

2007, Quarter 3



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

Well, summer has come and gone. Did all of you go run, and have the success you expected/desired? .

Mt Disappointment was the first run this Quarter. It was hotter than previous years, but runners still managed to do well. Eighteen Series runners ran the 50K, and sixteen Series runners ran the 50-miler. Michelle Barton won the 50K setting a new course record. Congratulations to Matt Dickie and Janifer Heiner who won the 2007 So. CA USA Track & Field 50-mile Trail Championship.

Next up on the Series Calendar was the 2007 Bulldog 50K. Race Director Nancy Shura has been at this at a long time and each year she and her volunteers continue to have an incredibly popular turnout.

Eric Clifton finished third overall and first in the men's masters division. Michelle Barton won the women's race, and Loraine Gersitz won the

women's senior division.

As always, AC 100 follows Bulldog. Both Race Director Ken Hamada and Co-director Hal Winton amaze and frustrate me with their continued reluctance to share with me the location of their Fountain-of-Youth. Hey, I am only kidding, but what isn't a joke is they now have begun their third decade of 100-mile race direction. That's amazing!

Fifteen Series runners finished AC. Ashley Nordell, Dean Doberteen, and Rocky Allen all received silver buckles. I want to say congrats to *all* the Series AC finishers including Matt Dickie, Andy Kumeda, Ben Gaetos, Carmela, Layson, and Hal Chiasson, who I saw during the race, but were not having good days, yet they all gutted-it-out to the finish.

The Noble Canyon 50K had it's inaugural run with 123 finishers. Congrats to Scott Mills, RD (and Tracy Moore, Tommy Nielson) for

organizing such a successful event. Eric Clifton and Michelle Barton won the men's and women's event (1st and 2nd overall). Jerry Armstrong, Scott McKenzie and Rob McNair also finished top-ten.

Some of our runners went and ran runs outside of Series. Leigh Corbin ran Grand Teton. John Radich, Gabor Kozinc, and Fred Pollard all buckled at Badwater. Scott Mills ran well at Hardrock!

For the 2007 Series 4th Quarter San Diego 100 is next on the Calendar followed by Santa Barbara 9-Trails and then the High Desert 50K. At the time of writing this newsletter, these races are as follows; San Diego 100 (9 Series members entered and with 105 total), 9-Trails is closed to further entrants (10 Series entrants), and Ridgecrest 50K (3 Series entrants).

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Series Calendar

01/13/07 Avalon Benefit 50 Mile	05/17/08 Bishop High Sierra 50m, 50k, 20m
01/20/08 50k Calico Trail Run	06/02/07 Shadow of the Giants 50k
02/04/07 Twin Peaks Ultra 50/50	06/10/07 Holcomb Valley 33 Mile
02/17/07 Orange Curtain 100k/50k	08/11/07 Mt. Disappointment 50k/50 Mile
03/31/07 Lake Hodges 50k	08/25/07 Bulldog 50k Ultra Run/25k Run
04/07/07 San Juan Trail 50k	09/15/07 Angeles Crest 100
04/21/07 Leona Divide 50 Mile	09/29/07 Noble Canyon 50K
05/05/07 Wild Wild West 50k	10/20/07 San Diego 100
05/11/08 PCT 50 Mile Trail Run	11/24/07 Santa Barbara 9 Trails 35 Mile Run
	12/02/07 High Desert 50k & 30k



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**Southern California Ultra Runners
Grand Prix Series Officers:**

*Gary Hilliard, Series Director
Fred Pollard, Series Statistician
Joe McGruder, Treasurer
Scott McKenzie, Webmaster*

Suggestions or comments?

Gary Hilliard
337 Sycamore Place
Sierra Madre, CA 91024

Phone: (626) 836-8950
e-mail: gary@mtdisappointment50k.com

Continued from Director (page 1):

As many of you can see when entering races, many races get sold out early. Our sport continues to grow every day. Twin Peaks is already sold-out for 2008. It seems every race is now sold-out by race day. If you are considering entering an ultra event, it seems we all have to enter early or lottery.

This year (2007) we have New Balance shoe certificates for all the age group points winners. So the remaining races will determine a lot of the recipients.

We hope each of you are going to support the Series in 2008. The Series provides a schedule of events with minimal area ultra conflicting dates. Without the Series to minimize event conflicts, imagine trying to find out So. California's ultra event schedule?

I also want to personally thank everyone for your incredible support after my recent August accident when I was going to mark trails for an AC 100 training run. Although I will now have life-long health limits and issues, this accident has shown me that the quality friendships I have are without limits, and how truly blessed I am.

Our time here is short. Kick up dirt on every step, feel every breath, and push yourself to work hard.

Happy Trails...enjoy the journey!
Gary Hilliard
Series Director

National Forest and Trail Updates



News From The Angeles National Forest

From: Gary Hilliard LARRD
Volunteer #150

If you want to get information for your area on National Forests, you can get on-line and go to: <http://www.fs.fed.us>
Once the USFS home page has come up, you can easily navigate to the forest you are want to visit or have questions about.

Each forest has varying rules and regulations in addition to the USFS Federal regulations, which apply everywhere.

For example, currently in the Angeles National Forest, there are six different fire levels. The levels are Low, Moderate, High, Very High, Extreme, and Critical. As of August 1, 2007, the fire level in the Angeles has been raised to Extreme.

For Volunteering opportunities contact the USFS Ranger in your area.



2007 Series Statistics Series Races Finished

Name	Total Races	Name	Total Races
Michelle Barton	12	Dean Dobberteen	7
George Velasco	10	Tom Whitaker	7
Lorraine Gersitz	9	Robert Harris	7
Fred Pollard	9	Robert Schipsi	7
Nick Fortini	8	Xy Weiss	7
Ben Gaetos	8	Rocky Allen	6
Joohn Radich	8	Jerry Armstrong	6
Eric Clifton	7	Matt Dickie	6
Leigh Corbin	7	Carmela Layson	6
Dave Campbell	7	Keira Henninger	6
		Gabor kozinc	6
		Andy Kumeda	6



So. California Ultra Runners Grand Prix Series Standings

2007 Points Standings

Place	NAME	Points
1	Dean Dobberteen	271.1
2	Tom Whitaker	261.9
3	Rocky Allen	244.2
4	Jerry Armstrong	240.7
5	John Radich	236.3
6	Andy Kumeda	227.5
7	Eric Clifton	224.3
8	Matt Dickie	220.3
9	Robert Schipsi	214.1
10	Ben Gaetos	198.6
11	Michelle Barton	194.5
12	Robert Harris	194.2
13	Carmela Layson	192.6
14	Gabor Kozinc	171.8
15	George Valesco	164.9
16	Chrissy Weiss	161.3
17	Kirk Fortini	158.7
18	Tracy Moore	157.8
19	David Campbell	154.5
20	Keira Henninger	152.8
21	Fred Pollard	146.3
22	Lorraine Gersitz	144.5
23	Jill Childers	133.3
24	William Cook	130.8
25	Ashley Nordell	129.5
26	Francisco Fabian	128.4
27	Jennifer Harrelson	124.7
28	Charlie Nickell	124.5
29	Pat Knoff	122.0
30	Bill Ramsey	121.9
31	Josh Nordell	120.5
32	Lora Zagnoli	113.8
33	Hal Chiasson	110.2
34	Leigh Corbin	106.7
35	Jack Murray	98.4
36	Brian MacKenzie	96.8
37	Hwa Ja Andrade	95.9
38	Rob McNair	88.4
39	Tanya Johnson	87.6
40	Marc Johnson	86.8
41	Kenneth Dempster	85.4
42	Mike Haviland	79.4
43	Dennis Trafecanty	79.2
44	Danny Trudeau	76.1
45	Kenneth Hughes	75.4
46	Gary Hilliard	74.9
47	Ryan Conn	72.4
48	Chuck Goetschel	70.6
49	Fidel Diaz	66.3
50	Jan Iocco	63.9
51	James Hanson	62.3
52	Jeremy Boyd	58.9
53	Mark Ryne	58.7
54	Paul Avedian	53.8
55	Michael Kogutec	52.4
56	Tom Nielsen	50.1
57	Bill Dickey	49.0
58	Sharon Boles	48.1
59	Pete Mireles	47.2
60	Doug Spencer	45.6
61	Mary Lou Lacky	38.8
62	Nancy Tinker	31.5
63	Patty Landis	29.5
64	Sean O'Brien	28.1
65	Joe Magruder	28.1
66	Scott McKenzie	27.3
67	Scott Hewitt	23.8
68	Hal Winton	22.8
69	Kevin Gray	18.7
70	Yen Darcy	17.0
71	Chris Haines	16.9

2007 Miles Standings

Place	NAME	MILES
1	John Radich	404.5
2	George Valesco	399.5
3	Michelle Barton	393.0
4	Tom Whitaker	381.0
5	Ben Gaetos	376.0
6	Fred Pollard	357.0
7	Robert Schipsi	326.0
8	Kirk Fortini	326.0
9	Dean Dobberteen	325.5
10	Carmela Layson	314.0
11	Jerry Armstrong	312.0
12	Andy Kumeda	312.0
13	Robert Harris	312.0
14	Lorraine Gersitz	300.0
15	Chrissy Weiss	295.0
16	Matt Dickie	295.0
17	Rocky Allen	294.5
18	Gabor Kozinc	275.5
19	Eric Clifton	257.0
20	David Campbell	257.0
21	Leigh Corbin	217.0
22	Jenniffer Harrelson	214.0
23	Jill Childers	212.0
24	Keira Henninger	206.5
25	Pat Knoff	195.0
26	Tracy Moore	192.5
27	William Cook	183.0
28	Hal Chiasson	181.0
29	Charlie Nickell	174.0
30	Francisco Fabian	174.0
31	Lora Zagnoli	162.0
32	Bill Ramsey	162.0
33	Hwa Ja Andrade	161.5
34	Jack Murray	150.0
35	Ashley Nordell	150.0
36	Tanya Johnson	145.0
37	Marc Johnson	145.0
38	Mike Haviland	143.0
39	Josh Nordell	133.0
40	Brian MacKenzie	131.0
41	Gary Hilliard	131.0
42	Danny Trudeau	130.5
43	Dennis Trafecanty	130.5
44	Kenneth Dempster	123.5
45	Jan Iocco	112.0
46	Bill Dickey	112.0
47	Ryan Conn	112.0
48	Kenneth Hughes	100.0
49	Mark Ryne	95.0
50	James Hanson	95.0
51	Rob McNair	93.0
52	Fidel Diaz	93.0
53	Paul Avedian	93.0
54	Jeremy Boyd	81.0
55	Sharon Boles	81.0
56	Pete Mireles	81.0
57	Michael Kogutec	81.0
58	Chuck Goetschel	81.0
59	Nancy Tinker	64.0
60	Mary Lou Lacky	62.0
61	Doug Spencer	62.0
62	Tom Nielsen	62.0
63	Patty Landis	61.5
64	Joe Magruder	50.0
65	Hal Winton	50.0
66	Scott Hewitt	33.0
67	Scott McKenzie	31.0
68	Sean O'Brien	31.0
69	Chris Haines	31.0
70	Yen Darcy	31.0
71	Kevin Gray	30.5



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

Mt. Disappointment 50k/50 Miler

The Mt. Disappointment 50k/50 Miler is without a doubt the most difficult 50k/50 miler within the So. Cal Ultra Runners Grand Prix Series; just look at some of the less-than-stellar finishing times. Was this an AARP members-only event? What got into or sucked out of everyone? I've never heard more post-race-performance-based wining in my life and believe me, I get a lot of it from my wife; I consider three minutes to be good performance. Anyway, The Kenyon Devore Trail lived up to its twisted reputation as the quintessential lie-and-wait predator. At mile 26, in most ultra events, you can normally "smell the barn," which gives you an emotional boost to cover the remaining distance. The only thing you "smell" at mile 26 at Mt. Dis is the pungent odor of burning human flesh -- to be exact, quad/hamstring turned gristle on an open grill. The relentless 5-mile climb is like driving to Vegas with my in-laws: slow and never ending. If you don't make it off the trails before dark, race officials don't call in the "Search and Rescue" squad, they go right with the "Recovery" team. Don't forget to bring your blood-type card because Mt. Dis is cool with pain but most certainly doesn't accept American Express.

AC100

And if you thought Mt. Dis was an adventure, its big stepbrother, the AC100, lives right around the corner. Doing most of our training indoors while watching "The View," we thought an

AC100 was made by Carrier and pumps cold air into our triple-mortgage OC homes. Nothing could be further from the truth. The AC100 has the deserved reputation of being one of the 10 toughest 100-mile ultramarathons in the United States. Did the 2007 AC100 live up to its reputation? You bet. Previous multiple-year winner and running legend Jorge Pacheco called it quits. Ultrarunner extraordinaire Josh Brimhall: done. PCT50 2nd place finisher Jerry Armstrong had to soak in a stream as part of his blistering 32:37:02. Last year's 3rd place finisher, Kyle Hoang, was back on his Razor early and headed home. Dean Dobberteen (11th overall) got passed up by more women in the final 10 miles than normally blow him off in a short night of bar hopping. Greg Hardesty just paced, the pansy.

The AC100 is not for first-time 100 milers. but we're sure there were more than a few out there; OC hero Robert Schipsi 28:51:55. We struggle driving our electric cars that far so don't proclaim to be experts. But, it's fair to say based on the finishing times that The AC100 is not to be taken lightly. The climbs and altitude are enough to make the most seasoned runner loose a few cookies. The aid stations and almost real-time Internet runner-tracking system were respectively efficient and leading edge. The Run Down vowed to stay up the entire night and track the runners online; we DNF'd at 9:30 p.m. right after "Dancing with the Stars." The AC100 is a must race in the sense that you must know what you're doing, must have a good crew, must train properly and must be kidding me! David Goggins finished in overall 10th with three broken toes? What's up with that? Sitting here watching major league baseball, I see the Angels' sidelined Garret Anderson (due to a sore hamstring). We need to change sports.

Nobel Canyon 50K

Upon hearing about a new ultra marathon in San Diego, we were understandably excited. No event name was

originally offered but we soon heard rumors about a "No Bull Canyon 50K" and got progressively pumped over the prospects of a new race. Was this a race organized by psychotic vegans trying to make a bold red meat statement? We're all for tofu gel shots and substituting Veginaise for Body Glide. Or, were we finally going to experience a race with no harsh surprises? Or, maybe no trail lies were allowed, like how you finished that 100 miler in Tennessee that no longer exists.

OK, so the 50K ends up being coined the Noble Canyon 50K, put on by Hard Rock 100 conqueror Scott Mills and some hardcore runners/rodent worshipers self-labeled "The Bad Rats." For those not familiar with the San Diego Bad Rats, the group mainly consists of tough, very fast, extremely long ultra-marathoners. The member list is topped off with legendary runners like Tom Nielsen, Tracey Moore, Willard, Ben and Dean "come here often?" Dobberteen. We were surprised to see Tom and Tracey not running, but as integral components of the race operation, both were scurrying around helping participants get aligned for the start. Dean was nowhere to be seen but then again, real rats only come out at night.

Forget the course, the swag was off the charts; hands down, best pre-race goodie bag in the So Cal Ultra Runners Grand Prix Series. Participants were showered with an ASICS travel running bag, high-end Mizuno tech shirt with Bad Rat logo along with Bad Rat socks. Register early for the 2008 event, even if you don't have legs. The goodies are worth more than the entry fee. Make sure to print legibly on the entry form. Rumor has it each runner will receive a personalized, engraved luggage set, a Michelle Barton signature running wig and a Jerry Armstrong bobble-head with locking kneecaps.

Gettin' to know other Series members...

This is the Runner Profile Section. It is a way to get to know one of the runners in the Series.

- Name: Dean Dobberteen
- Occupation: Elementary School teacher / rickshaw puller at Universal Amphitheater
- Weight / Height: 170 6"3'
- Residence city: San Diego
- Birthplace: San Diego
- What kind of car do you drive: Cargo van ultramobile
- What kind of car would you like to drive: Cargo van ultramobile that doesn't leak oil and has a 80% chance of starting.
- Personal Hero and/or quote: Rob McNair is my hero. My favorite quote is from Clint Eastwood in "*The Unforgiven*" "Any of you that don't want to get shot better clear on out the back."
- Favorite Vacation destination: kayaking in Alaska
- Favorite cartoon character: Wallace and Gromit
- PC or Mac: PC
- Running motto/quote: "Don't Dean it"
- Running PRs: 1 mile: 4:33; 5K: 17:03; 10K: 35:40; Marathon: 2:59 and 120 seconds; 50 km: 4:08 min; 50 miles: 7:35; 100 km: 12 hours (Deaned it); 100 Miles: 22:19; 12 hours: 78 miles; 24 hours: 86miles (Deaned it).
- Average miles run per week and time of day: about 90 miles depending how injured I am, mostly afternoon on weekdays, and morning and night on weekends
- Other training: pulling people in a rickshaw, biking, swimming, lifting weights
- Favorite place to run: San Gabriel Mountains
- Number of ultras: 57
- Most memorable ultra performance and why: AC100 a couple of weeks ago because it took me 8 years to come back and do a 100 mile race. I felt really good most of the time and also bonked with-in an inch of my life going up to F...ing Sam Merrill. My friends were all helping me and Tracy Moore was running with me...it was great.
- Favorite food/drink during an ultra: Gu, clif bloks, cytomax, clamato, rice, 7UP, burritos, and donuts
- Favorite Pizza: Pineapples and mushrooms
- What's in your MP3 player: ZZTop, Kid Rock, Metallica, Crystal Method, Dandy Warhols, Monster Magnet, ACDC, Johnny Cash, soundtracks, 80's music, Audioslave, KMFDM, Rob Zombie, and U2, Rage Against the Machine
- Who has the best looking legs you've seen: Anne Langstaff
- Pet peeve: smoking, bad drivers, fat people who don't tip after I drag their sorry asses up a hill
- Favorite web site: ESPN.com, History.com, therundown.net
- Favorite ultra: Shadow of the Giants 50K because I get to run with Rob McNair
- I run because: The demons in my head tell me to
- Other hobbies: cooking, movies, sci-fi/fantasy books, fantasy baseball
- Personal philosophy: "Spartans...Prepare For Glory!!!!" (that means run fast or die trying)
- Short-term Goal: 7 or more consecutive hours of sleep in a bed
- Long-term Goal: get a real job, get out of debt, get a place to live
- Advice for others (running or non-running): Don't be a road weenie, stay on the trails and off the pavement.



Ben, Matt, Carmella, and David at AC 100

Useful and Fun Ultra Resources and Links

- <http://www.socalultraseries.org>
- Ultrarunning Magazine
5825 West Dry Creek Road
Healdsburg, CA 95448
<http://www.ultrarunning.com>
- <http://planetultramarathon.wordpress.com>
- www.run100s.com
- <http://www.marathonguide.com>
- <http://trailrunnermag.com/index.php>
- <http://www.therundown.net>
- <http://www.scausatf.org>
- <http://www.fs.fed.us>
- <http://www.barefooted.com>