



2017 Quarterly Newsletter #2

Message from the President:

It's hard to believe that 2017 is halfway over... This year alone we have added 66 new members. It's so exciting to see the club growing like this. Many of you have already had some



unbelievable performances and for others the bulk of the work, joy, suffering, and freedom lie ahead in the coming months. Whatever it may be I encourage all of you get out of your comfort zone and do things that challenge you to your core. This is where true growth occurs. I also encourage you to get out and volunteer at an upcoming event. What makes this sport so great are the human connections, and the selfless acts of giving back to see our fellow runners accomplish their goals.

Good luck to all of you in the coming months I can't wait to hear the stories of success, triumph, and even suffering as the year progresses.

See you on the trails or at an aid station along the way..

Matt Whalen
SURF President

SURF Supported Events:

1. [Pirate's Cove 6/12/24](#) (March 3, 2017):

The top 3 runners in the 24 hour event achieved over 100 miles to earn the coveted 2 ounce silver pirate's coins. **Eric Makovsky** was first male going 104 miles. **Jeri Ginsburg** was second overall and first female also going 104 miles. Third overall and second male was Ed Ettinghausen making 100 miles. The youngest runner was 6 year old Henry Makovsky in the 6 hour event surpassing the 6 mile minimum going 9 miles to earn his award. Following in his father's running steps???



Because of this year's heavy rains, the level of the lake rose significantly, necessitating a course change. The race started and finished at Chambers RV Park on the north side of the lake. This turned out to be a better venue, and will remain the start/finish going forward. Congrats to all participants, and thank you to our volunteers!

2. [Oriflamme 50K](#) (April 8, 2017):



This year's Oriflamme 50K brought some interesting weather conditions, to say the least. Windy, wet and cold at the start, the drizzle stopped and temperatures warmed a bit as the runners hit the desert floor. The aftermath of the rain revealed a beautiful rainbow. However, continued windy conditions challenged runners on the return up through Oriflamme Canyon and into the finish.

134 of 138 runners completed the challenging run, with **Igor Campos** taking top honors in 4:18:54 and **Jade Belzberg** the top female, coming in at 4:54:39. It was the second Oriflamme first place finish for each, with Igor also having won the race in 2013 and Jade in 2015.

3. [The Next Door SURF Fundraiser](#) (April 14, 2017):



SURF members filled The Next Door Craft Beer and Wine Bar to participate in a fundraiser and social event. Thanks to The Next Door, and to Randy Zuniga for organizing! Proceeds are earmarked for the [SURF Holiday Party](#) in December.

4. Lost Boys 50 Mile (April 29, 2017):

The success and impact of this year's point-to-point Lost Boys 50 Mile Trail Run (LB50) is not measured by the number of entrants (63) or finishers (52). Running and volunteering at the LB50 echoes of a time in our ultrarunning world long past. Small bands of tough dudes and chicks being dropped in the middle of nowhere fighting their way through a relentlessly tough course, enjoying together the beauty of the desert and the mountains with no audience but themselves and a bit of wildlife.



Runners assembled on the desert floor at 1,100 foot elevation. They tromped uphill through desert trails and washes climbing over a series of boulders and dry waterfalls. Eventually climbing up the Laguna Mountain range until the runners reached the top of Cuyamca Peak at 6,512 feet. Then finally ending at the lakes edge of Cuyamca Lake, 50 miles later.





Local **Ricky Roane** won this year's race 1 hour and 40 minutes ahead of the next runner setting a new record for the modern course. And local **Andi Ramer** won it for the women. We have officially revived this old-school race, established in 1991, and I continue to say that we are quietly in an unknown corner of the

ultrarunning world building something great. Congratulations to the runners and thank you to the incredible SURF volunteers!

Brian Gonzales, Lost Boys 50 RD

5. [PCT 50 Mile](#) (May 13, 2017):

Perfect weather greeted runners at this year's PCT 50 mile run. **Igor Campos** set a fast pace from the start, but **Fernando Blanco**, after suffering through the initial twenty miles, slowly got his legs back and hunted Igor down, passing him and eventually finishing in an impressive 7:11:21 for the win. Igor came in second, with newcomer Clark Thompson, a twenty year-old from Carlsbad, finishing third.



Winner, Fern Blanco and RD, John Martinez

On the women's side, **Elizabeth Tenuto** grabbed the early lead and never let go, winning in 8:56:20. **Kaitlin Reed**, running in her first-ever fifty, came in second, with **Tracy Dimino** just a few minutes behind in third.

127 of 154 runners completed the race. As always, Cuban pork, rice and beans at the finish line. Special thanks to all of the volunteers who over the years have helped to make this one of the nation's iconic fifty milers.

6. Stumblefoot Brewing SURF Party (May 27, 2017):

Our May 27th event at Stumblefoot was a success; SURF raised \$900 from the raffle and beer sales which will be donated to the following charities. [Soles 4 Souls](#), [San Diego Riverpark Foundation](#), and [Yellow Ribbon.org](#). Congrats to all the raffle winners, and thanks to all those who donated. Matt Smith, Steven Peterson, Molly Wiem, Scott Hollister, Jennifer Henderson, Injinji, CarboPro, InkNBurn, Altra, and Elevation Culture.

A special thank you to Cameron Rentch and Cory Schmelzer with Stumblefoot for hosting our event, and our gratitude goes out to Scott Mills and Angela Shartel for sharing part of their journey with us!!

Stay tuned for the next event...



Scotty goes off script



A rapt audience for the screening of [Ultra Angela](#)

7. San Diego 100 Mile (June 9-10, 2017):

Wow! June 9-10 marked another great SD 100 event with a huge number of SURF members either running or supporting as volunteers. The outpouring for the race that Paul Schmidt started in the early years of SURF has grown and matured and represents the commitment and passion of the San Diego Ultrarunning community to our sport.



Sean Nakamura on the PCT

This year's race recorded a record number of starters and finishers in spite of tough night time winds along the upper ridges of the PCT and over the later stages of the race. With 261 starters and 173 finishers, we recorded a 66% finish rate.

SURF participants included: Top Overall Female (22:22) **Teresa Kaiser, Sean Nakamura, Elizabeth Tenuto, Scott Coberly, Richard Morrison, Scott Crellin, Tom Nielsen, Mike Tamoush, Michael Racioppo, Bryce Williams, Paul Chamberlain, Robin McDearmon, Sean Stokes, May Floyd, Randy Zuniga, Daniel Shamburg, Jeri Ginsburg, Eric Makovsky, Jonathan Burchmore, Cesar Salas, Sylvere Valentin, Nartaya Miller, Robert Pardy, Jonathan Hunter...** among a few others. I think that is all of the SURF finishers, if I missed anyone I truly apologize, send me a note and I'll add them.



Results are posted at on [Ultrasignup](#).

Congrats to all SURF members involved with this year's event. It was a great success. Look for some awesome event pictures from Howie Stern which will be available shortly with access links on the SD 100 web site and Facebook.



Mike Tamoush happily receiving his finish line hug from Angela Shartel

AT THE RACES - Some Notable SURF Performances:

[Zion Ultras \(4/7\)](#)

SURF members **Dmitri Journist**, **Teresa Kaiser**, and **Sarah Ramirez** took on this challenging and scenic race through the southern Utah desert adjacent to Zion National Park. Dmitri took 2nd place in his first 100 mile finish. Teresa was first female, and fourth overall in the 100k race.

[PENEDA-GERÊS TRAIL ADVENTURE \(5/12\)](#)

SURF members **Karen Hamilton** and **Anne Langstaff** took on a 7 day, 120km stage race in Portugal. Karen (AKA Catharina) took the overall win after 7 stages. Congratulations to Anne and Karen!

[Comrades Marathon \(6/4\)](#)

Congrats to SURF member, **Chris Sigel**, on his Comrades Marathon finish! Comrades is an historic South African 56 mile race that was first held in 1921. This year was the 47th running and there were over 17,000 starters. Way to represent with your SD100 gear, Chris!



Ultrarunning Magazine [Race Series](#)

Several SURF members placed in the prestigious Ultrarunning Magazine Race Series this year. Runners are scored based on their top performance at each ultra distance- 50k, 50m, 100k, and 100m. Recognized in the top 100 overall leaderboard are: **Angela Shartel** (#50), **Cindy Lynch** (#77), **Scott Hollister** (#53), and **Steven Peterson** (#62). In the California age group leaderboard are: **Dmitri Journist** (#4 M 23-29), **Jade Belzberg** (#2 F 23-29), **Steven Peterson** (#4 40-49), and **Rick Hoopes** (#1 60-69). We are extremely proud of our talented and dedicated SURF runners!

[San Diego Ultra Slam](#)

Four San Diego runners completed their Ultra Slam journey this year at the San Diego 100. **Treacy Sommer, Maria Pedraza Vega, Sean Stokes, and Nartaya Miller** began with the Noble Canyon 50k last year, and consecutively finished all four iconic ultra distances in one year. Good work to you all!

[Bighorn \(6/16\)](#)

An already rugged, high-elevation course went from hard to extreme this year as a result of cold, wind, and rain. SURF member, **B.J. Haeck** prevailed over this challenging race, an event that another runner called a "[100 mile Tough Mudder](#)." Congrats to you, BJ, and keep smiling!

[Leadville Trail Marathon \(6/17\)](#)

BJ wasn't the only one to leave our modest San Diego mountains for some high country racing. SURF members **Rachelle Pizarro, Michelle Saumur, and Kendra Kettelhut** completed 26.2 miles, all over 10,000 feet. Amazing job, ladies! Colorado being such a small place, they naturally ran into SURF expat, Paul Jesse.



Pat Meskell in the Squaw Valley snow

[Western States 100 Mile Endurance Run \(6/24\)](#)

SURF was well represented at this year's Western States, with **Pat Meskell, Renee Drucas, and Scott Mills** making the trip to Squaw Valley. Many other SURF members also joined them as crew or pacers. Runners were greeted by tough conditions this year- 15 miles of snow and mud to start the race, which took its toll on many early on. For those that continued on, the exceptionally hot weather began to beat down on them. Pat was the first SURF member to finish, paced the last 38 miles by his three sons. Congrats, Pat, on your first Western States finish! Well-earned!

This year, Scotty was the first recipient of the [Silver Legend Entry](#), a spot reserved for a 60+ runner in honor



of former WSER race director, Greg Soderlund, who passed away last year. A more deserving ultrarunner, race director, and running mentor to many probably does not exist. A profile from [irunfar](#) a couple years back did a great job of expressing what Scotty means to the ultrarunning community. We at SURF are lucky to have him as a member.



Scotty kept us tuned in to irunfar's [twitter feed](#), and to Ultralive's results page until the very end. Don't know how many times I clicked the refresh button in those last 30 minutes!



Scotty Mills and pacers Angela Shartel and Tracy Moore

Upcoming Events and Races:

1. [The Peak Mountain Marathon and Half](#) 7/15/15



The first ever Cuyamaca Peak Mountain Marathon & Half Marathon is scheduled for Saturday, July 15. The routing for each race is guaranteed to be one of the toughest—and most scenic—at their respective distances. Both races utilize the rocky and steep Conejos Trail, while the full marathon goes down, and then back up, beautiful Burnt Pine Trail.

Many SURF members have been partaking in training runs which have been held on the course over the past few weeks. The races themselves make great training runs for the

Cuyamaca 100K, which this year will be held on October 7. The races already have over 120 entrants. Registration will close on July 12, or sooner, should the event sell out.

2. [Black Mountain 50K](#) 7/22/17

This is the inaugural year for a tough, local 50K with a 25K option. The course travels through the majority of trails in the Black Mountain Open Space and much of the Lusardi Creek area. Organizers have teamed up with a national military non profit called Team RBW and proceeds will be donated to this organization to help support our local veterans. If you're ready for some technical signal track, hills, and heat, come on out with your family and friends to run! See more details at www.blackmtn50k.com



Discount code for SURF members: SURFBM50K

3. [Noble Canyon 50K Training Run](#) 7/29/17

4. [Julian Station Full Moon](#) 12/24 8/5/17

This will be the 3rd annual running of the Julian Station Full Moon event. This is a great venue for a timed, 1k loop course. Come out for 12 or 24 hours and test your limits, one loop at a time!



5. [Cuyamaca 100K Training Run](#) 8/12/17

6. [Noble Canyon 50K Training Run](#) 8/26/17

7. [Cuyamaca 100K Training Run](#) 9/9/17

8. [Noble Canyon 50K](#) 9/23/17

Noble Canyon #11 returns the course to the original route (with a couple minor adjustments) of 2007. Though we won't be running through Pioneer Mail, and over Champagne Pass this year, it will nevertheless be a challenging and rugged 50k. Tracy Dimino, will we be anywhere near the Rat Hole? As I write this, there are still over 50 spots available, but we all know that won't last, so sign up soon!

10. [Cuyamaca 100K](#) 10/7/17

11. [Lake Hodges 50K](#) 10/28/17

The Lake Hodges Trail Fest is an event with something for the whole family, from the endurance crazed to the kids, we've got a distance for you. Choose from the Lake Hodges 50K, the Hunt for Hodgee 15K or 5K, and don't forget to sign the kid's up for the the 1 Mile Fun Run! 10% off registration for SURF members- code RUNSURF



Price increase 7/1

12. [Mount Laguna Trail Marathon](#) 11/5/17

The Mount Laguna Trail Marathon will return for it's 5th year this November. Look for registration to open later this Summer and watch your inbox for an invitation to register early.



13. [Annual SURF Holiday Party](#) 12/10/17

We will return to Marina Village for our Annual Holiday Party. Please save the date and plan to attend! You can RSVP for the party at the above link. You can once again expect numerous race entries to be raffled off, a delicious meal, and plenty of friendship and cheer. Hope to see you there!

REMINDER: Volunteers are the life blood of ultras and we'd love to see you out there with us....its fun and your time is greatly appreciated by organizers and runners alike. Please contact the race directors of the aforementioned events to find out how you can help!

A Message from Ken Bonus:

We are pretty much wrapping up the major trail work projects for the 2016-17 season. To recap, we again cleared brush on about 25 miles of trail and removed well over 200 downed trees. I had about 80 runners come out to work with me. And, of course, we have the terrific on-going efforts of our Wednesday crew, including the Other Two Kens and Eric Paavola, with additional assistance from various of Ken McIntyre's Kensington mafia. This is the first year where nearly all of our work was more in the nature of maintaining our trail system rather than doing rush work to save/reopen an overgrown trail. Although, we did have our fair share of rush work removing downed trees that fell right before a race.....



I'm told that Deadhorse, Black Oak West, upper Burnt Pine, Juaquapine trails are in poor shape. There are probably some more CRSP trails in need of work. The heavy rains and snow have led to a lot of new growth and it's not realistic to expect the Wednesday crew to do all of this by themselves (especially by the time of the Cuyamaca 100K). Also, a high percentage of the work the past couple of seasons for our Wednesday crew has been to remove downed trees, and those are going to continue to fall this winter/spring.

Over in Cleveland National Forest, it's pretty much the same limited funding for trail work. Because they did not get hit as hard with fires, we've not have the same level of problems with overgrowth and downed trees. Our use of crosscut saws has worked out great, especially during fire season and for downed trees in wilderness areas. I've been contacted by a new USFS employee who is in charge of trails and wilderness and I expect we'll be doing some more projects on USFS lands on Palomar. I'm still trying to get USFS interested in creating a new trail linking the top of Palomar Mountain with the Dripping Springs/Wildhorse trails so that we could, eventually, have a trail that goes up and over Palomar from Pauma Valley to Dripping Springs campground near Temecula. I know they are very happy about our trail work.

Thanks to everyone for your support of TrailFit. I think we are doing amazing things!



Ken leads the Trailfit weekend outings throughout the year which account for over 1200 man hours of trail work. With all the rain, Ken has had to reschedule and add new dates for weekend work and the revised schedule with additional information is at sdtrailfit.org.

We at the SURF board of directors serve two year terms with an option to serve up to two additional terms consecutively. Elections take place in December. If you are interested in volunteering to serve on the board, the process can be found on our [member page](#).

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

<mailto:scottemills51@gmail.com>

Thank you for your membership and Happy Trails!

