SURF members were lucky enough to earn a lottery slot to this year's WSER. **Ricky Roane** and **Pat Meskell** (both sub-24), along with **Julieann Storm** and **Scott Mills** finished his 19th Western, he was 31 years old when he ran it the first time and 67 at this year's finish. SURF note, Rickey and Becca Roane are moving out of state we will miss the Roanes!
- **Hardrock 100**: Congratulations to **Rick Hoopes** and **Scott Mills** for their Hardrock finishes! Rick finished his first Hardrock getting revenge for an unlucky prior DNF and Scotty his ninth, only three weeks after finishing his 19th Western States. Scotty and Rick were crewed and paced by several Surf Members including **Doris Hoopes**, **Scott Hollister**, **Paul Jesse**, and **B.J. Haeck**. Both battled through 2 tough days and nights including thunderstorms strong enough on the final climb at 91 miles that they had to wait out the lightning under tree line. Scotty and Rick covered several miles together and were never more than a half hour or so apart throughout their adventure. Way to represent San Diego, guys!



- **Speedgoat 50K**: Congratulations to Lindsay Hamoudi who completed Carl Meltzer's tough Speedgoat 50k in 8:46:35!
- **Tahoe Rim Trail 100**: SURF Prez, Matt Whalen, Christy Baker, and Jonathan Hunter.

- **Never Summer 100K** in Colorado: **Paul Jesse** and **Rich Morrison**
- **Angeles Crest 100** (August): **Lindsay Hamoudi** (4th overall), **Teresa Kaiser** (3rd female and top ten overall), **Andy Kleinke**, **Cesar Salas**, and **JV Vanderpot**.



- **Bigfoot 200** (August): **Sheryl Lambert** finished this incredible endurance run with 3 hours to spare and participating for 102 hours !!!!!!! Big Congrats!



- **Kodiak 100** (August): **Tracy Dimino** was the 3rd female finisher in the Purse Division running in 29:22.



- Special shout out to our SURF member **Jonathan Geller** who toed the line at this year's Leadville 100 in Colorado - great attempt!

Upcoming Events:

8/25/2018	Julian Station Full Moon Run 12/24
9/22/2018	Noble Canyon 50k
10/6/2018	Cuyamaca 100k
10/27/2018	Lake Hodges Trail Fest 50k /15k/5k
November 2018	Mount Laguna Trail Marathon
January 2019	San Diego 50 Mile & Trail Marathon
February 2019	SURF Secret Canyon Run
3/1/2019	SD Pirate's Cove 6/12/24 Run/Walk
April 2019	Oriflamme 50k
May 2019	PCT50 Mile
June 2019	San Diego 100 Mile Endurance Run
	Black Mountain 50k/25k
	The Peak 50k / Mountain Marathon / Half

Join a **SURF training run**. Check out the active *Meetup* page!

Any Members wishing to **contribute** articles, pictures, or results for future SURF Newsletters can send their inputs to:

runsurfnews@gmail.com

Thank you for your membership and Happy Trails!

- San Diego Ultrarunning Friends board

Resources



[Email SURF \(sdultrarunning@gmail.com\)](mailto:sdultrarunning@gmail.com)

[Email the SURF newsletter \(runsurfnews@gmail.com\)](mailto:runsurfnews@gmail.com)

(newsletter editors Brian Gonzales, Scott Mills, and Lön Shillinger)