



**Lorraine Gersitz**  
Mountain/Ultra/Trail Committee  
Southern California Association  
USA Track & Field

---

**January 2009**

**MUT Report to SCA-USATF**

-----

**2008 Southern California Ultra Runners Grand Prix Series**

Three races have taken place since my last report and the Series results have been tallied. Below is a recap of the three final races and the overall standings.

**Rose Valley 33 Mile Run**

11/29/08

Due to the Tea Fire and trail closures in the Santa Barbara Front Country, the 2008 Santa Barbara 9 Trails became the Rose Valley 33 Mile Endurance Run and was held in the forest east of Ojai. According to RD Luis Escobar:

“The 2008 Rose Valley 33 Mile Endurance Run aka The Santa Barbara 9 Trails 35 Mile fire replacement run was a great success. We had about 100 starters and nearly 90 finishers. It was a day of pure ultra kookiness, the trails were gnarly but hospitable, dark blue skies, clean brisk California air, big views, long ass climbs, perfect single track, great aid stations, helpful, friendly and knowledgeable volunteers, generous sponsors. The finish line was ultra perfection - remote and funky location (abandoned county work station) with lots of happy people, cheese burgers prepared by chef Jurek, cold beer and shots of Jack. What could be better? We all had a great time.”

Mike Swan, 38, won the race in 5:08 and Krissy Moehl won the women’s division in 5:27. For complete results see [http://www.allwedoisrun.com/2008\\_finishers.htm](http://www.allwedoisrun.com/2008_finishers.htm)

**High Desert 50 K Trail Run – The SCA 50 K Association Championship**

12/06/08

RD Report: It almost never rains in Ridgecrest. But rain it did during the later hours of the 2008 edition of the High Desert 50k Ultra and 30k. Race day dawned with partly cloudy skies, but by noon more serious storm clouds became apparent over the mountains to our west. Soon a few sprinkles progressed to a steady drizzle. Hail was even reported by Gracies Mansion aid station.

Brian Krogman, of Van Nuys, was the 50k overall winner, in a time of 3:46:57. First 50k female was Angela Shartel of San Diego, in 4:10:45. Our military winner was Matthew Sandlin of Twentynine Palms, in 4:42:51.

In the 30k, Amy Grafius, Bishop, was first overall and broke the female overall course record, with an outstanding time of 2:08:16. The male winner was Ridgecrest local runner Robert Froehlich, in 2:19:57. Military category winner was Alex Luedke of Omaha, NE (2:37:11).

Course records in the 50k remained intact, but some 30k records were eclipsed. In addition to the overall female course record (as well as the F 30-39 record) set by Grafius, Matthew Johnson's 2:36:25 finish bettered the male 19 and under record time, and Tylor Hill, of Santa Cruz, broke the men's 20-29 record with a 2:20:46 finish. Finally, Ridgecrest OTHTC runner Dianne Rindt set a new best time for 60-69 females (3:13:44) in her first attempt on this course.

In all, 217 runners and walkers completed the 50k course, and 102 finished the 30k. For complete results see <http://www.othtc.com/ultra/index.htm>

### **Twin Peaks 50K and 50 Mile Trail Runs**

12/15/08

RD Report: The mountains of Southern California on race day were plagued with a nasty storm that sent temps down to 30 degrees and saw snow coming down horizontally. Friends Michelle Barton and Keira Henninger, who finished hand in hand, dropped down from the 50 Mile to the 50KM (and were the female winners at that distance) told me they could not see each other while they ran the race together. Fourth place 50K finisher, Dean Dobberteen, had missed a key turn for the 50 mile course and ended up with the 50K finish. Runners began dropping like flies out there. If they weren't dropping from the 50 mile race altogether, they were dropping down to the 50K. Many 50 milers opted to skip the second trip to Santiago Peak but refused rides back down to the finish. They "unofficially" finished the 45 mile race and deserve much respect for toughing it out to the finish line despite not getting finisher awards.

Tracy Moore, a talented and fast runner, won the overall 50 mile race in 9 hours 30 minutes with his nearest competition almost a full hour behind him. Only 4 of the 22 finishers (Tracy Moore, Patrick Sweeny, Greg Hardesty & Cris Francisco) even managed to come in under 12 hours. First place female (and 5th overall) Gina Natera-Armenta in the 50 mile race finished in an impressive 12 hours flat.

Jonathan Mitchell took home top honors in the 50K race despite taking a rough fall at the top of West Horsethief Trail. He finished, covered in mud, in 5:35:30. Andy Salinger and Robert Rust rounded out the top 3 with first places females Michelle & Keira finishing 6th overall.

This course is arguably one of the toughest races in the Santa Ana Mountains. The 50K boasted 11,000' of gain with 17,000' in the 50 miler. Just two days after Twin Peaks the Santa Ana Mountains, including the Indian Truck Trail where the race began and ended, saw snow! For complete results see <http://www.twinpeaks5050.com/2008results.html>

### **2008 Southern California Ultra Runners Grand Prix Final Standings**

The 2008 Southern California Ultra Series was a great success with XX members participating in XX series races.

A huge thank you must go out to Gary Hilliard for coordinating this very successful series and for promoting USATF membership among the participants. Even with the infusion of prize money, many participants still do not join USATF even though two of the series races host SCA Association Championships - The Mt. Disappointment 50 Mile Trail Run and the High Desert 50 km Trail Run. We will continue in our efforts to promote USATF in the ultra community and also in the sub-ultra trail athletes in 2009. (See "Year in Review" below for more details.)

Thanks should also be sent to all the race directors who participated in the 2008 series as well as to Fred Pollard, Series Statistician, and Joe Magruder, Series Treasurer, who have assisted Gary throughout the year. Fred has compiled some statistics from the series participant's efforts this year. This year seventy-nine athletes entered the Series and ran a total of 14,039 miles in 344 races. The average Series races

distance was 40.8 and the average number of races per runner was 4.5. Twenty-six runners ran 6 or more races and three runners ran 12 races.

On January 31 the Series Awards/Run/Pot-Luck Lunch will be held at Chantry Flat in the San Gabriel Mountains. A mountain run will be followed by good food and camaraderie. Gary and MUT Chair Lorraine Gersitz will actively recruit USATF members at this time by speaking about the benefits of joining USTAF and especially the support MUT events receives from SCA. Overall and age-group awards and high mileage plaques will be awarded as will prize money to USATF members. Patrick Sweeney is the 2008 Overall Male Winner and Gina Natera-Armenta is the 2008 Overall Female Winner. The 2008 Men's Mileage Champion is Ted Liao and the 2008 Women's Mileage Champion is Gina Natera-Armenta. For complete results see the series website at <http://www.socalultraseries.org/>

### **Other Local Ultras & Trail Races**

Santa Monica Mountains Trail Runs  
11/23/08  
9K, 18K, 30K & 50K

Held on the trails of Point Mugu State Park, Malibu. Over 300 Runners were able to pick from a variety of distances and enjoy spectacular vistas of the coast, inland grasslands, tranquil ponds, and rugged mountain peaks as they traveled through the western edge of the Santa Monica Mountains. For complete results see [http://www.pctrailruns.com/SMM\\_RESULTS\\_OVERALL\\_08.HTM](http://www.pctrailruns.com/SMM_RESULTS_OVERALL_08.HTM)

### **The Year in Review**

2008 was a banner year for MUT in that we received a budget of \$3000 to use for prizes and awards our championships and series winners. Although the ultra community has been resistant to join USATF, we have gained some new members in 2008 and hope to attract more in 2009. Emails have been sent to one of the largest trail clubs in the area and all Series participants. Member ship forms will be available at the Series Awards banquet which will be held on January 31 at Chantry Flat. All SCA Board members are invited to attend.

Trail running has become increasingly popular in the Southland, with dozens of short distance and marathon trail runs being contested in various locations and attracting large fields. It is our hope that we can add several sub-ultra distance trail championships to the SCA calendar in 2009 as well as a road ultra championship.

I would like to take this opportunity to thank SCA USATF for supporting ultra running ever since 1998 when I was invited to serve as Women's LDR Chair. Shortly after that, SCA became one of the few Associations in the country with a MUT Division, which I was asked to Chair. Just a year or two after that we held our first MUT Championship over the 50 K trail distance. Most recently, as a result of the SCA restructuring, SCA once again showed it's commitment to MUT athletes and programs by dedicating two positions to MUT – Open and Masters Chair. We are very lucky to have two MUT positions in our association. Most associations don't even have one. In SCA, and in MUT in general, Open and Masters are closely connected. In SCA this is particularly true as all our programs are geared towards both groups equally. The Open and Masters Chairs will continue to work together for all MUT athletes - and for USATF by getting more and more MUT athletes to join each year.

## **Upcoming 2009 MUT Races**

### **The Winter Trail Run Series**

Blue Jay Campground, Cleveland National Forest

Jan 10 – 12K

Jan 24 – 15K

Feb 7 – 18K

Feb 21 – 21K

### **OC Chili Winter Trail Run Series**

O'Neill Regional Park, Orange County

4 Mile Trail Run

February 7

March 8

April 4

### **The 2009 Ultra Series**

01/17/09 Avalon Benefit 50 Mile

01/18/09 50k Calico Trail Run

02/21/09 Orange Curtain 100k & 50k

03/14/09 San Juan Trail 50k

03/28/09 Old Goats 50 Mile

04/18/09 Leona Divide 50 Mile

05/02/09 Wild Wild West 50k, Marathon, 10 Mile

05/09/09 PCT 50 Mile Trail Run

05/16/09 Bishop High Sierra 100k, 50m, 50k, 20m

05/30/09 Shadow of the Giants 50k

06/06/09 San Diego 100

06/14/09 Holcomb Valley 33 Mile

08/08/09 Mt. Disappointment 50k & 50 Mile (SCA 50 Mile Trail Championship)

08/22/09 Bulldog 50k & 25k run

09/19/09 Angeles Crest 100 Mile Endurance Run

09/27/09 Noble Canyon 50k

11/30/09 Santa Barbara 9 Trails 35 Mile Endurance Run

12/07/09 High Desert 50k & 30k (SCA 50k Trail Championship)

### **Other Races**

#### **Xterra Boney Mountain Xduro**

Point Mugu State Park

January 10

6K and 21K

#### **10th Annual Buffalo Run Half Marathon and 5K**

Avalon, Catalina

February 7

#### **Malibu Creek Trail Run**

Malibu Creek State Park

Sunday, March 8

9 Km, 25 Km, & 50 Km

#### **Catalina Marathon**

Avalon, Catalina

March 14