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Mountain/Ultra/Trail Committee

Southern California Association

USA Track & Field

MUT Report to SCA-USATF

2012 Southern California Ultra Runners Grand Prix Series Report

This is the 2012 United States of America Track and Field (USATF) Southern California Association Mountain Ultra Trail (MUT) Report from the 2012 Southern California Ultra Runners Grand Prix Series. The Series roster as of December, 2012, for the Southern California Ultra Runners Grand Prix Series was at 45 participants, with 9 runners registered as USA Track and Field members. Given California's economic trends, USATF participation continues unpredictable for 2012 and 2013. We are hopeful that forwarding USATF emails and other USATF on-line news items will help increase the enthusiasm for belonging to the Southern California Ultra Runners Grand Prix Series and USA Track and Field for 2012 and 2013 as we continue to promote USA Track and Field and the benefits of membership.

The 2012 Southern California Grand Prix Ultra Series had 20 event dates and 23 event distances for 2012, including the USATF Southern California Association 50k Trail Championship at the High Desert 50k in December. For 2013, the High Desert 50k event will again represent USATF Southern California Association as the 50k Trail Championship.

For 2013, the Series will have 23 event dates and 28 event distances, including the 2013 Southern California USA Track and Field 50-mile Trail Championship. We have added five ultra events on the 2013 Series Calendar. The Series offers a unique variety of running courses and challenges. Events range from the trails on Catalina Island to the unpredictable High Desert. This includes all areas from the San Diego area to the west San Fernando Valley. And, if you like mountains and forests, our events include the Santa Monica Mountains, the Coastal Mountains of the Los Padres Forest, the San Gabriel Mountains of the Angeles Forest, the Cleveland Forest, and the San Bernardino Forest. All the additions will increase the popularity of the existing calendar.

For the second consecutive year, Race Directors Steve and Anny Harvey offer the Nanny Goat 24/12 Hour,....the Ultra Series' only 24/12 Hour event. What makes this event uniquely special is that each "lap" is totally counted for each runner. Yes, each runner knows the place of every other runner, both in front AND behind them.

Here's how Series points are tabulated.....Points are tabulated for each race using this formula: 100 mile, 100k, 50 mile, 50k: The winner's time is divided by the individual's time. Then that decimal is multiplied by the distance (in miles). In the 12/24 hour: the runner's miles are divided by the winner's miles (to establish a percentage). Then that is multiplied by the maximum possible points (100 in a 24 hour/ 50 in a 12 hour). If the winner runs less than 100 miles in a 24 hour or less than 50 miles in a 12 hour, that

distance will be used to calculate total points. The maximum point total for any 24 hour run is 100 points and 50 points for 12 hour runs.

For 2012, Ricardo Ornelas of San Dimas won the Series Overall Crown and the Mileage Crown with 305.4 points and 732.7 Series race miles. Former Series Champion and USATF member Jack Cheng of Temple City followed with 222.7 points. Tin Tse was the Men's Mileage Runner-up with 485.7 Series race miles. Yen Darcy, USATF member, won both the Women's Overall Crown, with 190.8 points, and the Women's Mileage Crown, with 479.5 miles. Yen's mileage total was third overall amongst men and women. The ageless woman-wonder Haw Ja Andrade, 71, USATF member of Cypress, California was the Women's Mileage Runner-up with 160.0 Series race miles.

For the Complete Series Results and schedule go to <http://socialultraseries.org>. The following text is a wrap-up of the 2012 year-long Southern California Ultra Runners Grand Prix Series events. Please read and enjoy. AND PLEASE....JOIN USATF TODAY! You will support much needed programs while increasing your health insurance, if you get injured!! USATF Insurance covers emergency Helicopter lifts!

AGE GROUP CHAMPIONS

<u>MEN</u>	Point total BEST 6 races	Series Races	Miles	AGE
Ricardo Ornelas	305.4	16	732.7	30-39
Jack Cheng	222.7	5	342.5	30-39
Tin Tse	249.4	10	485.7	40-49
Larry Rich	200.7	8	389.0	50-59
Larry Ramaekers	149.5	5	224.0	60-69
Bill Dickey	52.6	3	112.0	70+

<u>WOMEN</u>	Point total BEST 6 races	Series Races	MILES	AGE
Yen Darcy	190.8	11	479.5	50-59
Nancy Tinker	32.4	2	62.0	60-69
Haw Ja Andrade	103.8	3	160.0	70-79

SOUTHERN CALIFORNIA ULTRA RUNNERS GRAND PRIX SERIES RACE SCHEDULE – 2012 - 2013

01/12/13 Avalon Benefit 50 Mile
 01/27/13 Calico 50k Trail Run
 02/17/13 Bandit 50k Trail Race
 03/16/13 San Juan Trail 50k
 03/23/13 Old Goats 50 Mile
 04/06/13 Oriflame 50k
 04/27/13 Leona Divide 50 Mile
 05/04/13 Wild Wild West 50k
 05/11/13 PCT 50 Mile Trail Run
 05/18/13 Bishop High Sierra 100k, 50m, 50k, 20m
 05/25/13 Nanny Goat 24/12 Hour
 06/01/13 Shadow of the Giants 50k
 06/09/12 San Diego 100
 06/10/12 Holcomb Valley 33 Mile
 07/21/12 Angeles Crest 100 Mile Endurance Run
 08/11/12 Mt. Disappointment 50k/50 Mile
 08/25/12 Bulldog 50k Ultra Run/25k run
 09/15/12 Noble Canyon 50k

10/06/12 Cuyamaca 100K Endurance Run
10/27/13 Lake Hodges 50K
11/03/12 Chino Hills 50K
11/24/12 Santa Barbara Red Rock 50 Mile
12/02/12 High Desert 50k & 30k

Avalon Benefit 50 Mile Run

Catalina Island
01/14/12

This is one of the country's most challenging and scenic 50-milers. No cars, no smog, just great terrain, incredible views, fascinating historical sites, a well-organized race, nice people, great food . . . and even an occasional buffalo sighting. ALL pledge proceeds from the sponsored mileage pledges go to charity. Recipients of this charity include: Avalon Hospital, Avalon High School scholarships, Catalina Conservancy and the Bill Putnam Health Care Fund. The banquet dinner, honoring the runners with the highest pledge lists, is always held after the race at Avalon's World Famous Casino with entertainment and an awards ceremony.

Top three men and women:

2012 AVALON 50

MEN

1 ANDRES EDUARDO, 21, 10:03:44
2 TONY TUTTLE, 59, 10:04:15
3 DAVE WINKLER, 49, 10:04:58

WOMEN

1 BETH SIMPSON-HALL, 53, 10:11:10
2 LAURIE SINGER, 52, 10:12:03
3 JENNIFER HENDERSON, 53, 10:12:28

For complete results see: <http://www.avalon50.com/>

CALICO 50K TRAIL RUN

Calico Ghost Town
01/22/12

This is the Trail Run you've been waiting for all year. It's not just a trail run . . . It's an adventure! Historic Calico Ghost Town and Mining District is one of the most beautiful and awe-striking trail runs you will ever experience. Ruggedness combined with the sheer beauty of the historic Calico Mountains is the theme of this adventure!

The Calico Ghost Town, founded in 1881, is a historic silver mining town 10 miles north of Barstow, California. Purchased in 1950 by Walter Knott of Knott's Berry Farm, the town was restored to its glory of the richest silver strike of the 1800's. Walter Knott donated the Town of Calico to the County of San Bernardino in 1967. The Calico 50k started six years ago. Proceeds from the race go to the Calico Ghost Town through Discovery Trails. The run begins each January in Calico and runs the Desert trails outside of Calico then returns to end in town at Calico Ghost Town.

Top three men and women:

CALICO 50K TRAIL RUN

MEN

1st Jorge Pacheco 3:38:32 RECORD!!!
2nd Roberto Leonardo 3:53:04
3rd Scott Jaime 3:58:35

CALICO 50K TRAIL RUN

WOMEN

1st Stacey Pearson 4:56:24
2nd Maria Lemus 5:30:22
3rd Kara Teklinski 5:38:42

For complete results see: <http://www.calicotrailrun.org>

BANDIT TRAIL RUN

Corriganville Park
Simi Valley, CA
February 18, 2012

This is one of the new races to the So Cal Ultra Series. The Bandit is an AWESOME race for beginning trail runners or experienced runners that prefer the shorter distance. You can go to the website and Click the attached map for a full course preview and join in on training runs!

2013 will host a NEW course for the Bandit 50k. More elevation, more single track and a course that you won't forget. You can Click the Garmin link for a full course preview or join in on the training runs! Race starts 7:00 a.m.

Top three men and women:

BANDIT TRAIL RUN

MEN

1 Trey Barnes 27 4:26:25
2 Connor Kamm 23 4:41:34
3 Hei Chan 31 4:59:08

CALICO 50K TRAIL RUN

WOMEN

1 Chandra Farnham 27 5:01:26
2 Maggie Beach 40 5:03:16
3 Elissa Price 31 5:18:46

For complete results see: <HTTP://BANDITULTRATRAILRUN.COM>

SAN JUAN TRAIL 50K

Cleveland National Forest
03/03/12

The race starts and ends at Blue Jay Campground in the Cleveland National Forest. Take Ortega Hwy (74) inland from San Juan Capistrano (15) the about 21 miles, turn left at wooden sign and balloons.

The Start is at 7:00 AM prompt. The time limit is 8 hours. There is a 5 hour cut off at 19.5 miles (Blue Jay Campground). The Entry Fee is a modest \$75 before March 9th, (thereafter, add \$20 including race day). Sorry no refunds. Entry includes a race-shirt. Sign up early because the Forest Service limits entries to 150 runners max. The Course is a 31 tough miles. The entire course consists of Forest trails and dirt roads between 2,000 and 4,200 feet elevation. Total elevation gains are 6,627 feet. The race starts at 3,300 ft.

There are 5 total Aid Stations. Please carry water at all times. Food & drink at finish line.

The weather's average temperature ranges from 60 to 74 degrees. Come prepared for all conditions. Awards are for Overall winners, men/women and age groups. Bring your chair to enjoy Baz's Magic

RAFFLE after 1 PM. Trail briefing before the start will cover the latest trail conditions, etc. Come early. Bring a chair, food and drink will be available for all entrants at the finish line. Please leave your four legged pets at home.

Where does one start when you are told by the Forest Service just 2 days before a big 50K trail run that the event has to be cancelled? A major storm was coming in and dumping snow down below 4,000 feet in the Cleveland National Forest? Of course, one panics, but the RD of many years - never say no. Baz offered a plan B course to the FS and they accepted. But now comes what do you tell the runners ... tell them nothing, they will just turn up anyway at Blue Jay. What about all the hundreds of volunteers that have made plans, etc., etc. Hey you ask very calmly, that all is still well and the show will go on with minor demographical changes, much like when I was a boy scout for a day... Come prepared.

San Juan Trail 50k

MEN

- 1 Jesse Haynes, 39, 3:54:50
- 2 Kurt Whittington, 34, 4:18:49
- 3 Jamie Castanada, 45, 4:37:53

WOMEN

- 1 Carey May 4:47:18
- 2 Mari Russell, 47, 5:10:18
- 3 Wendy Barth, 40, 5:33:47

For complete results see: <http://www.bigbaztrailraces.com/12>

THE OLD GOAT'S 50 MILE TRAIL RACE

Trabuco Region, Cleveland National Forest
03/24/12

The Old Goat's 50 Mile Trail Race is a modified figure eight course that starts and finishes at Blue Jay Campground, located in the Trabuco region of the Cleveland National Forest. The camp is 22 miles east of San Juan Capistrano, Ca. and 5 miles North of the Ortega Highway (RTE74). The race has 13,423' of elevation gain and is rated one of the toughest 50 mile trail races in the United State. This race is not for the squimish, the easily intimidated, or the undertrained. It has twelve fully stocked aid stations for each runner with everything from a hot drink to a cold compress.

If you enjoy challenging terrain, unpredictable weather, long continuous climbs, beautiful scenery, then the Old Goat 50 is the race for you. If you want a race that provides an exciting course where you can qualify for a 100 miler, this could be it. But if you judge a trail run not by the breaths you take but by the miles that take your breath away - you'll love the Old Goat!

The Old Goat's 50 Mile Trail Race

MEN

- 1 Jorge Pacheco 43 7:31:36
- 2 Thomas Crawford 30 7:44:41
- 3 Dominic Grossman 24 7:50:15

WOMEN

- 1 Angela Shartel 37 9:02:52
- 2 Tracy Dimino 39 9:25:18
- 3 Debbie Gibson 46 9:51:41

For complete results see: <http://www.oldgoatrunners.com>

ORIFLAME 50K TRAIL RUN

San Diego Area

04/07/12

The trail 50K runs within the Anza Borrego State Park in the San Diego area. Runners and spectators watched the sunrise over the desert and then the runners ran down into it. It's a 50K with a little bit of everything. It's a single track along the Pacific Crest Trail, with more than a 2,000 foot drop into the desert. Then Oriflame becomes a run through the beautiful desert scenery of Box Canyon, and then the climactic 5+ mile climb up via Oriflamme Canyon.

There is a 9.5 hour time limit for this run with a 150 runner limit. A portion of the proceeds will be used to support Anza Borrego State Park. Technical long sleeve t-shirts were given to all entrants and medals to all finishers. There even is an early 6:00 a.m. check-in start available for runners wishing to do a little sightseeing or taking a little longer. Go to the Home Page and see the photos and videos ready for viewing!

Oriflame 50K Trail Run

MEN

1 Buddy Jones 39, 4:42:32
2 Edgar Campos 27, 4:42:34
3 Harold Zundel 43, 4:56:54

WOMEN

1 Cory Hoffman 37, 5:29:02
2 Maria Madueno 55, 5:41:21
3 Aubyn Gominak 37, 5:41:58

For complete results see: <http://www.oriflamme50k.com>

The Leona Divide 50 Mile Trail Race

Lake Hughes, California

04/28/12

This is a relatively safe and technically easy course with plenty of daylight at the finish. The first 10 miles will be run on groomed fire roads, but you will do some climbing! From here runners will then connect up with the Pacific Crest Trail, and run out to connect up with fire road 7N23. This will be a hard right turn, and 2.5 miles of solid downhill. At the bottom will be the turn around, and Aid Station#6(mile 29.5). Runners will then head back up the fire road, and reconnect with the Pacific Crest Trail for a return trip to aid station #10(mile 46.1). Once here all runners will then go left down to the finish line.

The Leona Divide 50-miler, while a runnable course, has some of the toughest sections runners will encounter in Southern California, that is...in an ultra. It seems that the Lake Hughes area has any mountain ranges with anything less than a 3-mile climb. That's bearable, because there are 10 aid stations and some have crew access. The flat sections aren't level flat, but instead they just look flat on the map. Ultra-marathons can be very lonely and punishing. Find someone to enjoy the race with. The course is groomed with single track sections and switch backs on the uphill/downhill sections. The switchbacks become so repetitive, that when you turn on something other than a switchback it seems out-of-place. There is definitely 50-miles of enthusiasm with 39.5 miles of Pacific Crest Trail dirt and rocks and 10.5 miles of fireroads.

The Leona Divide 50 Mile Trail Race

MEN

1 Dylan Bowman 26 6:00:40
2 Timothy Olson 28 6:07:34
3 Jorge Maravilla 34 6:07:55

WOMEN

1 Heather Fuhr 44 7:21:17
2 Ashley Nordell 32 7:36:56
3 Megan Laib 31 7:45:39

For complete results see: <http://www.leonadivide.com>

WILD WILD WEST 50K

Lone Pine – Alabama Hills
May 4, 2012

A trail race that goes through the great Alabama Hills and the foothills of Mt. Whitney. Water stops every three miles. There is a 50K, a marathon, a ten mile and a 3 mile race. Something for every runner and the trail is walker friendly. If you want clean air safe surroundings and beautiful scenery, if you and your family would like to enjoy a day of running or you want to run a challenging race this is the place to be the first Saturday of every May.

Wild Wild West 50k Trail Race

MEN

- 1 4:55:34 Matyazic, Mark 47
- 2 4:56:40 Benov, Michael 56
- 3 4:56:40 Diprospero, Tony 57

WOMEN

- 1 5:36:36 Barton, Michelle F 41
- 2 5:39:16 Liu, Lora F 29
- 3 6:15:17 Wunder, Leslie F 50

For complete results see: <http://www.lonepinechamber.org>

PCT 50 MILE TRAIL RUN

East of San Diego
May 12, 2012

This was the 32nd running of the PCT 50 mile trail run. Mostly along single track trail, the out and back course offers spectacular scenery and challenges each runner. The Pacific Crest Trail Run is 50 miles via the single-track Pacific Crest Trail in the Cleveland National Forest. The run starts at an elevation of 3,000 feet and climbs to 6,000 feet, with changing eco-cultures and beautiful vistas. As always, there is a traditional Cuban feast at the finish along with Tech tees and finishers' medals. A portion of the proceeds will benefit Wounded Warrior Project, SD Sheriffs Search & Rescue, and SD Mountain Rescue Team.

PCT 50 MILE TRAIL RUN

MEN

- 1 Peterson Brian 30 7:24
- 2 Horne Ben 31 7:51
- 3 Aguirre Andreas 33 8:09

WOMEN

- 1 Hoffman Cory 37 9:51
- 2 Kurek Melissa 25 10:17
- 3 Johnston Allison 23 10:21

For complete results see: <http://www.pct50.com/>

BISHOP HIGH SIERRA 100K, 50 MILE, 50K, 20 MILE

Bishop / High Sierras

May 19, 2012

The Bishop High Sierra Ultramarathon is one of the best ultras in California, From the Start, runners recognize this as a serious race, not to be taken lightly. The race gains 9800', with almost half of the event above 7000' elevation, and highest point is 9400' at the Overlook aid station.

Congratulations to everyone who ran in 2011. Be sure to check our Facebook page for the latest information. Check the links for race reports, photos and more. The 2012, 19th annual Bishop High Sierra Ultra-marathons are scheduled for May 19, 2012. Proceeds from the race benefit the Northern Inyo Hospital Foundation Equipment fund. Thus far they have contributed over \$100,000.

There are 4 simultaneous races - 100k, 50 miles, 50k and 20 Mile Fun Run. The 100k has a 19 hour time limit, the remaining three races have the new, extended 15 hour cut-off. These are high altitude races, with lots of climbing, in the scenic foothills of the Eastern Sierra Nevada. The course is mainly run on four-wheel drive dirt roads, with a couple of short sections of trail. There are very few trees, thus the race is exposed, dry and high! Much of the 100k and 50-mile courses are above 7000' altitude.

The weather can range from cold to hot, dry to snowing, breezy to very windy. We have experienced all weather types, but usually we can expect fine, sunny weather, with afternoon breezes. Temperatures usually range from mid 40's at the start to 90's in the late afternoon, and then cooling in the evening.

The aid stations are at two-five mile intervals and are famous for variety of food and drinks available. We have small first aid kits at each, with foot care and pain relief medications. There are usually nurses and doctors on the course, with Search and Rescue. Runners are tracked by our local Ham Radio club. At the finish line, we have a wonderful post-race meal, with hot snacks, cold drinks and an assortment of "munchies". Race awards, hand-made pottery provided to winners in each 10 year group. All finishers receive a hand-made pottery medallion.

BISHOP HIGH SIERRA 100K

MEN

1 Jason Wara 29 10:48:37
2 Angel Perez 40 11:38:50
3 Jason Wara 28, 11:21:10

BISHOP HIGH SIERRA 50 MILE

MEN

1 Paul Sweeney 46 08:34:28
2 Charles Corfield 54 08:37:08
3 Phill Kiddoo 37 08:41:41

BISHOP HIGH SIERRA 50K

MEN

1 Shad Mickelberry 36 04:49:11
2 Glenn Jobe 61 05:12:47
3 Matt Koppenheffer 31 05:14:35

WOMEN

1 Sada Crawford 45 11:41:58
2 Jamie Frink 39 12:46:57
3 Lora Zagnoli 50 12:55:50

WOMEN

1 Molly Zurn 41 09:42:19
2 Alexa Dickerson 24 10:29:45
3 Kelly Bahr 43 10:54:56

WOMEN

1 Meredith Edwards 27 05:31:23
2 Caroline Barichievich 40 05:38:45
3 Patricia Moeller 41 05:39:25

For complete results see: <http://www.bhs50.com>

NANNY GOAT'S 12/24 HR TRAIL RACE/RELAY

Saturday and Sunday May 26/27, 2012

All races start at 8:00 am Saturday the 25th.

The Nanny Goat 24 hour race takes place on a one mile dirt loop on a private horse ranch located in Riverside California. The race is open to solo runners or teams of four runners. Teams may be all women, all men, or mixed. The object is to complete as many laps as possible within an allotted 12 or 24 hour period. Any runner logging 86 or more miles in 24 hours may continue to 100 miles (with a firm cutoff at 28 hours).

The course is flat, the footing is good (weather dependent), and the trail is wide enough to allow easy passing... Support is never more than a half mile away. Aides, spectators, and handlers can camp within feet of the course. The 24 hour race will start on Saturday Morning at 8:00 am and will end on Sunday at 8:00 am. 12 hour runners may opt for a daytime or night time 12 hour segment. (8:00 am to 8:00pm on Saturday or 8:00 pm Saturday to 8:00 am Sunday). A 100 mile option is available for any 24 hr runner who has completed 86 miles by 8:00 am on Sunday. Those runners may continue until reaching 100 miles or 12:00pm (whichever is sooner). We anticipate posting progress on the internet in real time.

As with all Old Goat venues schwag will be presented to all entrants. Tech shirts, mugs, etc. .. In addition to the food and tasty beverages provided in the transition area, there will be a Saturday afternoon BBQ and a Sunday Morning Pancake Breakfast for competitors, their immediate supporters, and race volunteers. Aides, spectators, and handlers can camp within feet of the course.

Race progress is by timing chip attached to your shoe. As you cross the timing trap your name and mileage is projected on the barn wall.... No guessing and no need to bring lap counters. As with all Old Goat venues schwag will be presented to all entrants. Tech or Bamboo shirts, mugs, etc. .. In addition to the food and tasty beverages provided in the transition area, there will be a Saturday afternoon BBQ and a Sunday Morning Pancake Breakfast for competitors, their immediate supporters, and race volunteers. Moonbucks coffee drinks are available for a modest donation.

There is ample parking, camping facilities, showers and toilets adjacent to the course.

12 Hr Option Saturday and Sunday May 25/26, 2013

All races start at 8:00 am Saturday the 25th. Look who entered Venue Map Wounded Warriors Mail in Entry Form 2012 Results On Line Entry Nanny's 12-24 Hr

Since inception, the Nanny Goat has raised over \$38,500 for the Wounder Warrior Project. We hope to hit at least \$50,000 in 2013.

NANNY GOAT'S 24 HR TRAIL RACE/RELAY

MEN

- 1 Steve Fry 54 122 miles
- 2 Ed Ettinghausen 49 117 miles
- 3 James Ehasz 59 111 miles

WOMEN

- 1 Dana Cormey 36 101 miles
- 2 Theresa Apodaca 50 100 miles
- 3 Liz Bauer 53 100 miles

NANNY GOAT'S 12 HR TRAIL RACE/RELAY

MEN

- 1 Deo Jaravata 47 62 miles
- 2 Steven Escaler 35 60 miles
- 3 Harry Vanden Hof 56 59 miles

WOMEN

- 1 Marla Hernandez 38 63 miles
- 2 Diana Rush 51 58 miles
- 3 Barbara Shainberg 53 55 miles

NANNY GOAT'S 100-MILE TRAIL RACE/RELAY

MEN

- 1 Steve Fry 54 18:43:43
- 2 Michael Miller 50 19:10:07
- 3 Ed Ettinghausen 49 M 19:51:57

WOMEN

- 1 Liz Bauer 53 21:01:29
- 2 Andrea Kooiman 37 23:03:04
- 3 Amy Devine 34 23:21:11

For complete results: http://www.oldgoatrunners.com/old_goat_50_home_page_017.htm

SHADOW OF THE GIANTS 50K

Fish Camp

June 2, 2012

The 22nd Running and Baz the Race Director has been there for them all! This is a magical run through the beautiful Alpine forests of the Western Sierra. You will not find a lovelier trail experience anywhere! The Location is Fish Camp, California on Highway 41, two miles south of the southern entrance to Yosemite National Park.

The Course is scenic historic trails through the Sierra National Forest. The 50k run takes you past 3000 year old Giant Sequoias in the famous Nelder Grove. The course may be a little longer than 50k - more fun for the money! Elevation is 5,000 - 6,500 ft. with a time limit for the 50k limited to 8 hours. Five well stocked stations in the 50k with all the goodies you'll need. Awards for the overall winners and age groups for the 50k, and there is a special raffle after the race, where just about everybody wins! The weather is always magical, so come prepared! Lows average 50 degrees in the AM, highs are around 75 during the day. The weather is a problem at 5,000 feet. Baz loves the course that includes visiting the Giant Sequoias in Nelder Grove. Please visit www.bigbaztrailraces.com.

SHADOW OF THE GIANTS 50K

MEN

- 1 Oswaldo Lopez 40 3:31:36
- 2 Lon Freeman 37 3:44:20
- 3 Randy Vanderluig 38 4:13:46

WOMEN

- 1 Maria Rivera 23 4:09:06
- 2 Justine Owen 34 4:34:57
- 3 Michelle Barton 41 4:45:38

For prior years complete results see: <http://shadowofthegiants50k.com>

SAN DIEGO 100

San Diego County

June 8-9, 2012

The San Diego 100 starts at the Al Bahr Campground in Laguna, California. Entry is limited to 175 Entrants (Qualification Required: Completion of a sanctioned 50 mile event (13 hour time limit) or longer distance race (within the applicable event's maximum finish time) between June 1, 2010 and February 1, 2012. Any previous 100 mile finish also qualifies for this event. First time 100 mile entrants are required to have a safety pacer runner with them for the night time sections of the race. Race Director Scott Mills is a great race director, runner, and person. His "Rat Pack" San Diego running team friends know the sport, the race, the course, and most of all...they just know how to treat people. This is truly a great event done by great people.

The course covers 4 areas: Laguna Mountain Recreational Area, Pacific Crest Trail (PCT), Noble Canyon, and the Cuyamacas. The Laguna Mountain Recreational Area and is mostly on single track dirt trail. The route picks up the Pacific Crest Trail (PCT) for 10 miles to the Penny Pines aid station, and onto the Noble Canyon Trail. Runners descend towards the Cuyamacas for a 30-mile loop. Then back through Sunrise, Pioneer Mail, Penny Pines and back to Al Bahr. Run 100!

SAN DIEGO 100

MEN

1. Jeff Browning 16:38:59
2. Adam Hewey 17:54:01
3. Tim Long 19:01:38

WOMEN

1. Shawna Tompkins 20:43:05
2. Ronda Sundermeier 24:36:03
3. Lindsay Scheiwiller 24:52:55

For complete results see: www.sandiego100.com

HOLCOMB VALLEY 33 MILE

Big Bear, CA
June 17, 2012

This loop course is always on the Pacific Crest Trail and U.S. Forest roads in the San Bernardino forest. There are spectacular views at all elevations. Everyone always has a good time. The 33-mile Trail race will start @ 7:00 a.m., and have a staggered wave start, which is required by the U.S. Forest Service. Times will be adjusted accordingly at the finish line for your start. Waves based on prior times, if you want to run with someone, please indicate the person's name provided on the application to be in the same wave.

The Start is at Meadows Edge Picnic Area in Big Bear Lake, Ca. The race is a loop course on the Pacific Crest Trail and U.S. Forest roads in the San Bernardino forest. All 33-Mile runners must be thru Aid station # 5 (20.8 miles) by 12:45 p.m. 10-hour time limit. There are seven (7) well-stocked stations with water, sports drink, fruit, homemade cookies & more.

HOLCOMB VALLEY 33

MEN

- 1 WALSH JAMES 34 4:52:26
- 2 FLYNN AARON 27 5:03:45
- 3 SMITH BRAD 29 5:03:45

WOMEN

- 1 WONG MANDY 26 5:47:17.95
- 2 GHRIST RACHAEL 29 6:21:26
- 3 GUIJARRO ANA 31 5:28:42.69

For complete results see: <http://www.holcombvalleytrailruns.com>

ANGELES CREST 100 MILE ENDURANCE RUN

Wrightwood / Angeles National Forest
July 21, 2012

The AC100 course is elusive and difficult and has stopped a number of well known, top rung runners often due to over racing in past years when our run was in later months, October for years then Sept. for some years then August, now in July. Of course the usual things can go wrong as well to the human body in such an arduous undertaking.

This year's AC100 run results were full of surprises in some ways but not unexpected in others. It was expected that former champions Jorge Pacheco (2008 UR runner of the year) and Keira Henninger would try to do well again. Jorge started very strong As did Chris Price and Rupeto Romero. By mid-course, Chris had closed the gap. Chris led to the finish. Jorge and Ruperto followed.

Keira Henninger (LD50 RD) was trying to repeat her win of 2010. However Sada was out in front and very determined. Sada led at Chantry (54 miles). Angela and Kiera followed. By races end it was Kiera who once again proved that patience and consistency was the correct model. Angela finished second to the delight of all her San Diego crew and friends. Sada struggled at the end, but showed class and determination with her 3rd place finish. It was a great race.

2012 ANGELES CREST 100

MEN

- 1 1 Chris Price 31 19:46.06
- 2 Jorge Pacheco 43 21:12.13
- 3 Ruperto Romero 48 21:12.

WOMEN

- 1 Keira Henninger 36 23:17.19
- 2 Angela Shartel 38 24:05.55
- 3 Sada Crawford 46 25:04.33

For complete results see: <http://www.ac100.com>

2012 MT DISAPPOINTMENT ENDURANCE RACE

Angeles National Forest

Saturday, August 12, 2012 @ 6:30 a.m.

The 2012 Mt Disappointment Endurance Race continues to rebuild after the worst fire in Angeles National Forest history. The weather was perfect at the start, but the added mileage, which made this year's race 33 miles, was due to the post-fire course changes. Thankfully the August sun, which has always worn on the runners was out early causing all runners to be smarter on this race day. It was an amazing race from the start. Dominic Grossman, Jorge Pacheco, and Dean Dobberteen ran out of the gate and never looked back. Additionally they never really changed positions either. Ana Guijarro ran after them and was never that far behind the race leaders. She has great ability and can run without looking over her shoulder it seemed...she just kept looking ahead. At the Shortcut station (24-miles) Jorge, Dominic, Dean, and Ana ran 1, 2, 3, 4.

What a great race this was to watch again! From Shortcut, all runners leave on the historic Silver Moccasin Trail, of which every foot of this trail has been restored by ultrarunners! Runners arrive at Westfork before the infamous Kenyon DeVore Trail (2180 feet in 4.3 miles) to the Finish. Jorge honored us with another Mt Disappointment victory. Dominic and Dean both gave a great race. Ana followed the first three men in and finished fourth overall. Dawn Poole finished a distant second and Serina Ulibarri finished third.

At the finish line the annual Jay's Kids Race was held with usual overwhelming Ultra runner support and enthusiasm. Also the US Forest Service sent Smokey Bear to honor the kids and the adult ultra-runners, who helped in the re-building of trails since the Angeles Forest Station Fire and the Mt Disappointment Trail Conservation Group.

2012 Mt Disappointment 50K (33 miles)

MEN

- 1 Jorge Pacheco 5:00:40.51
- 2 Dominic Grossman 5:11:36.87
- 3 Dean Dobberteen 5:19:49.45

WOMEN

- 1 Ana Guijarro 5:28:21.54
- 2 Dawn Poole 7:05:01.27
- 3 Serina Ulibarri 8:00:21.44

For complete results see: <http://www.mtdisappointment50k.com>

2011 BULLDOG 50K

Malibu Canyon State Park

August 25, 2012

The challenging and popular Bulldog runs consist of two races - the 50K Ultra Run and the 25K Trail runs, which are conducted simultaneously. When entering this race, each runner experiences the beautiful and scenic Santa Monica Mountains recreational area for the Bulldog Trail Runs which begin at their Start/Finish base camp in Malibu Creek State Park, Malibu California.

The first light of dawn on race day was thick with ocean fog and the temperature felt chilly as the 50K runners lined up for early morning bib pickup. The morning hours were cool and overcast and should have contributed to some very fast times but in the end, all the course records were broken by women!

The 2012 Men's 50K Champion is 27-year-old Rickey Russell from Novato, CA. Rickey's 4:02:46 finish captured the win followed by 50-year-old Robert Leonardo (4:04:21) and 41-year-old Shawn Waco (4:13:25). Rickey only ran his first and second marathons (both trail races) in the last year with a best of 3:38:02.

The 2012 Ladies' 50K Champion is seasoned ultra runner Eileen Kickish (age 32) from Fountain Valley, CA in a time of 4:40:07. Second place female is the 2010 50K Champion, 41-year-old Maggie Beach (4:43:34) and 25-year-old Kristina Tudor (4:51:53) came in third among the females.

A new 50K Ladies F50-59 Course Record was set by Lora Zagnoli (5:21:24).

The 25K Trail Run was won by 32-year-old Benjamin Maniatis, who came in second overall at the 2012 Valley Crest Half Marathon in June! Benjamin's time of 1:49:45 was respectably ahead of second place Simren Dulai (1:53:49) and third place overall, who happened to be our 25K Female Champion Annie O'Donnell!

Hot off her first marathon and first 26.2 win in July at Salt Lake City's Desert News Marathon, Annie ran 1:54:01 to set a new Ladies 25K CR by 12:06! 2011 25K Champion Anissa Faulkner (40) came in second with a time of 2:03:31 followed by 37-year-old Susan Mitchell (2:25:12).

<u>2012 BULLDOG 50K</u>	
MEN	WOMEN
1 Rickey Russell 27 4:02:46	1 Eileen Kickish 32 4:40:07
2 Robert Leonardo 50 4:04:21	2 Maggie Beach 41 4:43:34
3 Shawn Waco 41 4:13:25	3 Kristina Tudor 25 4:51:53

For complete results see:

<http://www.bulldogrun.com>

NOBLE CANYON 50K

Pine Valley, CA

September 15, 2012

The Homepage says, "Welcome to the Noble Canyon 50k website." And, this group from San Diego means WELCOME to the website and WELCOME to this race! The Noble Canyon 50k is run each year in the beautiful mountains in east San Diego county. The race is run on National Forest land. The 2013 course will start at the Al Bahr Shrine Camp, & immediately connect with the Laguna trail, go down & then back up Noble Canyon, loop around the PCT, reconnect with the Lagunas, and finish back at the Al Bahr Shrine Camp. Some have described it as a lollipop shaped course. Everyone likes lollipops!

The Noble Canyon 50k is run each year in the beautiful mountains in east San Diego County. The Noble Canyon 50k was established and is operated by the San Diego Bad Rats, this running club of experienced ultrarunners man each aid station. Another course description says, the course starts at the Pine Valley Bible Center, goes up Noble Canyon, loops around the Lagunas, returns down Noble Canyon and finishes at the Pine Valley Bible Center. The original RD Scott Mills, wants to thank all the volunteers for their help and dedication. Taking over the event in 2012 was Brian Gonzales, as Scott focused on the San Diego 100. The Noble Canyon crew hopes to see you back on Saturday, Sept. 14, 2013 for their 7th Annual Rat Race.

2012 NOBLE CANYON 50K

MEN

- 1 Dean Dobberteen, 37, 4:15:06
- 2 Igor Campos, 28, 4:30:58
- 3 Christophe Sigel, 41, 4:31:23

WOMEN

- 1 Margaret Nelson, 30, 4:54:57
- 2 Tracy Dimino, 41, 5:29:13
- 3 Christy Baker, 41, 5:33:12

For complete results and info see: www.noblecanyon50k.com

CUYAMACA 100K ENDURANCE RUN

10/06/12

The Cuyamaca 100k is a 62 mile trail race in Cuyamaca Rancho State Park located approximately 40 miles east of San Diego. The majority of the Cuyamaca 100k course lies within the boundaries of Cuyamaca Rancho State Park approximately one hour east of San Diego.

Co-race-directors Scott Crellin and Scott Mills did an outstanding job of organizing the race. The course was so much fun, stringing together about 62 miles of beautiful, mostly single-track trails through Cuyamaca State Park.

The course consists of three separate loops that all start and end at the same place, but don't overlap, and I really liked the way they broke the loops up. The first loop was 31.5 miles with 5,500 feet of gain, including a trip to the top of Cuyamaca Peak. This was the longest loop and it was a psychological boost to get it done early in the day. The second loop was 12.6 miles with 2,800 feet of gain. Although this was

CHINO HILLS 50K

Chino Hills, CA

October 5, 2012

This is a relatively new 50K Trail Race just added last year. The event runs in and around d Chino Hills State Park. This race is part of the Chino Hills Trail Race Series. The race directors and staff have an entire series of trail races. They have a 10k, 10-miler, 15-miler, 20-miler, half marathon, marathon, and the 50k. Join these Orange County race officials and volunteers to explore one of Orange County's premier natural open-space parks while you discover the trail runner in you. If you're already a seasoned trail runner, the Chino Hills Spring Trail Series is a great way to step up in distance and aim for your first trail marathon or 50K.

The series kicks off with a 10k race, a standard road distance but with natural beauty all around. You'll see for yourself why trail running is one of the fastest growing sports. Trails offer so much more than asphalt and you're bound to be hooked. Later, you'll be looking forward to tackling the 10 mile loop. Still want more? You only have to wait a few more weeks. The hilly 15 miler will take you deeper into the park. If that's not enough, just wait a bit and you'll get a chance to run 20 miles on these amazing trails. And that's perfect preparation for the trail marathon just a few weeks later. But the fun doesn't stop there. The series finale is a challenging 50K ultramarathon that will give ample opportunity to test your trail legs while enjoying the wildlife and native plants that abound in this beautiful park.

2012 CHINO HILLS 50K

MEN

- 1 Chris Zurbuch, 39, 4:45:20
- 2 Craig Bronstein, 56, 4:58:41
- 3 Andy Funk, 36, 5:14:05

WOMEN

- 1 Catherine Lambert, 44, 5:33:18
- 2 Erin Maruoka, 35, 5:44:04
- 3 Selina Nordberg, 44, 5:53:40

EMAIL: flpmai@aol.com

WEBSITE: <http://www.Runchinohills.com>

RED ROCKS 50 MILE TRAIL RUN

Santa Barbara - Red Rock Day Use Area - Los Padres National Forest Santa Barbara District
November 25, 2012

This run is a replacement event for Patsy Dorsey's original Santa Barbara 9 Trails 35 Mile Endurance Run which has been moved because of fire damage and closed trails in the Santa Barbara front country. The Red Rock 50 will include much of the original 9 Trails course, all of the Cold Springs Trail and 34 miles of challenging back country trail and dirt roads. This run is extremely difficult and is best suited for the expert trail runner or experienced ultra marathon runner.

The weather is as unpredictable as the California coast, but the Race Director, (Luis Escobar), is always a high energy guy, who loves long distance running. Additionally check out his photography, which is ALWAYS spectacular! Some good advice being rumored was you needed to pay attention to your footwork and don't pass up food and drink...Luis likes to makes things challenging!

2012 RED ROCK 50 MILE TRAIL RUN

MEN

- 1 Matthew Ardine, 28, 9:56:04
- 2 Aaron Flynn, 27, 10:06:57
- 3 Chris Zurbuch, 39, 10:07:10

WOMEN

- 1 Katherine Metzger, 32, 10:44:15
- 2 Juliet Morgan, 46, 12:06:01
- 3 Sandra Sanger, 42, 12:06:06

For complete results and info see: http://www.allwedoisrun.com/RED_ROCK.htm

HIGH DESERT 50K

Ridgecrest / High Desert

December 2, 2012

Mountain views are plentiful—the southern Sierra Nevada range is obvious to the west, but you may also see a snowy Telescope Peak to the Northeast. Rattlesnakes are hiding for the winter, and temperatures are generally cool. But Mother Nature is always capable of making things more interesting, and anything from wind, rain, snow or even hail, to an unseasonably hot day, may show up to provide us with an added challenge!

The 2012 “Over The Hill Track Club” High Desert 50K Ultramarathon and 30K was held on Sunday, December 2nd. December is a great time for running on our desert roads and trails. Mountain views are plentiful—the southern Sierra Nevada range is obvious to the west, but you may also see a snowy Telescope Peak to the Northeast. Rattlesnakes are hiding for the winter, and temperatures are generally cool. But Mother Nature is always capable of making things more interesting, and anything from wind, rain, snow or even hail, to an unseasonably hot day, may show up to provide us with an added challenge!

This year the High this year’s race stated that she could not remember running in more brutal winds. At the finish line, it became a constant challenge to keep the finish chute standing upright. Eventually the fight seemed futile, and the stanchions were allowed to remain flopped over on the ground.

Ricardo Ramirez (pictured), 40, of Sun Valley, CA, won the 50k race in 3:39:00. Kate Martini Freeman of Los Angeles, 31, was the women’s winner in 4:31:30. The military award went to Joe Baumgarte, 42, of Las Vegas, in a time of 4:37:07.

Winner of the 30k race was Fernando Blanco, age 33, from Encinitas. He finished in 2:06:06. Lisa Fink, 43, Valencia, was the first female finisher, in 2:38:56. Jim Madonna traveled from Fairbanks, Alaska to obliterate the men’s 70-79 division course record in the 30K. His time of 3:01:09 beats the old record of 3:48:57 set by Marvin Powers in 2001. (Powers still holds the 80-89 division records in both the 50K and 30k.)

Of the 325 finishers, 228 completed the 50k, while 97 finished the 30k.

2012 HIGH DESERT 50K

MEN

- 1 Ricardo Ramirez, 40, 03:39:00
- 2 Robert Sager, 19, 03:42:06
- 3 Dustin Luhrs, 29, 03:47:25

WOMEN

- 1 Kate Martini Freeman, 31, 04:31:30
- 2 Jill Weisman, 56, 04:38:55
- 3 Afra Pineda, 45, 04:54:26

For complete results and info see: <http://www.othtc.com/ultra/index.htm>