

## Southern California Ultrarunner's Grand Prix

December 31, 2014  
Volume 2014, Issue 4



Register and encourage  
your ultra friends to regis-  
ter for the 2015 SoCal Ultra  
Series at:

[https://ultrasignup.com/  
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## FINAL 2014 SERIES RACES & STANDINGS

It's been both an exciting and interesting Fall race season as six series races were contested between October 1 and earlier this month. Early Fall was unseasonably warm and the runners at the Cuyamaca 100K and Los Pinos 50K were required to endure hotter temps than anyone could have anticipated. At Cuyamaca, race day temps peaked in the high 80s and may have cracked 90F. At the Los Pinos 50K, the mercury pegged out at 103 in the shade at the Trabuco Trail Aid Station contributing to a higher than expected DNF rate. At Chino Hills, the mercury again cracked 90 degrees making conditions on the runners difficult and requiring everyone to hydrate. Fortunately, by November, the heat of 2014 had largely abated, resulting in more temperate weather conducive to training and racing. The final tabulations have been made for 2014. Please join your fellow ultrarunners in congratulating Sylvere Valentin and Junko Takeyo, our overall points and distance champions for the year!

### Overall Points Champions

Tin Tse - 310.9  
Junko Takeyo - 171.4

### Overall Mileage Champions

Sylvere Valentin - 567.7 miles  
Junko Takeyo - 392.0 miles

(continued on page 3)

## 2014 AWARDS PICNIC AT CARBÓN CANYON

Please mark your calendars and plan to attend the annual Series awards picnic being held at Carbon Canyon Regional Park again. It's a great, family-friendly venue with lots of Green space and convenient, clean restrooms! Awards

**When:** Saturday, January 31, 2014

**Time:** 11:30a.m. -2:00 p.m.

**Location:** Carbon Canyon Regional Park (watch for the sign on the left for reserved spot for SoCal Ultra Series on the left)

**Food:** Main dish and soft drinks will be provided. Side dishes or desserts will be welcomed and appreciated.

**What to expect:** Awards, raffle (running stuff, wine, & beer), food and fun.

**What to bring:** A chair, hat, sunglasses, and your favorite side dish!

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### POINTS OF INTEREST

- [http://  
www.fixingyourfeet.com/  
blog/](http://www.fixingyourfeet.com/blog/)
- [http://trailrunnermag.com/  
training/injuries-and-  
treatment/article/1516-4-hip-  
strengthening-exercises-to-  
help-you-run-strong?  
utm\\_source=contactology&u  
tm\\_medium=email](http://trailrunnermag.com/training/injuries-and-treatment/article/1516-4-hip-strengthening-exercises-to-help-you-run-strong?utm_source=contactology&utm_medium=email)
- [http://trailrunnermag.com/  
training/cross-training/  
article/1535-7-strength-  
training-tips-for-runners](http://trailrunnermag.com/training/cross-training/article/1535-7-strength-training-tips-for-runners)

Remember to renew your 2015 Membership Registration at: [https://ultrasignup.com/  
register.aspx?did=30800](https://ultrasignup.com/register.aspx?did=30800) and encourage all your ultra running friends to join!

## BARTLEYS SWEEP THE CUYAMACA 100K

BILL RAMSEY

When Stephanie and Ben Bartley moved to Southern California earlier this year in May from the heartland of Indiana, little did they know nor did the local ultra community know what they would be capable of achieving during their short time here. Sure, both of them had been running since 8th and 9th grade and ran cross-country in high school, Ben to get in shape for soccer and Stephanie because she enjoyed the acceptance and social aspect of running with a group. This year, the Cuyamaca 100K would become the Southern California coming out party for the modest couple who are quick to under peddle



their abilities. What's certain is that they both share a passion for running as not only a pastime but as a lifestyle and integral part of living and adventurous and explorative life.

We caught up with the pair recently and had a chance to learn more about their running and the Cuyamaca race experience where Ben finished first overall in 10:05:25 and Stephanie was the first female finisher in 12:42:39 (12th place overall). Asked to describe their philosophy of running and Stephanie was quick to express her appreciation for the shared experience and the fact that afforded her and Ben an opportunity to share more of their lives together. Ben stated

that it when it comes to running, it's important "to have fun" and share the running experience with others, especially friends and loved ones.

Although having embraced running many years ago and now fairly seasoned runners, the two are recent arrivals on the ultra scene. The two ran their first ultras in 2012 at the Dances with Dirt 50M/50K in Gnawbone, Indiana where Ben finished the 50M in 4th overall and Stephanie finished the 50K, 9th women (49th overall). Neither were quick to offer their time or place but were clearly interested in talking about the experience, an obvious priority for them. A combination of a "comped" entry, the fact it was a local race, and perhaps some curiosity made it easy to register for that first ultra. Both have completed 100 miles, for Ben, Western States and for Stephanie, Burning River.

Stephanie's strength is her ability to run smart, stay within herself and not get caught up in the hype and energy that can take over early in a race. When we asked Ben about his strengths, he easily responded "downhill running, patience, and self-awareness." When we asked about any weaknesses, Ben noted that he hill climbing is not where he would like it to be but it is getting stronger all the time. He also expressed reluctance to engage in risky racing and so, typically stayed well within his capabilities. (continued on p. 3)

## MAN VERSUS HORSE!

John Radich

This year's Man vs Horse was even more challenging with the new 50km loop addition. The hilly course is run on dirt jeep roads with one of the steepest 1.5 mile decent on a thick sandy trails I have encountered- whew!! Our gaiters were tested!

Spectacular views of the Eastern Sierras, majestic Owens Peak above us and grand views of the mohave desert below, a really beautiful course. Excellent aid stops and very caring volunteers, well marked. The horses were never a threat to the runners with the wide dirt roads. I had a blast out there.

Starting & finishing at Indian Wells Brewery, runners were to treated to free microbrewed beer, and a tasty barbecue feed. RD's Randy and Megan put on a terrific race, great job, great planning and support team. Handmade finishers medal for the 50th and handsome finishers medal for the 26 and 10 miler finishers and a cool tank top shirt.

Man vs Horse is a bit like OTHTC 50km and toss in the Wild Wild West 50km as far terrain, a tougher course to run including the Calico Trail 50km for an honest comparison from myself. Man vs Horse is a trail run to keep on on your list for next year, it will test your mettle for sure! Felt like practically running in a 50 miler in some ways!

Striding on, John Radich.

## PREPARING FOR AND RACING 100 MILES—NUTRITION

To compete at 100 miles, you'll need a solid strategy to get enough calories into your body during the entire race. During the day, especially when temps are warm to hot, it's generally best to stay with liquids (gels, liquid food like Ensure or Boost and/or drink powders), and light solids at night (vegetable and/or chicken soup), unless you know your system can easily handle solid food. Your body can only do one thing well at a time. If you put solid food in your stomach, your body will divert more blood away from other major organs and muscles to your stomach to help digestion. Do not introduce anything new on race day! If you haven't consumed it during training, don't consume it on race day. Violating this rule could make your race miserable or worst, result in a DNF.

At the three major aid stations which occur near 25, 50, and 75 miles, drink a can of Ensure or Boost in a water bottle poured over ice. They're a good, digestible source of calories. Pouring the warm liquid over ice results in an easy-to-drink mixture.

Gels are great source and many, such as Crank Sports E-gel, also provide electrolyte. Although gels are designed to be eaten, you can also mix them with water in your water bottles. This reduces the overall sweetness and makes them much more palatable, which means you're more likely to drink continuously and stay hydrated and fueled at the same time.

At night, pouring warm Coke or Mountain Dew over ice in your bottles will provide sugar and caffeine. The ice melts and results in a chilled 50-50% blend which is more digestible than straight soft drinks. The combination of sugar and caffeine can be a great lift living you energized and clear-headed. Remember to drink this combo during training to get your stomach accustomed and reduce the potential for upset.

## FINAL 2014 SERIES RACES & STANDINGS (CONT.)

### Age Group Winners

#### Women (Best 6 races)

1st 30-39: Mari Bennett  
1st 40-49: Junko Takeya  
1st 50-59: Yen Darcy  
2nd 50-59: Georgina Ruiz  
1st 60-69: Kit Brazier

1st 40-49: Tin Tse  
2nd 40-49: Jack Cheng  
3rd 40-49: Andy Kumeda  
1st 50-59: Wilson Liu  
2nd 50-59: Larry Rich  
3rd 50-59: Craig Bronstein  
1st 60-69: William Ramsey  
2nd 60-69: John Radich  
3rd 60-69: John Martinez  
70-79: Bill Dickey  
80+: Hal Winton

#### Men (Best 6 races)

1st 20-29: James San Jose  
1st 30-39: Sylvere Valentin  
2nd 30-39: Jason Sung

## BARTLEYS SWEEP THE CUYAMACA 100K

Stephanie said that she tends to miss course markings and trip over trail obstacles like rocks and roots. That quite possibly a reasonable price to pay to stay well focused within oneself. Like many trail-ultra runners, she's working on capitalizing on her strengths.

Interestingly, Cuyamaca was not originally their target race. The pair had originally planned to race the Ventura Marathon in early September while focusing on racing the North Face 50 in San Francisco. However, the lure of a Western States 100 qualifier and the fact that it was a local race convinced them to enter during a training run in June. While the Ventura Marathon remained on their calendar, they added the Cuyamaca 100K race.

When we asked about training, both were quick to point out that they follow the "The Maffetone Method" (<http://www.philmaffetone.com>) which is perhaps more philosophical than methodical but is time-tested and has demonstrated its value. Since last Spring, both have adopted the "paleo diet" which they believe has improved their health and running. This past summer and fall as they prepared for Ventura and Cuyamaca, they averaged a steady diet of 90 mile training weeks with several 100 mile weeks but no track workouts or tempo runs. They're daily runs are generally 8 to 12 miles and they've made Aliso-Wood Canyon Wilderness Park in the heart of South Orange County as their second home.

At Cuyamaca, Ben's strategy was to run steady splits and be patient. He had no desire to race (reads push too hard) the entire 100K and risk blowing up during the race. It was important for the race to be a confidence builder for him. Running smart and minimizing the potential for injury, which had been a major setback in 2013 after running Burning River 100, was Stephanie's focus. At 56 miles and in the lead, Ben was told he was leading the race with 2nd place over 20 minutes back. At that point, he knew, barring disaster, that he had the win. At the finish, he felt that momentary rush of excitement at winning but that didn't last as his thoughts quickly turned to Stephanie. Despite getting lost and running an extra two miles plus, she easily held on for the women's win and expressed "relief" despite the accompanying fatigue.

To no surprise, they've filed a joint entry to the Ultra Trail du Mont Blanc (<http://www.ultratrailmb.com/>) which they describe as a potential "awesome life experience." In 2015, they plan to run some local ultras including Harding Hustle and of course, Cuyamaca! To read more about this great couple and talented pair of runners, visit their blog at [www.barkleysrun.com!](http://www.barkleysrun.com/)

## More Effective Heart Rate Training Using the Karvonen Formula

At one point in time or another during our running careers, most of us will become interested in setting some personal bests, or racing a particular course well, or training smarter and getting the most out of those training miles. While running a lot of long slow distance will build a great endurance base, it will not necessarily allow you to race

each your goals. To get truly running fit, you will need to formulate a training schedule that incorporates three types of basic runs, speed work, tempo runs, and endurance runs. Speed work is fast and shot, a tempo run is done at moderate speed at middle distance and endurance runs are long and slow, but not too slow. The objective of heart rate training is to assure that you elevate your heart rate to a level that results in a “training effect” but does not leave you so fatigued that you eventually end up injured or sick. Colds are the bane of distance runners and can become regular companions if you’re over-training. But keeping that heart rate in the optimum training zone, for the type of workout your running, will help you get the most out of your training while keeping you rested, fit, healthy, and injury-free.

*The Karvonen method will help you determine the most accurate heart rate because it takes into account the fact that as you get fitter, your resting heart rate (RHR) lowers.*

The Karvonen method is superior to the traditional method of simply subtracting your age from 220 and then multiplying the result by the % level of intensity of the workout to determine your target heart rate (THR). For a 38 year old runner with a resting heart rate (RHR) of 52 bpm, the traditional method to determine your THR at an 80% intensity would yield a 146 bpm THR ( $220 - 38 \times 80\% = 146$ ). For a fitter-than-average runner, the traditional method underestimates their THR. The Karvonen method will help you determine the most accurate heart rate because it takes into account the fact that as you get fitter, your resting heart rate (RHR) lowers. When RHR lowers, your heart rate reserve (HRR) increases thereby allowing you to train at a higher level of intensity. To calculate your THR for a given type of workout, use the following steps:

- Subtract your age from 220 to get your Maximum Attainable Heart Rate (MAHR).
- Subtract your Resting Heart Rate (RHR) from your MAHR to get Heart Rate Reserve (HRR).
- Multiply HRR by exercise intensity and then add your RHR to get your Target Heart Rate (THR).

Begin by taking your RHR before getting out of bed in the morning for three to five consecutive days and use the average. You’ll need to do this periodically every two to four weeks because your RHR will change over time, usually drop, and you want to use an accurate base. Using the same example as earlier, and applying the Karvonen formula for the 38-year old runner with a RHR of 52 bpm, we find that in order to train at 80%, the appropriate THR would actually be 156 bpm, not 146 bpm.

$220 - 38 \text{ years old} = 182 \text{ MAHR} - 52 \text{ RHR} = 130 \text{ HRR}; 130 \text{ HRR} \times 80\% = 104 + 52 \text{ RHR} = 156 \text{ THR}$

Always remember to use appropriate training guidelines for increasing weekly mileage, allocating total weekly mileage to speed, tempo, and endurance runs, and determining % intensity. Whenever in doubt, less mileage and less intensity is always the safer and more prudent route. Now get out there and run!



***Please remember to support Salomon, a sponsor and generous supporter of the Southern California Ultrarunning Grand Prix Series.***