



## SURF Newsletter - April 2021

Hi {Contact\_First\_Name},

This SURF Newsletter is a new beginning of what we hope will be a safe return to all that the Club has achieved and promoted over the last two decades. The global pandemic has changed so much. The challenges and impacts to our greater San Diego running community have been significant. We've had to forego training run meetups, social gatherings, and our ability to participate and host many races that were cancelled due to permit restrictions. Ken Bonus and his crew leaders have even had to curtail some of our TrailFit outings due to the pandemic. We've sorely missed seeing everyone out on the trails but are extremely hopeful and optimistic that things are improving quickly and we'll be back doing what we love soon.

Much has happened since the last SURF Newsletter and we want to bring you up to date:

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### **New Board of Directors:**

Every December SURF advertises openings and solicits volunteers to serve on the Board for two year terms. This year we acknowledge and thank several Board Members who have served the membership at least one term but in many cases several. We are especially appreciative to Bonnie Hatcher who stepped up to serve as Board President over the last two years. Her leadership, expertise, and contributions cannot be overstated!

Bonnie and our Treasurer, Alan Vitums, also worked tirelessly to renew our non profit status and attend to the associated taxes of such status.

Outgoing Board Members from the past two terms include: Matt Whalen, Joe Brophy, Julieann Storm, Scott Crellin, Brian Gonzales, Loan Shillinger, Karen Hamilton, Alan Vitums, and Bonnnie Hatcher. It's important to mention that many, if not all, of the above have selflessly offered to mentor, assist, and offer guidance to the new Board during the annual transitions.

Below are some past and current Board members at our last Holiday Party in December 2019:



A big welcome to our newly elected Board Officers: Cinda Brown (President), Scott Mills (VP), Jaymes Chuderski (Treasurer), and Kathy Konzen (Secretary). And thanks to our returning and new Board members: BJ Haeck (Trailfit), Sean Scace (Trailfit), Mary Herd (Events), Jeff Hooker (Membership), and Leah Lewis (Social Media). Bonnie, Alan, and Scott Crellin will continue to provide transitional assistance and guidance to the new Board.

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### **New Club Members:**

Below is a list of our new members that joined the Club since the last Newsletter. A very belated welcome to all, and thank you for supporting the Club in spite of all that we've had to forego this last year due to the pandemic. We're hopeful and optimistic we'll be able to meet up and re-engage socially in the near future.

Chelsie Miller	Teresa Harrison	Felicia Torres
Kristin Drawbert	Jed Morris	John Duarte
Barrett Levesque	Eric Davidson	Luke Thomas
Steven Nguyen	Emmanuel Runes	Todd Turner
Iris Salas	Isabella Janovick	John Gunn
Eric Hake	Justin Wilburn	Rasto Ivanic
Kelyn Curitomay	Colin Rowlings	Rick Menolez
Beth Piner	Fredrik Farnstrom	Felix Miller
Doug Gillingham	Colleen Heller	Marissa Herrera
James Spotanski	Jacob Bartholomew	Kristi Riell
Trevor Jones	Madison Johnston	Irena Dragojevic
Pablo Ortega	Martha Baugh	Douglas Whitner
Pete Riley	Melanie Willard	Kendal Gill

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## **SURF Membership Renewals - Important!**

Last July, SURF reduced annual membership dues to \$45 per year; extended all members' renewal dates by 3 months (at no cost); and transitioned from PayPal to Affinipay. This change resulted in cancellation of automatic recurring payments for all members. Renewal dates were also moved to the 1st day of the renewal month.

We now send out a membership renewal email with an invoice on the first day of the month for each member. Some members may not respond to this invoice in spite of wanting to remain with SURF because they are under the impression they're making an annual renewal payment using recurring PayPal debits.

Until you have established your first renewal with Affinipay using the email invoice, recurring payments are not automatically extending your membership. As such, we ask you to check the email for your membership renewal when it arrives and renew with the invoice. If you do not want to renew, then we'd be extremely grateful if you would notify us that you'd like to opt out of SURF so that we can update our membership and Facebook databases.

Thank you for your membership and staying with us through this past year of the pandemic. We're very hopeful things will get back to normal soon.

Any questions or concerns with membership can be directed to **Jeff** at: [jeffhooker@mac.com](mailto:jeffhooker@mac.com) Thank you!

## **At The Races:**

A toast to Tracy Moore: the 2020 Overall Virtual Grand Prix Champion !



### **SURF Virtual Grand Prix (Aug 2020 - Feb 2021):**

With the unprecedented events of 2020, the first-ever SURF Virtual Grand Prix was created to give members an opportunity to virtually connect with their ultra running community -- and to have a little friendly competition while doing so! Routes were set on a monthly basis and covered local course favorites such as San Diego 100, Cuyamaca, and Noble Canyon. Over 45 members participated in the 2020 Virtual Grand Prix with **Tracy Moore** finishing as Top Male and **Chiara Gelinas** as Top Female. Congratulations!

For the 2021 Virtual Grand Prix, we took a slightly different approach to the event. By offering three courses each month (short, long and local) and removing the top finishing time point bonuses, we hope to encourage everyone to get out and have some fun on the trails. Discover a new trail, take some pictures, and enjoy the views from all of the amazing trails here in San Diego!

PICTURES, AND ENJOY THE VIEWS FROM ALL OF THE AMAZING TRAILS HERE IN SAN DIEGO!

For more details, visit: <https://www.sdultrarunning.com/Virtual-Grand-Prix>

Thanks to **Scott Crellin** and **Brian Gonzales** for helping with the set-up and the recording for all the courses.

~ Mary Herd, RD

### **The Ranch 50K & Half Marathon (March 6, 2021):**

The Ranch 50k and Half Marathon at Daley Ranch in Escondido was the first official San Diego ultra within the last year. Race Directors **Sean Scace** and **Jaymes Chuderski** worked diligently to acquire permits with Covid protocols that would satisfy County officials who would evaluate the event thereby hoping to set approval precedents for future local ultras.

Though not a normal race experience, runners and volunteers did a tremendous job keeping safety a number one priority throughout the event, and were quick to comply with all requests and requirements throughout race day. We reached our permit limit of 150 entrants and 139 starters toed the line in "wave starts". Ideal weather contributed to a whopping 132 finishers, for an unprecedented 94.9% finishing rate.

New course records in the men's and women's half marathon as well as men's 50k were also highlighted on the day.

Here's a link to the official results:

[https://ultrasignup.com/results\\_event.aspx?did=77191](https://ultrasignup.com/results_event.aspx?did=77191)

We are so grateful for everyone who joined us and we will be working our glutes off to continue to build momentum for the case to allow races to be held in 2021 and beyond.

~ Jaymes and Sean, RD's

The Ranch Half Marathon Course Record set by **Chiara Gelinas**





## Upcoming Races and Registrations:

### Noble Canyon 50K (September 18th):

We have reason to be optimistic about running the Noble Canyon 50K on September 18, 2021. Early registration for 5X finishers and active SURF club members opens May 18, 2021 and general registration opens June 18, 2021 at 8:00 pm.

When you submit your early registration request on the race website <http://www.noblecanyon50k.com/p/registration.html> your credit card will not be charged initially – we will hold your place in line. Then once we have a greater reason to believe the race will proceed, you will be invited by email to accept or decline your registration at which point the payment will be processed. We look forward to another great race!

See you on the trails,

**Brian Gonzales, RD**

### Cuyamaca 100K (October 2nd):

Hey Runners,

We are coming up on registration time for the 2021 Cuyamaca 100k, and it looks like we are in a similar situation to last year. State Parks are currently not accepting applications for permits for special events in Cuyamaca. However, it's a long time to October 2nd, and I'm relatively optimistic that we'll be able to have some kind of event this year should the trajectory of vaccinations and

Have some kind of event and your should the trajectory of vaccinations and case rates continue as they are.

Therefore, when April 1st rolls around a week from now, we will open registration once again on a conditional basis. When you register, you will register for a wait list and no fees will be accepted. When the park is ready to accept permits, runners will be invited to register officially in the order in which they registered for the wait list. Only at that time will payment be accepted, and at that time runners will be asked to confirm or decline the registration invite.

SURF members, you are invited to register for the list early if you wish. Please use the form at this [link](#) to send me your information, and I'll get an invite out to you as soon as I can.

Thanks,

**Scott Crellin, RD**

### **SoCal Wine Country Women's Half & 5K Race (May 29th):**

"I'm very excited to announce that the SoCal Wine Country Women's Half & 5K will be held in-person on May 29th at the Vail Lake KOA in Temecula. This will be the 10th annual running of this women's-only, trail half marathon and 5K just outside of Temecula Wine Country.

Whether this is your first half marathon or you're an ultrarunning veteran, the SoCal Wine Country Half Marathon offers a beautiful and challenging course. The 5K is a welcoming out and back accessible for all ability levels and delivers great views of Vail Lake. Sadly, this year we will have to forgo the post-race party and dancing. But all event participants will receive a technical race t-shirt, a commemorative race logo'd wine glass, and a unique custom finisher's medal!

After going virtual in 2020 and the lack of racing over the past year, the inability to host events has taken as big an emotional toll on the race directors as it has the runners who love them. The thought of being able to stand at a start line to send runners on the way to tackling their own personal goals and being there at the finish when they come across the line has me more excited than I have ever been for a race I've run myself.

I truly hope this is a positive sign for the return to racing in California and I look forward to seeing a number of SURF members at the race, either running or volunteering. If you are interested in running, you can sign up at the link below. Be sure to use the code RUNSURF for 10% off your entry."

Registration Link:

<https://runsignup.com/Race/CA/Temecula/SoCalWineCountryWomensHalfMarathon>

Stay strong my SURF family, and I can't wait to see you all on the trails!

Sincerely,

**Paul Jesse, RD**

## **Black Mountain Ultras (June 29th):**

Race Directors **Dan Cicchelli** and **Beto Campos** report they're optimistic of obtaining a permit from the city of San Diego to stage the Black Mountain 50K, 25K, and Half Marathon. Registration along with links to entrants and the race website is located at: <https://ultrasignup.com/register.aspx?did=82100>

## **San Diego 100 (June 4th):**

Co-RD's **Angela Shartel** and **BJ Haeck** report they're still working diligently to acquire permits with the US Forest Service and the California Stated Parks to stage the 20th rendition of the race. As you all know, SoCal has moved from the purple tier to red and things are improving with regards to outdoor endurance sports. All volunteers and participants have been kept well informed of the status of the race. Ang and BJ hope to have a decision no later than May 1. Lots of fingers crossed for this race to take place this June.

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## **Social Media Update:**

It's been awesome to see all of the recent engagement among members within our Facebook group, as well as all of the pictures posted on Instagram. Whether it be to find a new trail or to just simply feel a little less socially-distanced, it's so much fun to see everyone getting out there! Sharing your photos gives us the chance to experience the trails from a different point of view, so please keep posting and tagging SURF (@sdultrarunning), and using the hashtags: #sdultrarunning or #iRunWithSURF.

Please also feel free to send pictures or discussion topics via DM on Instagram or on the SURF Facebook Page - I'm always looking for new material! On that note, based on our recent poll results, SURF is currently researching some new merchandise (like trucker hats & zip-up hoodies), so be on the lookout for an update! Until then, I can't wait to run with you all soon.

Cheers ~ Leah Lewis

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TrailFit Marches On! Yes, we got shut down for a while due to you-know-what, but we've been back in business the past few months and are catching up on a backlog of trail work projects. One thing that has really helped us is the tremendous investment of man/woman power into our local trails over the past 10+ years. Now, instead of just scrambling to clear a narrow corridor through 15 foot tall brush, we're able to provide 8 foot wide passage by trimming much smaller growth, do tread and drainage repair, and generally keep improving the overall condition of our trails. The end result of this is that pretty much all the mountain trails we use for races are in excellent condition and the few sections that aren't will probably be put in proper shape by early summer. So, this is a case where by paying it forward on the trails in past years, we can quickly resume racing (or, if not races, at least some great training runs).

I've still got a few open slots for TrailFit crews through the end of April. I'm going to check my to-do list in a couple of weeks and if we haven't completed everything that I wanted, I'll add a few more dates in early May. Look for more info on the SURF Facebook page. Sign up at:

<https://www.signupgenius.com/go/4090b4badad2da31-trailfit1>

Note: these sign ups are for weekend projects. If you are interested and available on a Wednesday, just drop me a note and we'll include you on the crew if we have a project that week. I can be reached at 619.301.0780 or [ken.bonus@gmail.com](mailto:ken.bonus@gmail.com) or by Facebook from SDTrailFit.

Lastly, I want to thank everyone who has come out to work with me over the 20-21 season. I realize that races have been cancelled right and left, and those that are happening in 2021 generally are not requiring a day of trail work. So, those of you who have volunteered are a vital part of our TrailFit program. All of your hard work is much appreciated!

**Ken Bonus**, Our Trailfit Leader Extraordinaire

