

2007, Quarter 4



Southern California Ultra Runners Grand Prix Series Leaderboard



*Many Thanks to New Balance:
2007 Shoe Sponsor of the So. California Ultra Runners Grand Prix Series*

Message from the Director

Congratulations to all Series participants for making 2007 one of our best years in recent memory. Our 2007 member participation has 82 members, which is up from 46 in 2006. If you like statistics, Fred has compiled some statistics from your efforts this year. This year seventy-two Series members ran 13,825.5 miles in 332 individual races during 2007. The average race distance was 41.64 miles. Twenty-seven runners ran 6 or more races, and three runners ran 12 races.

The Fourth Quarter of the 2008 Series Races included The San Diego 100, the Santa Barbara 9-Trails, and the High Desert 50k. The San Diego 100 course was changed this year due to Forest Service requirements. In addition to directing the San Diego 100, Race Director Paul Schmidt is always volunteering for all the Series Races in the San Diego area.

At the SD 100, Josh Nordell was the top Series finisher, finishing third overall. Dean Dobberteen finished fifth overall. Keira Henninger was the top

Series female, finishing in 25:35. Other Series Finishers included Andy Kumeda, Pat Knoff, and Fred Pollard.

As I personally try to recover from my motorcycle accident, I again needed to connect to our sport and all of you, so Pam and I went to the Santa Barbara 9-Trails and were able to volunteer at the Gibraltar Aid Station. Race Director Luis Escobar gave the morning instructions and then ran the race, while veteran ultra-runner Stu Sherman acted as Race-day Race Director. 9-Trails is a tuff out-n-back course, so seeing everyone twice was great, and being a volunteer gave me the connect to the sport that I needed.

The weather was cool at the start but the sun shined all day as Andy Kumeda and Tanya Johnson were the top Series male and female finishers. Marc Johnson, Bill Cook, Kirk Fortini, George Velasco, Xy Weiss, and Fred Pollard were the other Series Finishers.

The final race of the year was the High Desert 50k. Every year this is a very popular race. This year was no exception. Race Director Terry Mitchell continues to make this a high quality event just like former RD Chris Rios. This years race was also the Southern CA USA Track & Field 50k Trail Championship.

Series members Rob McNair and Ashley Nordell were the top Series finishers finishing in 5th and 8th overall. Ashley was also the first overall female. Other finishers included John Radich, Ryan Conn, Andy Kumeda, Bill Cook, Marc Johnson, George Velasco, Big Dog Mike Kogutek, Bill Dickey, Xy Weiss, Jill Childers, Tanya Johnson, Leigh Corbin, Mary Lou Lackey, Yen Darcy, Patty Landis, and Fred Pollard. That makes 18 High Desert Series finishers!

The 2007 Final Series Results have now tabulated. Dean Dob-

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2008 Series Calendar

01/12/08 Avalon Benefit 50 Mile
01/20/08 50k Calico Trail Run
02/02/08 Twin Peaks 50/50 Postponed
02/16/08 Orange Curtain 100k/50k
03/29/08 Lake Hodges 50k Postponed
04/12/08 Old Goats 50k/50 Mile
04/19/08 Leona Divide 50 Mile
05/03/08 Wild Wild West 50k
05/11/08 PCT 50 Mile Trail Run

05/17/08 Bishop High Sierra 50m, 50k, 20m
05/31/08 Shadow of the Giants 50k
06/08/08 Holcomb Valley 33 Mile
08/09/08 Mt. Disappointment 50k/50 Mile
08/23/08 Bulldog 50k Ultra Run/25k Run
09/13/08 Angeles Crest 100
09/29/07 Noble Canyon 50K
10/20/07 San Diego 100
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 Magruder, Treasurer
Gary Hilliard, Webmaster*

Suggestions or comments?

Gary Hilliard

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Continued from Director (page 1):

berteen was the 2007 Overall Male Winner and Keira Henninger was the 2007 Overall Female Winner. The 2007 Men's Mileage Champion was Fred Pollard and the 2007 Women's Mileage Champion was Michelle Barton.

I hope you all will rejoin the So. CA Ultra Series for 2008. Our Series provides you, other runners, and race directors the opportunity to schedule events that don't have date conflicts. Here in Southern California we could/should have the best Series in the United States. The history of the Series' results show that anyone has a chance to win or place. Please try to get other runners to join.

This year's Awards / Run / Pot-Luck Lunch will be on January 5th at Carbon Canyon Regional Park in Orange County. The run will begin at 8:30 a.m. The lunch prep will begin at 10:30 a.m., with the lunch and awards beginning at 11:30 a.m. Series members, guests, Race Directors, and families are all welcome to join us! The Series will supply burgers, veggie burgers, dogs, condiments, some beverages, and some salad. Please let me know if you are coming and can bring a food item.

Directions: Get to the 57 FWY, and just south of Diamond Bar, take the Lambert Exit and go east. Lambert turns into Carbon Canyon, so after you cross Valencia Ave. the Park Entrance will be on the right.

If you have any questions or to RSVP, call me at (626) 836-8950.

Happy Trails and be Safe,

Gary Hilliard, Director

National Forest and Trail Updates



News From The Angeles National Forest

From: Gary Hilliard,
USFS 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>

Last Quarter I wrote about understanding the USFS Fire Alert Levels. This Quarter we really saw how those levels translate into dangerous fuel sources.

Currently we have two races (Twin Peaks 50/50 and Lake Hodges 50k) postponed due to the fire damage.

Race Directors for both events are currently working with their area agencies on the rescheduling of their events.

Typically the practice is to reseed and close the areas until the reforestation can take place and the animal habitat can be restored.

We ask you be supportive and patient. For more info, contact the Race Directors.



2007 Series Statistics Series Races Finished

Name	Total Races		
Michelle Barton	12	Eric Clifton	7
George Velasco	12	Dave Campbell	7
Fred Pollard	12	Tom Whitaker	7
		Robert Harris	7
Lorraine Gersitz	9	Robert Schipsi	7
Nick Fortini	9	Keira Henninger	7
John Radich	9	Gabor Kozinc	7
Xy Weiss	9	Jill Childers	6
Andy Kumeda	9	Rocky Allen	6
		Jerry Armstrong	6
Ben Gaetos	8	Matt Dickie	6
Leigh Corbin	8	Carmela Layson	6
Dean Dobberteen	8	Bill Cook	6
		Marc Johnson	6
		Tanya Johnson	6
		Pat Knoff	6



So. California Ultra Runners Grand Prix Series Standings

2007 Final Points Standings and Age Group Winners

Place	NAME	Points								
1	Dean Dobberteen	330.4	1st 30-39	53.	James Hanson	62.3	25	Jill Childers	243.0	
2	Andy Kumeda	275.2	2nd 30-39	54.	Mark Ryne	58.7	26	Josh Nordell	233.0	
3	Tom Whitaker	261.9	3rd 30-39	55.	Mary Lou Lacky	58.5	3rd 50-59	27	Jennifer Harrelson	214.0
4	Rocky Allen	244.2	1st 20-29	56.	Paul Avedian	53.8	28	Tanya Johnson	211.0	
5	Jerry Armstrong	240.7		57.	Tom Nielson	50.1	29	Marc Johnson	211.0	
6.	John Radich	236.3	1st 50-59	59	Sharon Boles	48.1	30	Tracy Moore	192.5	
7.	Matt Dickie	220.3		60	Pete Mireles	47.2	31	Ashley Nordell	181.0	
8.	Robert Schipsi	214.1	1st 40-49	61	Patty Landis	46.5	2nd 60-69	32	Hal Chiasson	181.0
9.	Josh Nordell	210.8	2nd 20-29	62	Doug Spencer	45.6		33	Charlie Nickell	174.0
10.	Keira Henninger	202.6	1st 30-39	63	Nancy Tinker	31.5		34	Francisco Fabian	174.0
11.	Ben Gaetos	198.6	2nd 40-49	64	Yen Darcy	33.9	3rd 50-59	35	Lora Zagnoli	162.0
12.	Eric Clifton	197.1	3rd 40-49	65	Sean O'Brien	28.1		36	Bill Ramsey	162.0
13.	Michelle Barton	194.5	2nd 30-39	66	Joe Magruder	28.1		37	Hwa Ja Andrade	161.5
14.	Robert Harris	194.2		67	Scott McKenzie	27.3		38	Jack Murray	150.0
15.	Carmela Layson	192.6	3rd 30-39	68	Dave Saine	26.7		39	Mike Haviland	143.0
16.	Fred Pollard	186.6	1st 60-69	69	Scott Hewitt	23.8		40	Ryan Conn	143.0
17.	Pat Knoff	184.6		70	Hal Winton	22.8	1st 70-79	41	Bill Dickey	143.0
18.	Gabor Kozinc	171.8		71	Kevin Gray	18.7		42	Brian MacKenzie	131.0
19.	George Valesco	164.9	2nd 50-59	72	Chris Haines	16.9		43	Gary Hilliard	131.0
20.	Xy Weiss	161.3	1st 40-49					44	Danny Trudeau	130.5
21.	Kirk Fortini	159.4						45	Dennis Trafecanty	130.5
22.	Tracy Moore	157.8						46	Rob McNair	124.0
23.	Ashley Nordell	155.6	1st 20-29					47	Kenneth Dempster	123.5
24.	David Campbell	154.5	3rd 50-59					48	Jan Iocco	112.0
25.	Jill Childers	151.9	2nd 40-49					49	Michael Kogutec	112.0
26.	Lorraine Gersitz	144.5	1st 50-59					50	Jeremy Boyd	112.0
27.	Francisco Fabian	128.4						51	Kenneth Hughes	100.0
28.	Tanya Johnson	125.4	3rd 40-49					52	Mark Ryne	95.0
29.	Jennifer Harrelson	124.7	2nd 50-59					53	James Hanson	95.0
30.	Marc Johnson	124.6						54	Fidel Diaz	93.0
31.	Charlie Nickell	124.5						55	Paul Avedian	93.0
32.	Bill Ramsey	121.9						56	Mary Lou Lacky	93.0
33.	Rob McNair	117.0						57	Patty Landis	92.5
34.	Lora Zagnoli	113.8						58	Chuck Goetschel	81.0
35.	Hal Chiasson	110.2	2nd 60-69					59	Sharon Boles	81.0
36.	Leigh Corbin	106.7						60	Pete Mireles	81.0
37.	Jack Murray	98.4						61	Nancy Tinker	64.0
38.	Brian MacKenzie	96.8						62	Yen Darcy	62.0
39.	Hwa Ja Andrade	95.9	1st 60-69					63	Doug Spencer	62.0
40.	Ryan Conn	92.7						64	Tom Nielsen	62.0
41.	Kenneth Dempster	85.4						65	David Saine	50.0
42.	Jeremy Boyd	81.6						66	Joe Magruder	50.0
43.	Mike Haviland	79.4	3rd 60-69					67	Hal Winton	50.0
44.	Dennis Trafecanty	79.2						68	Scott Hewitt	33.0
45.	Danny Trudeau	76.1						69	Scott McKenzie	31.0
46.	Kenneth Hughes	75.4						70	Sean O'Brien	31.0
47.	Gary Hilliard	74.9						71	Chris Haines	31.0
48.	Michael Kogutec	70.8						72	Kevin Gray	30.5
49.	Chuck Goetschel	70.6								
50.	Fidel Diaz	66.3								
51.	Jan Iocco	63.9								
52.	Bill Dickey	63.0								

2007 Final Mileage Standings

Place	NAME	MILES
1	Fred Pollard	523.0
2	Andy Kumeda	478.0
3	George Valesco	399.5
4	John Radich	404.5
5	Dean Dobberteen	425.5
6	Michelle Barton	393.0
7	Tom Whitaker	381.0
8	Ben Gaetos	376.0
9	Xy Weiss	361.0
10	Kirk Fortini	361.0
11	Robert Schipsi	326.0
12	Carmela Layson	314.0
13	Jerry Armstrong	312.0
14	Robert Harris	312.0
15	Keira Henninger	306.5
16	Lorraine Gersitz	300.0
17	Matt Dickie	295.0
18	Pat Knoff	295.0
19	Rocky Allen	294.5
20	Gabor Kozinc	275.5
21	Eric Clifton	257.0
22	David Campbell	257.0
23	William Cook	249.0
24	Leigh Corbin	248.0

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: Carmela Layson
- Occupation: Financial Systems Manager
- Weight / Height: 115 lbs./ 5'3
- Town or City: Gardena
- Birthplace: Manila, Philippines
- Family (spouse, kids, etc.): Gus - crew extraordinaire
- What kind of car do you drive: Honda Accord
- What kind of car would you like to drive: Honda Accord
- Personal Hero and/or quote: God/ "To Learn that it is not good to compare yourselves to others" AND "To Learn that a rich person is not one who has the most but is one who needs the least."
- Favorite Vacation destination: Spain
- Favorite cartoon character: Snoopy
- PC or Mac: PC
- Running motto/quote: If you believe it, you will achieve it!
- (I don't keep track of my race times) Running PRs: 5K: _____; 10K: _____; Marathon: _____; 50km: _____; 50 miles: _____; 100 km: _____; 100 Miles: _____; 24hours: _____
- Average miles run per week and time of day: 40 miles/ early morning
- Other training: weight training, spinning, core and balance exercises
- Favorite place to run: Catalina
- Number of completed ultras: approx 25
- Most memorable ultra performance and why: 2007 AC100, I was ready to quit at Chantry but after talking to Gary Hilliard, I found my inner strength, dug deep, grabbed my rosary, and prayed for a miracle!
- Favorite food/drink during an ultra: Crustless turkey/ham/cheese sandwich personally made by Gus/ RedBull
- Favorite Pizza: CPK's Japanese Eggplant pizza with goat cheese
- What's in your iPod or MP3 player: I don't own either one
- Who has the best looking legs you've seen: Hwa Ja Andrade
- Pet peeve: People who are negative and complain a lot
- Favorite web site: Zombie Runners
- Favorite ultra: Miwok 100K
- I run because: I'm at peace with the world when I run
- Other hobbies: watching movies, traveling, reading, eating
- Personal philosophy: To get what you've never had, you must do what you've never done.
- Short-term Goal: To run solely for fitness
- Long-term Goal: Retire early
- Advice for others (running or non-running): Follow your dreams!



Ben and Carmella 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>