

San Diego 100: Ten Years and Going Strong

This year marked the 10th Annual San Diego 100 Mile Endurance Run which was created and directed by Paul Schmidt and his wife Kathleen in 2001. Paul has continued to volunteer his time, experience, and leadership since the beginning. This has contributed greatly to the race's growth and popularity over the last several years. Thanks Paul for all your hard work and contributions to SD100 and the ultra running community in general!

The SD 100 course is located 40 miles east of San Diego and includes four of southern California's most beautiful trail systems. Staging out of the Al Bahr Shrine Camp, the course includes sections of Mt Laguna Recreational Area, Noble Canyon Trail, Lake Cuyamaca, and Anza Borrego State Parks; all of which are connected by the Pacific Crest Trail. Truly, these are some of the most scenic trails in California. Race day conditions were generally good and the higher than normal seasonal rains resulted in beautiful wild flowers throughout the course.

This year we hosted 158 entrants from across the nation and Canada. A very talented and competitive field battled one another and new course records were established in both the men's and women's divisions. At the first checkpoint (mile 7.4), a lead pack including Dylan Bowman, Rod Bien, Yassine Diboun, Ben Hian, and Topher Gaylord all looked poised to make this a very competitive race. By mile 14, the group had splintered slightly with Yassine in the lead and Dylan close behind. At the half way point, Yassine continued to hold a slight lead but missed a turn while climbing Stonewall Peak which allowed Dylan to move into first at mile 64. Dylan continued to bear down and was able to hold off Yassine and a hard charging Bien for his first 100 mile victory at age 25. Rod and Yassine worked together the last 12 miles and tied for second. Dylan, Rod and Yassine all shattered the course record from last year and all set 100 mile PR's. Another very notable performance for the day was turned in by 67 year young Wally Hesseltine who ran just over 31 hours.

The women's field was also very competitive and included veterans Krissy Moehl, Jenny Capel, and Betsy Nye. Very strong competitors but newcomers to the

hundred mile distance added Denise Bourassa and local favorite Tracy Dimino to the mix. Krissy and Denise were relatively close to one another all the way to the big climb up to Pioneer Mail (mile 44) at which point Krissy took the lead and never relinquished. Jenny ran smart and consistent and moved up as the miles wore on but couldn't match the pace of Krissy over the last 20 miles. Both Krissy and Jenny broke last year's course record. Betsy also moved up and came in third just ahead of Denise. Of the 158 starters, there were 106 finishers for a 67% finishing rate.

San Diego 100 prides itself on having experienced, dedicated, and passionate volunteers who understand the sport and work hard to get every runner to the finish line with runner safety their primary concern. I am very fortunate to have a family of volunteers who give an incredible amount of time to this event so that every participant has a memorable and satisfying journey regardless of how far they are able to run. I sincerely thank my friends and volunteers who selflessly give so much to our runners and this race.

Next year's event is tentatively scheduled for Saturday, June 9, 2012. Applications will go on line via Ultra Signup at 8:00 am (PST), February 16, 2012 and we will accept the first 200 qualified applicants. I hope we see many of you return to join us for our 11th Annual Race. Again, congratulations to all of this year's competitors.

Scott Mills, RD