



SURF Newsletter - September 2021

Hi {Contact_First_Name},

Fall is quickly approaching and with that the arrival of many races. It's been wonderful to see so many members at some of the recent training runs for both Cuyamaca 100K and Noble Canyon 50K, as well as at the local weekly gatherings. Everyone's happiness and optimism to be out on the trails together has really solidified the importance of community. We're really looking forward to seeing many more of you at events in the upcoming months.

Please send us your race results and photos to sdultrarunning@gmail.com so we can be sure to include them in future newsletters and social media.

Notable items in this newsletter:

"Save the Date" for the SURF Holiday Party which is scheduled for December 18th at Marina Village; Ken Bonus has a new program for TrailFit; a store has been added to the SURF website where you can purchase Club merchandise; and SURF now has a public Facebook page in addition to the Members only page.

Thank you for your membership and see you on the trails -- Cinda

Welcome SURF Newbies!

Below is a list of new members that joined SURF since the July newsletter:

Tim Guy

Chad Austin

Maria Ortiz-Malte

Mike Daly

Kelsey Luoma

Eric Choudhary

Caryn Sandoval

Alex Rovira

Thomas Koerner

Brent Stuhley

Benito Guzman

Lizzie Scanlon

Susy Gutierrez

Rick Fortin

We'd like to send new members a club shirt, decal and bottle opener. If interested, please send your requested shirt size (by gender) along with a confirmation of your mailing address.

We mail shirts and store swag orders (from our [new online store](#)) twice per month but would prefer to save mailing costs by handing them off at training or race meetups. If you will be attending an upcoming run or race, let us know! Otherwise, please send your info to our Club email at: sdultrarunning@gmail.com (attention: Scotty)



SURF Spotlights

SURF Board Members, **Leah Lewis and Jeff Hooker**, continue to do a great job with their weekly SURF communications and outreach. Here's the latest:

SURF Now Has A Public Facebook Page!

This page will largely mimic the SURF Instagram and serve as a means to get our Club name out there. On that note, it will also be a place for us to post group runs that are open to everyone, including non-Members. We will continue using our Members Only group page to post race updates, shout outs, discounts, discussion points, and event details that are limited to current Members Only. Hopefully the multiple pages won't get too confusing, but if you have any questions, please don't hesitate to reach out. Here's the link:

<https://www.facebook.com/sdultrarunning>

Be sure to like the page, review & share with friends/family!

As a reminder, the SURF Facebook and Instagram pages are great ways for our 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.

New SURF Merchandise Store!

With training runs and endurance events in full effect, we couldn't be more excited to share that we now have a new SURF online store to ensure you've got the right gear for your next adventure.

We've added our all-new SURF Technical Trucker hat by BOCO to the store, plus we have SURF technical running shirts in long and short sleeve. Don't delay picking out your favorite items.

Shop Now at: <https://sdultrarunning.com/Store>

By the way ... don't forget to tell your runner friends about SURF, we'd love your referral to grow and enrich our community of runners while also helping fund and support local running events and trail maintenance.

At the Races:

Below are short recaps of member races this summer. We recognize we may have missed a few of our member performances so please email us and we will add you to the next newsletter.

Congrats everyone!

- **Scott Mills** finished his tenth Hardrock 100 in a time of 45:10:03.
- At Tahoe Rim Trail 100, **Christy Baker** finished 7th woman in a time of 30:13:52 and **Robert Pardy** finished in 34:29:18. **George Greco** finished the 50 miler in a time of 17:51:22.
- **Sean Nakamura** (33:26:36) and **Gabe Peterson** (38:52:22) finished the Badwater 135.
- **Zeke Zatyko** finished Burning River 100 Miler in a time of 29:38:06, with the support of college friends & SURF members from afar. Zeke also finished Wasatch 100 in a time of 34:59:21, with the help of **Robert Pardy** & **Dmitri Journalist**.
- **Trevor Jones** finished Speedgoat 50K in Utah, climbing a total of 12,000' in a time of 10:35:01.
- **Kenneth Canlas** finished 2nd overall (5:36:30), **Kelyn Curitomay**, 3rd place women (6:46:05), Michael Deras (7:47:04), **Roy Quinn** (8:01:55) and **Sarah Hernandez** (8:02:55) finished Elder Creek Night Runs 50K.
- **Eric Makovsky** finished his 4th Ouray 100 in 46:48:23.
- **Scott Hollister** (27:35:52) and **Rick Hoopes** (35:38:40) finished High Lonesome 100 in Colorado.
- **Sean Stokes** finished Badger 100 in Wisconsin in a time of 33:11:05.
- **Julie Thomas** finished Tuckers 100K in a time of 07:08:11

- **Luke Thomas** finished Tushars 100K in a time of 25:20:14.
- **Evan Randall-Goodwin** (16:21:33), **Matt Whalen** (17:30:58) and **Zhanar Aslbekova Howland** (19:53:07) finished the Never Summer 100K in Colorado.
- **Ricky Roane** (3rd overall) in 4:15:17, and **Becca Roane** (3rd place women) in 5:54:22 finished Crystal Springs 50K
- **Meghan McKinney** finished Wy'East Howl 50K in a time of 7:01:57.
- **Joe Peacock** ran all the way around Mount Saint Helens and finished the Volcanic 50K in a time of 8:01:34. Joe also finished the Timberjack
- **Colton Carter** (15:07:39, 13th overall), **Casey Parks** (18:40:33), **Chiara Gelinis** (20:25:09, one of only 17 female finishers from a starting field of 37) and **Nick Wenger** (20:25:14) finished the Castle Peak 100K.
- **Elizabeth Tenuto & Laurence Denis** placed 4th and 5th in the women's race at Kodiak Ultra Marathons 100 Mile, respectively, in times of 29:37:42.1 and 29:57:05.4
- **Colleen Vidrio** and **Gloria Arlin King** finished the Kodiak Ultra Marathons Half Marathon together in a time of 3:20.
- At Cascade Crest 100 in Washington, **Lindsay Hamoudi** finished 5th place overall in a time of 22:59:56 while **Kelly Young** was 3rd place woman in a time of 26:34:40, and **Steve Rider** finished in 33:34:38.
- **Isabella Janovick** finished the Black Loop division at the Ragnar Trail Rainier, which "consisted of two days of running a combined 35 miles with approx. 9,400 feet of elevation."
- **Anthony Formosa** finished the Mace's Hideout 100 in 35:19, and the Continental Divide Trail 50K in 6:59. Both races were in Colorado.
- **Zhanar Aslbekova Howland** finished IMTUF 100 in a time of 35:17:03 with the help of her husband, **Neal**.
- **Roy Quinn** finished Mogollon 100 in a time of 37:47:39.
- At the Olympic Mountain ultras in Washington, **Dominic Rossi** finished the 50 miler (and his first ultra) in a time of 12:46:08; and **Gemma Bachmann** and **Lisa O'Donnell** finished the 50K together in 7:32:56.

Upcoming Races

- **Cuyamaca 100K:** Scheduled for October 2. More information is available at: <https://www.cuyamaca100k.com/>. Scott Crellin is always looking for volunteers to help out - anyone interested may contact him at: cuyamaca100k@gmail.com.
- **PCT 50:** Tentatively rescheduled to October 16 due to US Forest Service Closure. Entries still available. Information at: <https://secondwindtrailrunning.com/pct50>.
- **Mt Laguna Trail Marathon:** Scheduled for Nov 7. Entries fill quickly for this popular race so don't hesitate too long to enter! Information at: <https://runmountlaguna.com/> and registration at: <https://ultrasignup.com/register.aspx?did=86663>.

All three of the above events are races directed by SURF members. They can always use more volunteers, so if you are free and would like to come out the mountains and help, you can volunteer at the respective race web site.

- **Pirates Cove 6/12/24 Hour:** Scheduled for March 4, 2022. This SURF benefit run is a favorite event amongst the Club. Registration is scheduled to open on Oct 1 at: <https://ultrasignup.com/register.aspx?did=85824>.



TrailFit Update

From Ken Bonus

With the hot summer weather, our TrailFit operations have mostly been limited to periodic outings with park staff over in Cuyamaca Rancho State Park. A round of applause, please, for **Eric Paavola, Ken McIntyre, Ken Marsh** and **Luke Thomas** for working hard on the trails despite the heat. We've managed to make plenty of improvements to the trails used in the upcoming Cuyamaca 100K. There are still things to get done on the more remote trails like Burnt Pine but that should get completed later in the year.

I had been doing a few solo projects over in Cleveland National Forest, like clearing some downed trees. But now, with the forest closure order, even that has come to a halt. Fortunately, we were able to get some fire protection work completed around Todd's cabin just before the closure went into effect.

Interested in learning how to safely lead a crew of trail work volunteers? I still have some open slots for our trail crew leader training on October 30. Sign up at: <https://www.signupgenius.com/go/4090b4badad2da31-trailfit1>.

We still have a lot of fire season to get through before the winter rains (heck, even then we may still be in fire danger) so be careful out there especially on windy days. As Smokey the Bear says: Don't be a marshmallow! Thanks for supporting our TrailFit program.



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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