

2007, Quarter 2



# Southern California Ultra Runners Grand Prix Series Leaderboard



New Balance: Official Shoe Sponsor of the Southern California Ultra Runners Grand Prix Series

## Message from the Director

Welcome to the new *Southern California Ultra Runners Grand Prix Series Leaderboard*. I am not a newspaper editor, nor am I planning a career change, so hang with me on this as I hope to begin with a simple letter, and just like our sport, see where this trail takes us.

First, we would like to welcome New Balance as our Series Shoe Sponsor. We really appreciate their support. We also want to thank **Run with Us** in Pasadena for their help in arranging this sponsorship.

Currently we have over 80 Series participants. That is up from 46 last year. Our sport and trail running both are growing at a phenomenal pace. Trails and ultras are being experienced by runners of all ages and abilities. It's a sport of everyday people performing at a not-so-everyday level. Congrats to all of you and **WELCOME** to our new runners!

At the races this year and continuing through this Quarter, Michelle Barton has been tearing up everything. She has nine victories including two first place overall finishes! Additionally, it is my understanding she has set course records at all of those races. She is on a pace to have an incredible year. Go Girl!

Dean Dobberteen currently leads all runners in the overall points with Tom Whitaker, Michelle Barton, John Radich, and Gabor Kozinc rounding out the top five.

How about the mileage leader at the half way point? None other than Fred Pollard, Mr. Supper-Super Senior! Fred has 326 Series race miles so far this year and he has Leadville and Badwater coming up! Go Flyin' Fred!

Congrats to our Western States 100 finishers Tracy Moore, Bill Cook, Bill Ramsey, Denis Trafecanty, Andy Kumeda, Jeremy Boyd, Leigh Corbin, and George Velasco! (I hope I didn't forget anyone?)

Our races this upcoming Quarter include the Mt Disappointment 50/50 Endurance Race (August 11th), Bulldog 50K (August 25th), and The Angeles Crest 100 Mile Endurance Run (September 15th). Bulldog's Nancy Shura and AC 100's Ken Hamada and Hal Winton have been at this a long time. They are amazing. Hope to see you there!

Other races in So. CA include The San Diego Bad Rats having a new 50K on September 29th. It is the Noble Canyon 50K. The race committee includes Scott Mills,

Tommy Nielson, and Tracy Moore. These guys have a great passion for the sport...so you can expect good things. Go to [www.noblecanyon50k.com](http://www.noblecanyon50k.com).

Checkout some of the other articles I have tried to include in this initial news letter. I hope you can find some good reading here. The contributors have helped me try to create our initial letter. I really appreciate their help. They include Charlie, Michelle, Hal, and Fred.

I would appreciate hearing messages from anyone out there on our articles and **PLEASE CONTRIBUTE!** I want and need comments on "the Senior Runner", "Equipment Review", the forests and trails in your area, and other useful or conversational topics. My goal is to create a newsletter that provides useful information that allows each of you enjoy and find useful. Please give me some feed back as we try to kick this off and see where it goes.

Hope you all enjoy the letter, and see you on the trails soon!

Happy Trails!

Gary Hilliard  
Series Director

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## Series Calendar

01/13/07 Avalon Benefit 50 Mile
01/20/08 50k Calico Trail Run
02/04/07 Twin Peaks Ultra 50/50
02/17/07 Orange Curtain 100k/50k
03/31/07 Lake Hodges 50k
04/07/07 San Juan Trail 50k
04/21/07 Leona Divide 50 Mile
05/05/07 Wild Wild West 50k

05/11/08 PCT 50 Mile Trail Run
05/17/08 Bishop High Sierra 50m, 50k, 20m
06/02/07 Shadow of the Giants 50k
06/10/07 Holcomb Valley 33 Mile
08/11/07 Mt. Disappointment 50k/50 Mile
08/25/07 Bulldog 50k Ultra Run/25k Run
09/15/07 Angeles Crest 100
10/20/07 San Diego 100
11/24/07 Santa Barbara 9 Trails 35 Mile Run
12/02/07 High Desert 50k & 30k



## Hey, Where's Charlie?

One of our own Series Runners, Charlie Nickell, offers his thoughts on some of our recent races.

Charlie's website and more of his thoughts can be found at:

[www.therundown.net](http://www.therundown.net)

**4/7 San Juan Trail 50K** - The Trabuco Trail is built for speed. My legs were done from being a short, fat white guy so I had to roll down the steep incline. At birth, I was genetically built for speed but the delivering doctor slapped me too hard and gave me crib-knee which turned into play pen tendonitis and then later into hi-chair lactic acid build up. For normal people, this is the section of course you can make up for lost time. I tried to catch Anne Langstaff but, she was running. I looked like I was playing hopscotch trying to avoid anything that would send a jarring reminder to my quads that I should be lawn bowling. Mike Mazza, my surprise pacer, was bouncing around like the Energizer Bunny, snapping photos and then hopping off. It was anybody's guess what plant, tree, rock or hole he would pop out of next.

**4/21 Leona Divide 50 Mile Run** - The toughest climb at Leona comes from miles 28 to 35.5. It's a gradual climb but, like a bad first date, it seems to never end. During this portion of the run (an out-and-back), slower runners get to see the front-runners as they blaze their way down the trail. I managed to snap off a photo of eventual winner Jorge Pacheco. Figuring I was the paparazzi, Jorge went for the camera like a pissed Alec Baldwin. I was too quick and didn't even drop my long-stemmed cigarette. On one hour of sleep, playing the aid stations flawlessly, Jorge would go onto win this year's event in 6:58:04. Hot on his heels was Krissy Moehl, who smiled warmly when she passed me on the way down and, like all the front-runners, lied through her teeth

when she told me, "Greg, you're looking good!" I must have been more delirious than I thought. I later found out she said, "Hey, you look like you need some food!"

**5/05 The Wild Wild West 50K** - I had the privilege and honor of doing the WWW50K with the famous iMichelle. This girl is from another planet, which is appropriate considering the scenery we had on this run. The 50K starts on Whitney Portal Road (end of the Badwater course) at 5500 feet, and climbs to close to 7000 feet during the first seven miles - can you say grueling, gasping for breath? With a 6:00 a.m. start and temps in the low 40s with 30+ mile-an-hour winds, it was actually good to start the race, as it was FREEZING. Off went the horn and iMichelle bolted near the front, wearing her stylish Solomon team running outfit. The course wound its way up into the hills, and the climbing was relentless. Oh yeah, one great thing about this race was aid stations every 2-3 miles, so you could travel light.

**5/12 PCT 50** - We'll always remember the PCT50 for one thing. We've never been so happy in our entire life to see a freeway. Hitting Fred Canyon aid station, you could view the magnificent trucks and hear the methodic downshifting of the Peterbilts and Macs as they prepared to stop for the immigration check point. The 8 freeway meant my car was near and the finish was at least a reality. It sounded like waves crashing on the beach. We imagined the fresh smell of carbon dioxide or burning diesel. If somebody had honked we would've died and gone to heaven. It was such a boost that we felt like hugging a border patrol agent. . Would we run the PCT50 again? You bet.

**5/19 The Bishop High Sierra Ultramarathons** - This race may be beautiful -- the shimmering mountain backdrop is so unreal, it looks like a Hollywood set -- but it's no walk in the park. In fact, during the early stages of the race, which is a deceptively difficult due to a gradual uphill section at elevation (4,400 to 8,200, roughly), we were reminded of a game of chess we managed to play the night before at the local Carnivore Inn.

Specifically, we were reminded of our opponent's final move in that chess match: Bishop to K4. Checkmate. It's going to be a long day.

**6/2 Shadow of the Giants 50K** - On paper, this looks like an easy course. Don't be fooled, nothing is further from the truth. The initial five miles are extremely uphill and give the runners little time to acclimate. Consisting of 85% fire road, the course demands a larger than normal amount of repetitive turnover which tires the legs similar to an evil street marathon. Elevation and thin air are a factor. If you get through this course early enough, its shade central. If you're still out pounding gravel at 1 p. m., with the sun directly overhead, the course changes names by dropping Shadow and going with The Giant 50K. At 33.5 miles, this race could be arrested for impersonating a 50K.

**6/10 Holcomb Valley 33 Mile** - To savor this Beauty of a run in the Southern California mountain resort community of Big Bear, you must first survive the Beast - the uphill fire road section that conveniently starts, at mile 20 and morphs into rolling hills until mile 27, where there are three more miles of uphill -- but at least they're on beautiful, shady singletrack. We will forgive this race for being held in the dreaded "909." We will once again be witness to history with another first-place finish by some chick named Barton. But we will never forgive Dean Dobberteen (second place, 4:54:29) for highlighting his hair with blond streaks. And we forever will be moved by race director Pam Kalina's speech at the beginning of the race, where she unspoiled a tale of recent personal tragedies that inspired even the most self-centered of us. Finish times be damned - this run was all about friends and family.

To read the re-caps in their entirety, go to [www.therundown.net](http://www.therundown.net)

## Gettin' to Know Your Series Pals

- Name: Michelle Barton
- Favorite cartoon character: Tasmanian Devil
- Eat healthy or whatever? Yes, I have been a vegetarian for 18 years. I inhale lots of couscous and Starbucks. Lima beans, soy beans, pinto beans or couscous? Recover-EASE is my secret weapon. Pizza topping? Anything that is not dead. Not tortured souls. Any veggies.
- Clean car or messy car? Clean car, but usually a disaster after a race.
- Hometown: Beautiful Laguna Niguel
- Family (spouse, kids, etc.): My sweet daughter Speedy Sierra the rockstar runner top of her class. No spouse or boyfriend and I like it that way.
- Running motto/quote: Run when you can, walk when you have to, crawl if you must: just never give up ~ Karno. Always remember to

keep it fun. Don't take any of this too seriously ~ Gordy Ainsleigh

- Running PRs: 5K: 20:20; 10K: 42:00; Marathon: 4:10; 50 km: 3:57; 50 miles: 8:42; 100 km: 10:24; 100 Miles: 19:42; 24 hours: Never done it.
- Average miles run per week: 60-70
- I run in the morning, afternoon or night? I love the transition from night to day, that's why I run at 5:00am.
- Favorite food/drink during an ultra: Hammer HEED, Vanilla or Chocolate Hammer gel, GU, Trader Joe's Protein with P'zazz Protein Smoothie, NUUN and Clif Blox.
- What's in your iPod or MP3 player: Everything from Alice N Chains, Ozzy, Guns N Roses, Red Hot Chili Peppers, Soundgarden, No Doubt.....
- Pet peeve: Smokers and big



Michelle's daughter Sierra

unleashed dogs that jump on me on the trail.

- Favorite web site: www.therundown.net - www.canosoarus.com (my Dad's invention site) www.ultramarathonman.com - www.OCtrailrunners.org - www.run100s.com
- Favorite ultra: My first ultra has a special place in my heart - the San Juan Trail 50k in 2003.
- Other hobbies: Hiking and backpacking with Sierra and my Dad in the Sierra Nevada Mountains is the best.

Personal philosophy: To give anything less than 100% is to sacrifice the gift. ~ Prefontaine

## National Forest and Trail Updates

### News From The Angeles National Forest

From: Hal Winton LARRD Vol. #12

As the local USFS officers struggle with funding cuts and additional costs due to environmental studies, vandalism and maintaining forest facilities, roads and trails; recruitment of volunteer organizations has never been more important. All things take time however. New groups of trail and other types of volunteer workers have sprung up in the last few years, while groups with long histories remain fairly steadfast. A lot of work has been done but a lot more needs to be done.

A number of ANF senior LEOs (law enforcement officers) have retired in recent years and due to that and in-

creased needs the ANF plans to double the number of LEOs but it will take about a year of training to see it to fruition. Our new district ranger Mike McIntyre (our former archeologist) says he has certain offenders on his radar screen and volunteers will be called upon to help. Normally we observe and report. Perhaps more of the same. However we can hope that more education of forest users to be more responsible will be done at the same time. The best news IMO, I save for last.

The total ANF forest closure a couple of years back due to extreme fire conditions created a quote "Minefield" for the agency. The new approach among other things amounts to educating the forest users about fire issues as well as restricting access and behaviors in more critical areas, but only closing significant portions of the forest when there



are existing fires. There is a good chance that we will go into extreme conditions this year but have a better chance of avoiding wide spread closures under this new policy.

Nothing worthwhile comes easy or with out some risks is the drill for the days we are living in it would appear.



Southern California Ultra Runners Grand Prix Series

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### Suggestions or comments

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## Happy Trails...Now get running!

# Advice from the real experts...the Super Runners!

Training as an older runner:

As most people know, training as you age gets tougher. Most older runners know this better than the younger runners. The question sometimes is, what is old?

That is all a matter of perspective. To a teen or early 20 something 30 is over the hill. I have heard 40 year olds complain about getting old and how tough it is to train and stay in shape. I wish I were 40 to see what I could do.

I ran my first ultra at age 62 so even 60 is young to me. The hardest part of training for me is getting out the door. I plan on running every day, but unless I have someone to meet I usually procrastinate and never make it out the door. There is always something else to do like checking e-mails.

As one ages injuries seem to happen more often. Recovery time is usually much longer for the older runner, and it seems that even a few days off from will take weeks to recover. A more major injury may take six months to a year for full recovery. It is no wonder that so many runners stop running in there 40's, 50's and 60's. If one is determined and patience recover is possible and one can run into their 70's and beyond. I just finished a training run at Leadville with Carsten Solheim who is 70. He just finished Western States and is going to attempt doing the Grand Slam.

It is just a matter of commitment. The older one gets...the more commitment it takes.

Happy Trails to you,  
Fred Pollard

## Equipment Review

Michelle Barton has done a shoe/product review of the New Balance 1061 (and 873).  
THANKS MICHELLE!

### Key Tech Features of 1061 (and 873)

- **Abzorb DTS** is not a new technology, rather a combination of existing technologies.
- The 1061 is the first shoe to feature **Abzorb DTS**, but it will continue throughout the line in the high end, elite shoes such as 1223 and other updates.
- **DTS** basically combines the best of both worlds: the responsiveness of the **Abzorb SBS** (which is a soft thermoplastic) and the plush, softness of the **Abzorb** (which is a rubber & foam compound)
- The 1061 also features New Balance's **Abzorb FL** mid-

sole, which is actually an entire midsole mold made with our **Abzorb** cushioning compound (firmed up a bit for durability and integrity) rather than traditional EVA. This is the softest midsole New Balance offers.

- Another key feature is **N-Lock**, which is an integrated lacing system providing additional support and fit through mid-foot.
- **Lightning Dry** has been added to the tongue and heel collar of both shoes (and throughout the line) to provide moisture management. Lightning Dry is a treated fabric that was brought over from our apparel line.



## *Southern California Ultra Runners Grand Prix Series Standings*

Place	NAME	POINTS	55	Patty Landis	29.5	40	Mark Ryne	95.0
1	Dean Dobberteen	211.2	56	Jack Murray	28.7	41	Kenneth Dempster	92.5
2	Tom Whitaker	197.4	57	Joe Magruder	28.1	42	Sharon Boles	81.0
3	Michelle Barton	191.0	58	Dave Saine	26.7	43	Chuck Goetschel	81.0
4	John Radich	190.1	59	Brian MacKenzie	26.1	44	Bill Dickey	81.0
5	Gabor Kozinc	171.8	60	Scott Hewitt	23.8	45	Michael Koguttek	81.0
6	Eric Clifton	165.6	61	Hal Winton	22.8	46	Marc Johnson	64.0
7	Robert Harris	163.1	62	Fidel Diaz	22.5	47	Tanya Johnson	64.0
8	Chrissy Weiss	161.3	63	Kevin Gray	18.7	48	Tom Nielsen	62.0
9	Fred Pollard	146.3	64	Yen Darcy	17.0	49	Rob McNair	62.0
10	Robert Schipsi	146.3				50	Mary Lou Lacky	62.0
11	David Campbell	145.2				51	Patty Landis	61.5
12	Lorraine Gersitz	143.2				52	Ryan Conn	50.0
13	Andy Kumeda	139.3				53	Ashley Nordell	50.0
14	Ben Gaetos	128.2				54	Jack Murray	50.0
15	Kirk Fortini	127.2	Place	NAME	MILES	55	Dave Saine	50.0
16	Tracy Moore	124.6	1	Fred Pollard	326.0	56	Pete Mireles	50.0
17	Rocky Allen	124.2	2	Michelle Barton	300.0	57	Hal Chiasson	50.0
18	Bill Ramsey	121.9	3	Chrissy Weiss	295.0	58	Joe Magruder	50.0
19	George Valesco	121.5	4	Gabor Kozinc	275.5	59	Hal Winton	50.0
20	Josh Nordell	120.5	5	John Radich	273.5	60	Scott Hewitt	33.0
21	Jerry Armstrong	112.2	6	Tom Whitaker	262.0	61	Brian MacKenzie	31.0
22	Keira Henninger	103.4	7	George Valesco	237.5	62	Fidel Diaz	31.0
23	Jill Childers	102.4	8	Robert Harris	231.0	63	Yen Darcy	31.0
24	Hwa Ja Andrade	95.9	9	Dean Dobberteen	225.5	64	Kevin Gray	30.5
25	Jenniffer Harrelson	93.9	10	Kirk Fortini	214.0			
26	William Cook	93.8	11	David Campbell	207.0			
27	Matt Dickie	93.6	12	Lorraine Gersitz	207.0			
28	Lora Zagnoli	92.3	13	Ben Gaetos	195.0			
29	Leigh Corbin	87.2	14	Eric Clifton	195.0			
30	Francisco Fabian	86.2	15	Robert Schipsi	195.0			
31	Carmela Layson	83.8	16	Andy Kumeda	181.0			
32	Charlie Nickell	80.9	17	Jenniffer Harrelson	164.0			
33	Mike Haviland	9.4	18	Bill Ramsey	162.0			
34	Dennis Trafecanty	79.2	19	Jill Childers	162.0			
35	Danny Trudeau	76.1	20	Hwa Ja Andrade	161.5			
36	Kenneth Hughes	75.4	21	Leigh Corbin	155.0			
37	Gary Hilliard	74.9	22	Rocky Allen	144.5			
38	Chuck Goetschel	70.6	23	Keira Henninger	144.5			
39	Pat Knoff	69.1	24	Mike Haviland	143.0			
40	Kenneth Dempster	64.9	25	Tracy Moore	142.5			
41	Jan Iocco	63.9	26	Josh Nordell	133.0			
42	Rob McNair	61.0	27	William Cook	133.0			
43	Mark Ryne	58.7	28	Carmela Layson	133.0			
44	Michael Koguttek	2.4	29	Jerry Armstrong	131.0			
45	Tom Nielsen	50.1	30	Lora Zagnoli	131.0			
46	Sharon Boles	48.1	31	Gary Hilliard	131.0			
47	Ashley Nordell	41.4	32	Danny Trudeau	130.5			
48	Mary Lou Lacky	38.8	33	Dennis Trafecanty	130.5			
49	Bill Dickey	38.2	34	Matt Dickie	114.0			
50	Marc Johnson	37.9	35	Pat Knoff	114.0			
51	Tanya Johnson	37.9	36	Charlie Nickell	112.0			
52	Ryan Conn	31.6	37	Jan Iocco	112.0			
53	Pete Mireles	30.3	38	Francisco Fabian	112.0			
54	Hal Chiasson	30.3	39	Kenneth Hughes	100.0			

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