



## SURF Newsletter - July 2021

Hi {Contact\_First\_Name},

Summer has arrived and with it the long anticipated reopening of California. This past year and a half has been challenging and affected us all. Finally a renewed sense of optimism and excitement is upon us as we return to trails, races, and training meetups that we've sorely missed.

We're going to shake it up a little for this month's Newsletter and introduce a different format that is broken down into categories that include: **SURF Newbies**, **SURF Spotlights**, **SURF Training**, and **SURF News**.

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### Welcome SURF Newbies!

Below is a list of new members that joined SURF since the June newsletter. We'd like to send all new members or returning members a club shirt and decal. If interested, please send your requested shirt size (by gender) along with a confirmation of your mailing address. We mail shirts out once per month but would prefer to save mailing costs by handing them off at training meetups. If you will be attending an upcoming run, let us know! Otherwise, please send your info to our Club email at: [sdultrarunning@gmail.com](mailto:sdultrarunning@gmail.com) (*attention: Scotty*)

*Sue Kopas*

*Jose Llanos*

*Jonathan Anderson*

*Zuzana Kyselica*

*Dominic Rossi*

*Danielle Casteel*

*Jackie Crosby*

*Chad Austin*

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### Upcoming Training Runs

Now that California has reopened without restrictions, we are happy to announce weekly and monthly training meetups for members' participation. Be sure to check the [SURF website's Calendar](#) for dates and ongoing additions.

The following is a list of non-SURF affiliated weekly meetups & upcoming training runs, where all are welcome:

- **Trails & Ales - North:** Monday nights @ 5:30pm starting from Phileas Fogg's (11385 Poway Rd #100, San Diego, CA 92128). [Out & back trail route](#), distance/pace of your choosing, followed by beers. Any questions, please contact [Dan Cicchelli](#).
- **Trails & Ales - the Original:** Wednesday nights @ 6pm starting from Coronado Brewing (1205 Knoxville St, San Diego, CA 92110). [Out & back route](#), distance/pace of your choosing, followed by beers. Any questions, please contact [Anthony Dinger](#) or [Nick Wenger](#).
- **Roads & Brews:** Thursday nights @ 6pm starting from Fletcher Cove Beach Park (111 S Sierra Ave, Solana Beach, CA 92075). [Out & back road route](#), distance/pace of your choosing, followed by beers at Pizza Port, Culture, or another Solana Beach establishment. Any questions, please contact [Leah Lewis](#) or [Jonathan Hunter](#).
- **Ultrabuds Runs:** Saturdays @6:30am starting from Lake Hodges Trailhead (3600 Sunset Dr, Escondido, CA 92025). Meet at the south trail head in the asphalt parking lot. All levels & distances welcome! Any questions, please contact [Isabella Janovick](#) and be sure to follow @ultrabuds on Instagram.
- **Mikkeller Running Club Runs:** Every 1st Saturday @ 9am starting from Mikkeller Brewing San Diego (9368 Cabot Drive, San Diego, CA 92126). Every 3rd Saturday @9am from Mikkeller Brewing Little Italy (2021 India St, San Diego, CA 92101). Every Wednesday night @6pm from Ale Tales taproom in East Village (1520 J St, San Diego, CA 92101). Follow them on IG @mikkellerrunningclubsd for more info/updates. Any questions, please contact [Roy Quinn](#).
- **Cuyamaca 100K Training Runs:**
  - July 10th @ 7am: Loop 1, Sweetwater to Merrigan to Green Valley to Sweetwater (13.5 miles).
  - July 31st @ 7am: Loop 2, Starting at Sweetwater (12.6 miles).
  - August 21st @ 7am: Loop 1, Green Valley to Cuyamaca Peak to Paso Picacho to Camp Cuyamaca to Green Valley (21 miles).
  - September 4th @ 7am: Loop 3, Sunrise Trail head Start (18.2 miles).

More details & individual event pages are available on the [Cuyamaca 100K Endurance Run](#) website and [Facebook page](#). Any questions, please contact [Scott Crellin](#).

  - *Not running the race, but you would still like to be involved? **We would love to have you volunteer!*** We need help with course marking, sweeping, and aid station support. Please use this [volunteer form](#) to let us know how you'd like to help.
- **Noble Canyon 50K Training Runs:**
  - July 24th @ 7am: Inner Loop, starting from Benny Dingo (11 miles)

- o July 24th @ 7am: Upper Loop, starting from Penny Pines (11 miles)
  - o August 14th @ 7am: Noble Canyon, out & Back, starting at lower Noble Canyon trailhead (20 miles)
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## SURF Spotlights

Board member **Leah Lewis** continues to do a great job with weekly SURF social media updates including **Pre-Race Shout-outs, Race Recaps, Special Write-ups, Polls, and Pictures.**

As a reminder, the SURF Facebook and Instagram pages are great ways for members to post pictures and coordinate runs. We also really want to know what's next on your calendar. To stay more connected, Leah created a [Google Spreadsheet](#) where you can enter all of your upcoming race information.

### Black Mountain Trail Races

Special thanks and kudos to RDs Dan Cicchelli and Beto n Karrie Campo for directing another successful event (5th Annual) on June 19th. Also thanks to all of the SURF members that volunteered on the course (too many to name) to help make the event so successful.

SURF'er Greg Bergeron took a ton of great photos, which can be [viewed here](#).

Results:

In the 50K, kudos to *Laurence Denis* for her podium finish (3rd Place Woman in a time of 5:32:58), as well as: *Deb Cosmetis* (5:42:53), *Anne Braggins* (6:53:51), *Drew Castle* (7:16:22), *Jackie Crosby* (6:20:22), *Edo Debie* (7:14:00), *Laura Dunn* (5:52:35), *Charles Ellison* (8:46:45), *Kurt Erlandson* (8:45:09), *Kelly Gaines* (7:45:16), *Evan Goodwin* (6:34:11), *Eric Heidemann* (7:42:32), *Colleen Heller* (7:42:09), *Sarah Hernandez* (7:15:49), *Shelly Hess* (8:44:49), *Trevor Jones* (6:44:36), *Alex*

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*Linton (8:30:17), Doug Miller (8:45:42), Trevor Neeb (6:07:50), Erik Poast (7:27:09), Alex Sakelarios (6:29:35), Iris Salas (7:18:11), Jesse Scolavino (6:41:24), Sean Stokes (8:35:04), Steven Tally (6:00:26), Jeff Miller (6:25:48), and Colleen Vidrio (7:45:14).*

In the 25K, kudos to *Scott Hollister* (founding RD) and *Matt Buschman* on their 1st and 2nd podium finishes in times of 2:10:49 and 2:16:49 respectively, as well as: *Mary Beltz Herd (3:53:38), Neal Howland (3:11:47), Madison Johnston (2:45:36), Gloria Arlin King (3:33:43), Catherine Lazarz (5:08:59), Steven Nguyen (3:49:54), Dave Wade (3:31:40), Judy Wade (4:12:21) and Marta Young (3:36:36).*

In the half, kudos to *Isabella Janovick* for her podium finish (2nd Place Woman in a time of 2:37:56), as well as: *Colin Rowlings (3:04:29) and Norm Smith (2:34:22).*

Full results are now [posted on UltraSignup](#).

## Western States 100 Mile Endurance Run

June 26 -27 marked the 45th Annual Western States 100 Mile Endurance Run from Squaw Valley to Auburn traversing the old mining trails that led from Reno to the gold country in the Sierra foothills. There is arguably no other 100 miler that is more iconic nor has such a reputation for challenge, competition, and a desire to participate in this prestigious race. This year's event was marked with extremely high temperatures which resulted in one of the lowest finishing rates in the history of the event.

Huge congratulations to our Western States finishers: *Mike Tamoush (27:44:27), Will Briggs (23:49:55), Sarah Greenlee (28:50:36) & John Kerschbaum (29:29:14),* and kudos to all of the SURF'ers that toed the line and helped pace/crew runners out there. It was so much fun following along!

Full results are [available on UltraSignup](#).





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## SURF News

### TrailFit Update From Ken Bonus

Once the summer arrives, we don't normally undertake big trail work projects due to fire danger, excess heat, warm beer and other serious risks. Thankfully, I think all of the trails over in Mt. Laguna are in excellent shape due to our hard work over the past year and a half. The fire restrictions in that area are now in effect so we won't be doing much over there until the fall rains arrive.

Meanwhile, Los Tres Kens (Bonus, McIntyre and Marsh) and Eric Paavola are continuing to work with the park staff over in Cuyamaca Rancho State Park to improve trails that we expect will be used in the upcoming, fingers crossed, Cuyamaca 100K. We're working about a half-day most Tuesdays, subject to weather conditions, so if you're interested in joining us, drop me a text (619-301-0780) or email ([ken.bonus@gmail.com](mailto:ken.bonus@gmail.com)).

In June, I made a trip up to the Domeland Wilderness to work on trails with the Backcountry Horsemen of California. Had one afternoon of thunderstorms and lightning but otherwise nice weather at about 8,500 foot elevation. It's so so dry up there already that I fear we're in for another grim fire season.

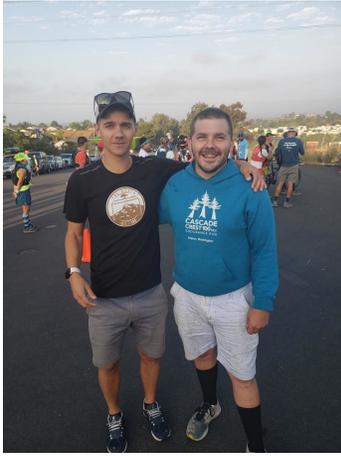
More recently, a small group of us did some work in and around Todd's cabin (aid station for PCT 50 and SD100). We planted two dozen native cedar trees and started work on digging out under the cabin so that you can get in and move race and trail work gear without hitting your head on the beams every #%@\* time. Kudos also to Dave Capron for setting up this work and installing a new lighting system for the aid table that rivals the lights at Petco Park!

Be safe out there. The heat is no joke. See you in the fall!

### SURF Merch Update

Our new BOCO trucker hats designed with the SURF logo should arrive later this month. We also plan to order new SURF shirts in August. Stay tuned for updates on how to get yours!

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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**.

*Cheers & Happy Running, All!*



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