

2008, Quarter 4



Southern California Ultra Runners Grand Prix Series Leaderboard



Official Shoe Sponsor of the So. CA Ultra Runners Grand Prix

Message from the Director

2008 has finished, and I hope everyone had a good year. Some of you had a great year! I hope all of you had good health. Wait...I'll take that back. What I meant to say was, I hope all of you had great health!

The 1st Quarter had some events cancelled on the 2008 calendar because of fire damage. At the end of the first quarter we had run three events out of the original five events scheduled.

Michelle Barton won both Avalon and Calico. Lorraine Gersitz won the Orange Curtain 50K and Patrick Sweeney won the OC 100K. At the time I wrote the Quarter #1 Newsletter, Patrick Sweeney led the Series, followed by Mike Haviland. Hwa Ja Andrade led all women with 84.4 points and 142.5 miles. Go HwaJa!

Quarter #2 was our busiest quarter with eight event dates and ten Series distances. Steve and Anny Harvey of the Old Goats are good people, and the OG 50K was won by long-time Series veteran Rob McNair and

Michelle Barton, who was 5th overall. Keira Henniger won the 50-miler and Ted Liao was the first Series male 50-mile finisher.

At the Leona 50-miler, Tommy Nielson was fourth overall and Michelle and Keira were the third and fourth women overall. That was followed by the WWW 50K, which had 15 Series members finish.

Next was the PCT 50-miler. Race Director, John Martinez works hard at his PCT 50-mile run in May. Tracy Moore won with an outstanding 7:32! Once again, Michelle and Keira came in first and second. They were only 40 seconds apart. Scott Mills and Robert Schipsi also ran top 20 on this tuff course.

Marie and Andy Boyd, the RD's from Bishop, have been around a long time. Their 2009 race now offers a 100K. It was very hot that day and Lambert Timmerman was our top Series finisher in the 2008 Bishop High Sierra 50-miler.

At the Big Baz's Shadow of the Giants, Michelle was 9th overall

while winning in 5:17. Following her in at 5:53 was Lambert Timmermans our first male Series finisher.

The 2008 San Diego 100 was run in June for the first time. The course was hot and long. Series members, Tommy Nielson was first in 19:26 and Patrick Sweeney was fourth in 22:16. Gina Natera-Armenta finished first female in 25:44. Way to go Tommy and Gina!

At Holcomb Valley, Matt Dickie was the first Series male in 5:52:30 and Mary Lou Lacky was first Series female in 8:15:17.

I work hard at putting on the Mt Disappointment distances. I know the course is tuff, but it is also incredibly beautiful. We had 15 Series finishers in the 50-mile race, and 20 Series finishers in the 50K. It seems that the tougher I make the race, the more people show up. You guys like tuff stuff!!

Bulldog 50K is a very popular 50K. RD Nancy Shura takes

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Series Calendar

01/17/09 Avalon Benefit 50 Mile	05/30/09 Shadow of the Giants 50k
01/18/09 50k Calico Trail Run	06/06/09 San Diego 100
02/21/09 Orange Curtain 100k/50k	06/14/09 Holcomb Valley 33 Mile
02/28/09 Twin Peaks Ultra 50/50	08/08/09 Mt. Disappointment 50k/50 Mile
03/14/09 San Juan Trail 50K	08/22/09 Bulldog 50k Ultra Run/25k Run
04/14/09 Old Goats 50k/50Mile	09/19/09 Angeles Crest 100
04/18/09 Leona Divide 50 Mile	09/27/08 Noble Canyon 50K
05/02/09 Wild Wild West 50k	11/29/08 Santa Barbara 9 Trails 35 Mile Run
05/09/09 PCT 50 Mile Trail Run	12/06/09 High Desert 50k & 30k
05/16/09 Bishop High Sierra 100K, 50m, 50k	



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Suggestions or comments?

Gary Hilliard Phone: (626) 836-8950
337 Sycamore Place e-mail: gary@mtdisappointment50k.com
Sierra Madre, CA 91024

Southern California Ultra Runners Grand Prix Series Officers:

Gary Hilliard, Series Director
Fred Pollard, Series Statistician
Joe Magruder, Treasurer
Gary Hilliard, Acting Webmaster

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everything very serious in her efforts to manage this event. Dean Dobberteen was third overall. Eric Clifton was eighth overall and the first senior. Lora Zagnoli was our first Series female finisher at Bulldog in 5:24.

The Angeles Crest 100 always is always a highpoint on our ultra calendars. Scott Mills was ninth overall in 22:49:12. Carmela Layson was our first Series Female AC 100 finisher. Way to go Scott and Carmela!

At Noble Canyon Eric Clifton made it two in a row with an impressive 4:44:16 victory. Gina Natera-Armenta was first Series female in 6:07:02.

Santa Barbara 9-Trails became the Rose Valley 33, because of trail damage. Dean D. ran fourth overall and Keira ran 16th overall and was the 7th female. There were seven females in the top sixteen finishers?? After Rose Valley, Patrick Sweeney was fourth in the Series Standings with 235 points and Ted Liao was first with 279.9 points. Rafael Covarrubias was second with 267.9 points and Andy Kumeda was third with 264.3 points. In the women's race Gina Natera-Armenta had 209.0 points and Michelle Barton had 208.1 points. With two races to go, the Series points race was on!

Patrick Sweeney was third overall at High Desert and Lora Zagnoli was the first Series Female finisher at High Desert and fifth female overall. When the Series points were tallied after High Desert, Ted Liao was still first with 279.9 points. Rafael Covarrubias was second with 267.9 points. Patrick Sweeney was now third in the Series Standings with 265.4 points and Andy Kumeda was now fourth with 264.3 points. The women's race remained unchanged with Gina Natera-Armenta at 209.0 points and Michelle Barton at 208.1 points.

Twin Peaks was the last Series event of 2008. It was rescheduled from February. At Twin peaks the conditions got ugly cold on top of the mountain peaks. Many runners dropped out leaving the 50-miler with a 43% finish rate. Yikes! In the 50k Dean Dobberteen was fourth overall male, while Michelle and Keira tied for first in 6:26:35. In the 50-miler Tracy Moore won and Patrick Sweeney finished second overall. Gina won the women's 50-miler.

So the last race was done, now how would the final Series results add up? Patrick Sweeney had become the Series Overall Points Winner with 313.1 points. Ted Liao was to finish second with 279.9 points, but he also won the mileage crown with 588.2 miles. Andy Kumeda was now third with 269.1 points, and Rafael Covarrubias was fourth with 267.9 points. The women's points changed, but the order remained the same. Gina Natera-Armenta finished at 232.0 points and Michelle Barton at 208.9 points. Gina also finished the year winning the Women's Mileage crown with 345.0 miles.

What a great year and great finish!

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

2008 Series Race Statistics

Here are some Statistics for you statistic buffs:

In 2008:

- 14,039 Series miles were raced by Series runners.
- 344 Series races were finished by 76 Series runners.
- The average Series race distance was 40.8 miles.
- The average number of races per runner was 4.5 races.



2008 Series Races Completed

Name	Total Races
Ted Liao	12
Fred Pollard	10
Andy Kumeda	9
Steve Funke	9
George Velasco	9
Rafael Covarrubias	8
Kirk Fortini	8
Wilson Liu	8
Chrissy Weiss	8
Leigh Corbin	8
Yen Darcy	8
Lorraine Gersitz	8
Robert Schipsi	7
Ben Gaetos	7
Gina Natera	7
Michelle Barton	7
Patrick Sweeney	6
Elijah Liao	6
Lambert Timmermans	6
Gabor Kozinc	6
Thomas Kuerten	6
Dave Campbell	6
Keira Henninger	6
Jill Childers	6
Mary Lou Lacky	6
Hwa Ja Andrade	6



So. California Ultra Runners Grand Prix Series Standings

MEN	AGE	POINTS BEST 6 RACES	RACES	MILES
Patrick Sweeney	20-29	313.1	6	345.5
Ryan Shaw	20-29	154.4	4	231.0
Rafael Covarrubias	30-39	267.9	8	483.7
Elijah Liao	30-39	234.4	6	383.0
Kirk Fortini	30-39	173.6	8	357.0
Dean Dobberteen	30-39	130.1	4	146.5
Dmitri Chechuy	30-39	107.0	3	162.0
Kenneth Dempster	30-39	89.8	4	143.0
Gilbert Salazar	30-39	82.8	3	95.7
Marc Johnson	30-39	81.5	3	131.0
Matt Dickie	30-39	56.4	2	83.0
Ted Liao	40-49	279.9	12	588.2
Andy Kumeda	40-49	269.1	9	516.5
Tracy Moore	40-49	204.9	4	235.5
Robert Harris	40-49	192.6	5	261.5
Robert Schipsi	40-49	188.0	7	275.5
Lambert Timmermans	40-49	185.8	6	278.2
Gabor Kozinc	40-49	178.5	6	274.0
Steve Funke	40-49	166.7	9	316.5
Rob Cowan	40-49	165.7	5	214.2
Tom Nielson	40-49	142.1	2	150.0
Eric Clifton	40-48	140.6	5	156.5
Thomas Kuerten	40-49	149.7	6	214.0
Robert Baird	40-49	114.9	4	183.0
Charlie Nickell	40-49	102.3	4	161.5
Eric Koster	40-49	72.4	3	94.0
Ted McDonald	40-49	44.3	1	62.0
Pat Knoff	40-49	39.8	2	61.5
Husein Toubat	40-49	36.0	2	62.0
Fausto Rowlan	40-49	0.0	0	0.0
Dave Campbell	50-59	204.9	6	316.5
Scott Mills	50-59	192.6	4	231.0
Ben Gaetos	50-59	191.9	7	347.0
Rob McNair	50-59	174.8	4	214.7
Wilson Liu	50-59	167.7	8	319.5
Bill Ramsey	50-59	139.6	3	181.0
John Radich	50-59	122.0	5	173.5
Mark Chamley	50-59	117.8	4	181.0
George Valesco	50-59	111.2	9	320.0
Francisco Fabian	50-59	108.0	5	158.0
Mark Ryne	50-59	94.7	5	175.5
Michael Koguttek	50-59	73.9	3	112.0
Manny Garcia	50-59	70.5	3	131.0
James George	50-59	58.4	3	92.5
Gary Hilliard	50-59	16.3	1	31.0
David Saine	50-59	0.0	0	0.0
Scott McKenzie	50-59	0.0	0	0.0
Fred Pollard	60-69	155.8	10	406.5
Mike Haviland	60-69	110.4	4	192.5
Bill Dickey	60-69	53.8	3	112.0
Joe Magruder	60-69	29.2	1	50.0
Hal Winton	70+	33.8	2	81.0

WOMEN	AGE	POINTS BEST 6 RACES	RACES	MILES
Gina Natera-Armenta	30-39	232.0	7	345.0
Michelle Barton	30-39	208.9	7	277.7
Keira Henninger	30-39	205.0	6	246.0
Lilia Gonzales	30-39	83.5	3	143.0
Jennifer Forman	30-39	55.2	2	80.5
Dina Amin	30-39	51.3	2	83.0
Rebecca Ocain	30-39	0.0	0	0.0
Marisa Willment	40-49	200.5	5	282.5
Jill Childers	40-49	191.4	6	293.0
Chrissy Weiss	40-49	152.5	8	325.5
Leigh Corbin	40-49	128.1	8	307.0
Tanya Johnson	40-49	101.5	4	161.5
Rachael Kadell	40-49	78.9	4	126.7
Lora Zagnoli	40-49	73.2	3	111.5
Ann Eckels	40-49	56.2	3	93.0
Lori Heinselman-Craig	40-49	46.4	2	63.5
Lori H-Craig	40-49	37.6	2	61.5
Yen Darcy	50-59	141.8	8	317.0
Lorraine Gersitz	50-59	137.4	8	250.2
Mary Lou Lacky	50-59	129.2	6	206.5
Jeannette Ewing	50-59	53.9	2	100.0
Joanne Taylor	50-59	52.7	3	95.7
Nancy Tinker	50-59	45.2	3	92.5
Lora Zagnoli	50-59	24.0	1	31.0
Leslie Halimore	50-59	16.2	1	31.0
Karen Johnson	50-59	16.2	1	31.0
Hwa Ja Andrade	60-69	145.5	6	258.0



From: Gary Hilliard,
Series Director

Salomon Running was the 2008 Southern California Ultra Runners Grand Prix Series shoe sponsor. We were very excited to have *Salomon* this year. Please check out all their product line from their well known **Salomon Running** merchandise to their extreme adventure gear and accessories at: www.salomonoutdoor.com

Salomon has pledged a pair of **Solomon's XT Wings** Trail Running Shoes to each age group winner!

We really want to thank Salomon and their Sports Marketing Manager, Paul Gui for their generous and enthusiastic support!

Series Awards Invite and Update

Hello Runners, Races Directors, and Everyone,

It is time for the end-of-year Southern California Ultra Runners Grand Prix Series Awards. Congratulations need to go to all of you for making 2008 another great year for the So. Cal Ultra Series.

This year's Southern California Ultra Runners Grand Prix Series **2008 Awards / Morning Run / Picnic will be held on January 31, 2009 at Chantry Flats** in the Angeles National Forest in Los Angeles County. The January 31st date was selected to help avoid all the upcoming conflicts such as ultras, marathons, and Baz's Trail Series. Last year, we held the annual Awards / Picnic in Orange County. So as promised, this year we are rotating the Awards / Picnic to Los Angeles County. Our rain date will be February 7, 2008.

The morning run will begin at 9:00 a.m. from Chantry Flat parking lot, there are a lot of trail running options. I will have some maps and some trail markings established. The lunch/picnic should begin around 11:30 am. I hope to begin the Awards around 12:15 p.m. **We have always had a good time at our awards, run, and picnic. So, please plan on attending.**

Chantry Flat is a popular area in the Angeles National Forest and the parking lots fill up. Again, carpooling is encouraged. Many of you have a National Forest Adventure Pass (parking pass). That pass is good for any of our surrounding National Forests (the Angeles, Cleveland, Los Padres, or San Bernardino). I will have some 1-day passes also, the cost is

\$5.00. PLEASE CARPOOL! YOU CAN MEET AND PARK OUTSIDE THE BIG YELLOW IRON PIPE GATE AT THE BOTTOM OF CHANTRY FLATS HILL. Meet and ride up together. That will save parking spots AND save you money.

For those of you entered in events that require trail work and you need trail work validation or you are just wanting to do some trail work, I have trail work scheduled in the Angeles Forest for January 24, 2009, February 14, 2009, March 7, 2009, and April 5, 2009. Where to meet, when, and other trail work details can be found at: www.mtdisappointment50k.com or call me at (626) 836-8950.

The Awards / Picnic has always been a sort of pot luck. You are not required to bring a dish, but anyone who wants to bring something... bringing a dish or a party food is encouraged and welcomed. Please call or e-mail me if you are bringing a dish of something so I can try to control the quantities of the pot luck dishes.

The Ultra Series will bring:

- Burgers – buns – condiments
- Hot dogs – buns – condiments
- Soda pops, Gatorades, and waters
- Potato Chips
- A big potato salad
- An Awards cake

OK here are some notes to prepare for when you are coming to the run/picnic/awards:

- Dress for cool weather.
- Temperatures can vary greatly from shade to sun. Bring layers of clothing.
- Bring a folding chair.
- The morning run can vary in length and difficulty – that depends on you—dress and prepare correctly
- The trail runs out of Chantry are wonderful, but it can be 15 degrees cooler in the mountains and canyons. Dress accordingly.

The awards I have purchased are very nice.

Here are the age group Awards:

- Men 20-29 > 1st Place
- Men 30-39 > 1st, 2nd, 3rd
- Men 40-49 > 1st, 2nd, 3rd
- Men 50-59 > 1st, 2nd, 3rd
- Men 60-69 > 1st, 2nd
- Men 70+ > 1st

- Women 30-39 > 1st, 2nd, 3rd
- Women 40-49 > 1st, 2nd, 3rd
- Women 50-59 > 1st, 2nd, 3rd
- Women 60-69 > 1st

- Overall Mens Champion
- Overall Womens Champion
- Mens Mileage Champion
- Womens Mileage Champion

There are also shoe certificates for our Age Group Champions courtesy of Salomon Running.

Please contact me if you are coming so I can plan ahead.

E - m a i l m e a t :
gary@mtdisappointment50k.com
or call me at (626) 836-8950

Directions to Chantry Flat:

- Get to the 210 FWY in Arcadia
- Take the Santa Anita Ave Exit
- Go North on Santa Anita Ave
- Follow Santa Anita up the hill
- Santa Anita Ave turns into Chantry Flat Road
- Park and carpool at bottom (if possible)
- Follow Chantry Flat Road up the mountain until the top (approximately 3 miles)
- Park, display parking pass

Please try to attend. This is our sport and our Series Awards. We always have a really good time so I hope to see you there!

Happy Trails and Good Health to you!

Gary Hilliard,
Series Director