



# Newsletter

San Diego Ultrarunning Friends (SURF) – September 2018

## *Message from the SURF Board*

**Mary Herd**, SURF board member, writes:

Remodeling a home is no easy task. Ask anyone who has gone through a home renovation and you will hear stories of countless trials and tribulations—the unexpected, things not going as planned, trying times, painful times. Now what in the world does this have to do with ultra running? Read on and I will explain.

As I sit here looking at my floors covered with Ram Board and drywall dust covering half of my worldly possessions, I reflect on why my husband and I decided to purchase a forlorn, fixer-upper house. Where others saw challenges not worth taking on, we saw opportunity. Opportunity to create something new, build a unique experience, and make lasting memories. There are certainly tough times when everything seems to move in painfully slow motion, but the end result is what keeps the relentless drive to move forward.

Just as in ultra running, we are all on our own personal journey, driven by our own unique motivators. Through our journey, we are presented with challenges-- opportunities to learn about ourselves on a deeper level, achieve what was previously considered unattainable, and along the way to take in some really incredible sights! Much like the fixer-upper house, there are countless directions to choose from in ultra running and we are empowered to select a path most fulfilling to us. But we cannot do it alone.



This is where SURF fits in...

...We can achieve great strides on our own, but with the support of friends, we can push those boundaries even further. I cannot express how very grateful I am to have found this group. From one of my first training runs where an experienced ultra runner ran with me and shared his wealth of knowledge, to having my SURF family cheering me on at a race, I know my SURF family will always be there. But just as all things in life, you get out what you put in. So I encourage each and every one of you to get involved, no matter how small. Volunteer a few hours at a race, pace for a friend, or help clear a trail...it will all be time well spent.

Take care, enjoy your journey, and see all of you out on the trails!

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## *Latest News*

- COMIN UP! 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

We are holding our first club meeting! This event is open to SURF members + one guest. [Please RSVP](#). If you RSVP'd on Facebook event, no need to register again.

### **SCHEDULE:**

- 3:00 pm - Food - SURF to provide BBQ main dish and beverages (soda, water, beer and wine), bring a side dish to share
- 4:00 pm - Meeting Starts - Meet the Board
- 4:15 pm - Guest Speaker
- 4:30 pm - Q&A with Scott Mills
- 5:00 pm - Wrap up and break down

What to Bring: Chair and side dish.

If you would like to volunteer to help with setup or breakdown, please email Bonnie at [bjc0301@gmail.com](mailto:bjc0301@gmail.com). Thanks!

- SURF Membership continues to grow.
- 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](mailto:RunSurfNews@gmail.com) (photos, articles, race reports other text etc...).

- **The Trail Running Film Festival.** October 29<sup>th</sup>!  
Doors open 6:30pm, show starts 7:00pm



The show itself is about two hours and includes a prize giveaway from the festival sponsors but folks are encouraged to show up early to mingle, hit the concession stand and grab their seats.

**Landmark's Hillcrest Cinemas,  
3965 Fifth Ave, San Diego, CA 92103**

With a variety of short and medium length movies from world-class filmmakers The Trail Running Film Festival takes the audience on a virtual run through forests, up mountains, beyond emotional obstacles, and across the finish line.

Choosing to only show the films in theaters with their big screens, booming audio systems, comfy seats and adult beverages it's a night full of friends, fun, and inspiration!

We have some exciting news to share with you. **As a dues paying SURF member you are entitled 50% off the standard ticket price!!!!**

Just use the coupon code below when registering. We ask that you keep this code **within the SURF Family** as this is a public event and it's limited to 200 seats, we want to ensure that all those members who want to attend can.

Coupon code: **SURF18**

Direct link to ticket sales: <https://ultrasignup.com/register.aspx?did=59920>

Website: [www.trailfilmfest.com](http://www.trailfilmfest.com)

FB event page: <https://www.facebook.com/events/318023195412503/>

- **Save-the-date! SURF Holiday Party** SATURDAY December 15<sup>th</sup> 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.

- **Mt Laguna Trail Project:** The next page is an early graphic of the new trails that will be **funded in part by SURF's project**. These include a new connector trail between Pioneer Mail and Penny Pines on the west side of Sunrise Highway, a new Noble Canyon connector from the Sunset Trail, and several reroutes around the south end of Big Laguna Lake as well as the addition of bike features towards Meadows to concentrate mountain bike traffic away from high-use hiking and running trails.

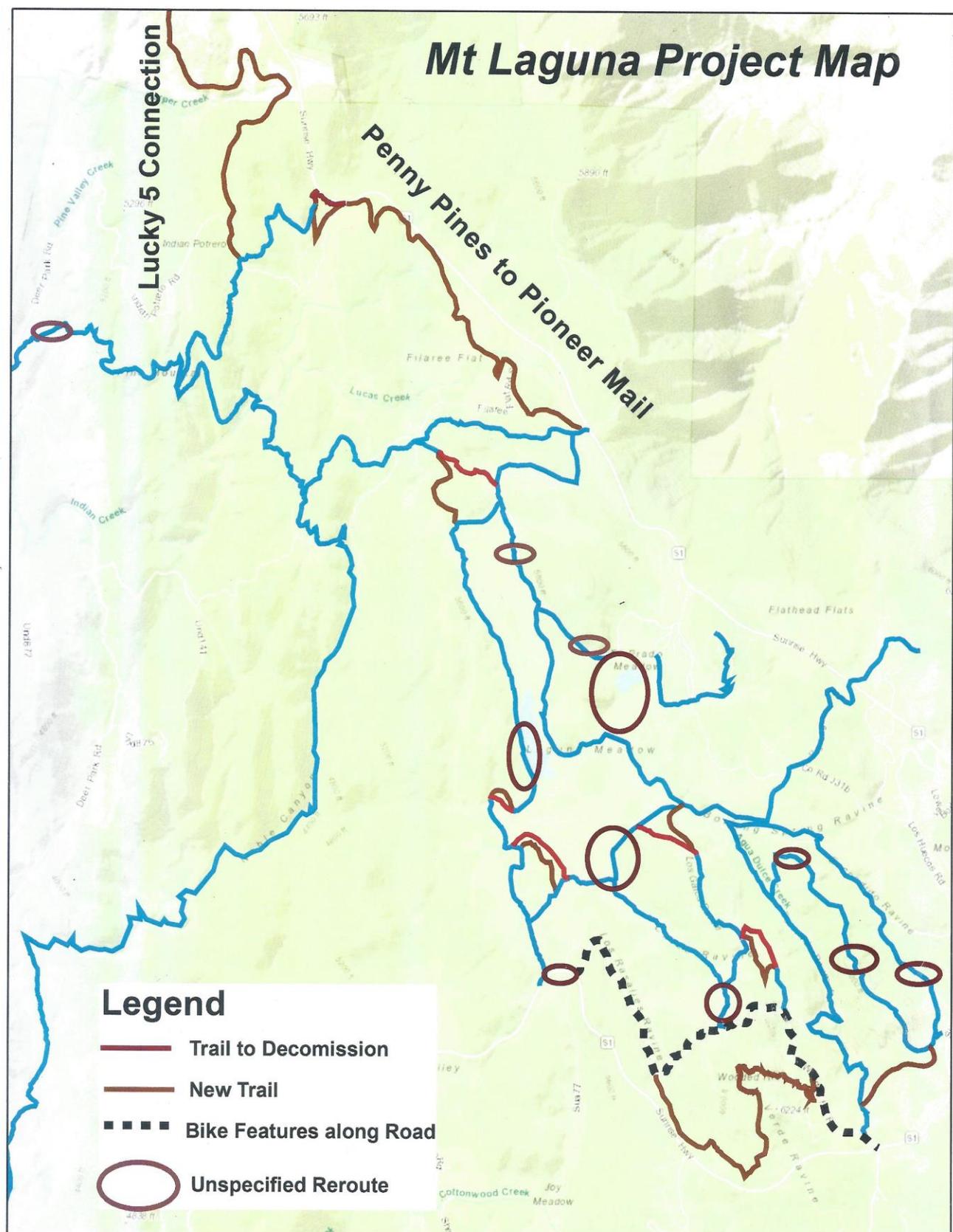
**If you haven't already, please consider donating to the trail project:**

<http://www.sdultrarunning.com/Donate>

Questions? Please e-mail the project coordinator on behalf of SURF, BJ Haeck, at [bengator@yahoo.com](mailto:bengator@yahoo.com).



# Mt Laguna Project Map



<http://www.sdultrarunning.com/Donate>

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## Recent SURF Events

### Trail Fit (Trail Work)



Ken Bonus Writes:

Crosscut Wednesday for TrailFit! I met up with Eric Paavola and Ken McIntyre at the Pine Creek trailhead to clear 4 downed trees on the first part of the Secret Canyon trail. This was some serious saw work. A brisk 39 degrees at the start, warming to high 90s by lunchtime. We're usually the only ones out there but today we also ran into a hiking group of nearly 30. Fun to chat with everyone and we hope their one member who had some medical issues is doing fine now.

Post-work picnic at the trailhead in the shade was a sweet finish to a fine morning of work. I'll be adding some more dates for work, post-fire season, so check in periodically with us at [www.sdtrailfit.org](http://www.sdtrailfit.org)



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# Julian Station Full Moon 12/24 Hour Run

## August 25<sup>th</sup> 2018



For the first time and for a SURF member spiff, this year we offered free entry and restricted entry to only SURF members.

**Michelle Mead** wins the 24 hour race running 102.3 miles with **Jamie Chatham** winning it for the men with 100.44 miles!

**Kevin Hopp** cranked out 62 miles in the 12 hour race. And **Dancey Dana** won it for the women with 44.64 miles!

For complete results [click here!](#)





# The Noble Canyon 50k

## September 22<sup>nd</sup> 2018

The first day of Fall started off with a bang. The 12<sup>th</sup> running of the Noble Canyon 50k saw a new venue, and slight tweaks to the course. After all what's Noble without a few changes?

We saw a record 238 starters and **227 finishers (95% finish rate)**! Runners were treated to a good amount of cloud cover which all appreciated. The trail was no less beautiful and the rocks were no less aggressive.

Photos of most runners can be found here:

<http://www.noblecanyon50k.com/p/photos-videos-race-reports.html>



**Matt Buschman** won Noble in 4:56:26! And **Carolyn Tallman** won it for the women in 5:46:40! Congratulations to all SURF runners and a huge thank you to all the volunteers.

Congrats to **10x finishers** Megan Yu, Tino (Delfino) Martinez, Yen Darcy!

Also congrats to **5x finishers**: Brenda Corona, Griffin Labonte, Ana Lucero, Ron Mahoney, Ilian Moctezuma, Cesar Salas, Mike Tamoush.

[Click here for Complete Results.](#)



Surf Member **Casey Parks**  
(Photo credit Tatiana Chamberlain)



Surf Member **Cesar Salas** clinches his 5<sup>th</sup> Noble finish, earning the Jacket!  
(Photo credit Todd "T-Bone" Hockensmith) @t.allin.h



Veteran Ultrarunner **Anne Langstaff** leading the way.  
(Photo credit Todd "T-Bone" Hockensmith) @t.allin.h



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 Gabrielle Orsi who finished the slam at this year's Noble Canyon 50k!

**Gabrielle Orsi:** Noble Time: 7:46:04 Total Slam Time: 67:34:15

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

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## ***SURF Members at the Races***

If you know of any SURF member's recent race or trail achievement please email us ([runsurfnews@gmail.com](mailto: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!

- August 29. SURF member **Steve Rider** summits Mount Whitney (14,505 ft)!



- **September 15:** SURF was well represented at this year's **Mogollon Monster** with **Paul Jesse** finishing in 29:21:25 and **Angela Shartel** winning it for the women in 26:21:17! **Todd "T-Bone" Hockensmith** finished the 105k in 16:45:21



- August 18. **Squamish 50 Mile /23k.** **Jeff Martin** finished the 50 Mile in 16:36:25 with **Nancy Martin** finishing the 35Kilometer in 5:06:13



- Veteran ultrarunner, SURF board member, and future Co-RD of the SD 100: **BJ Haeck** completed the Run Rabbit Run 100 Mile Run 35:09:48



## *Upcoming Events:*

10/6/2018	<a href="#">Cuyamaca 100k</a>
10/27/2018	<a href="#">Lake Hodges Trail Fest 50k /15k/5k</a>
Nov 4, 2018	<a href="#">Mount Laguna Trail Marathon</a>
January 2019	<a href="#">San Diego 50 Mile &amp; Trail Marathon</a>
February 2019	SURF Secret Canyon Run
March 1, 2019	<a href="#">SD Pirate's Cove 6/12/24 Run/Walk</a>
April 2019	<a href="#">Oriflamme 50k</a>
May 11, 2019	<a href="#">PCT50 Mile</a>
June 7-8, 2019	<a href="#">San Diego 100 Mile Endurance Run</a>
June 29, 2019	<a href="#">Black Mountain 50k/25k</a>
July 13, 2019	<a href="#">The Peak 50k / Mountain Marathon / Half</a>
Aug 2019	<a href="#">Julian Station Full Moon Run 12/24</a>
Sep 21, 2019	<a href="#">Noble Canyon 50k</a>

**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](mailto:runsurfnews@gmail.com)

Thank you for your membership and Happy Trails!

- San Diego Ultrarunning Friends board

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## Resources



meetup



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

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

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