



Greetings!

The Capitol Peak 50 mile and 55Km results are now posted on the website:  
<http://www.capitolpeakultras.com/CP50mile.htm>

The Capitol Peak 50 mile and 55Km was blessed once again with clear and sunny skies, after such a long stormy and cold winter this past Saturday April 26, 2008. Even with some last minute course changes due to road closures or landslides the course turned out to be appreciated by most runners, even with shoe sucking mud and 3 foot snow drifts on Capitol Peak! This new course change had slightly less elevation gain but was almost entirely on single track trails!

Both the men and womens field in both races had top notch performances. Monica Ochs won the women's 50 mile race and set a course record by 12 minutes, undoubtedly on tougher conditions than last year. Darla Brader placed 2nd just a minute behind Monica also running a faster time than last years course record. Both Monica and Darla placed 4th and 5th overall!! Brian Morrison led the 50 mile race the entire way and pulled away for the win by almost 50 minutes. Andy Culpepper hung in there for 2nd place, followed by Jamie Gifford for third. The 55Km also saw outstanding performances with Kendra Ralston breaking the course record by 50 minutes and John Berta breaking his own course by 7 minutes. Michael Havrda placed second just minutes behind John Berta. John Berta and Monica Ochs were the first male and female to the summit of Capitol Peak! We also would like to recognize our seniors who were Rainer Schulz in the 50 mile and Kent Holder, Jim Crawford, and Marv Bradley in the 55 Km. Congratulations to everyone who finished or gave it their best to attempt in this year's Capitol Peak Ultras!

Photos everyone can be found at the following website, thanks to Glenn Tachiyama for all the great shots on the climb up Capitol Peak!  
<http://www.pbase.com/gtach/cpeak08> We've included bib numbers in the results to match a name with a face☺

We are very much indebted to a huge contingent of volunteers that came out to help out on the trails. We are extremely thankful to the "[Friends of Capitol Forest](#)", a non-profit group, who have worked literally 100's of hours on trails throughout Capitol State Forest, above and beyond the call of duty. Several individuals of the FOCF also came out to help out at several aid stations at the race. Thank you for all your support FOCF...you rock!! There were also many individuals who all worked countless hours of trail work on the course (some driving over an hour to come

work), who include: Henry Gertje, James Varner, Herb Reeves, Kris Ryding, Jamie Keizer, Linda Barton, Shannon Palmer, Jim Szumila, Gretchen Gertje, Bill Pearch, Karen Wiggins, Christel Elliott (and her 7 year old son George).

The race itself could not have been a success without all the fabulous volunteers, which include:

• **Radio Communications:** South Puget Sound Mobile Search and Rescue team •  
**Registration:** Alison Hanks, Alexa Pruit, Mike Adams • **Drivers for aid station supplies:** Mike Adams and Herb Reeves • **Greenline Station 1:** Mike Scholl and James Varner • **Lost Valley Station 2:** David Snyder, Matthieu Denuelle, Herb Reeves • **Falls Creek Station 3:** Eric Sach, Alison Hanks, Dave Mora, Christine, Brian and Rylan Goode • **Capitol Peak Junction Station 4/5:** Michael Cartwright, Rob Dengel, Erin Heffernan, Laurie Rich • **Wedekind Station 6/8:** Carol O'Hear, Mike Adams, Jove Graham, Charlie and Audrey Crissman • **C-Line Crossing Station 7:** Harvey Hall and friend • **Sweeps:** Sid Snyder, Anna Bates, and Herb Reeves • **Timing:** Matthieu Denuelle, David Snyder • **Post-race meal:** Bill and Helene Pearch, Jim Szumila, Ashley Birmingham, and Dave Mora • **T-shirts and Awards:** Timberline Design (John Robinson) • **Pre-race:** James Varner, Alison Hanks, Kris Ryding, Herb Reeves, Alexa Pruit, Rachel Jamison (and her daughter). Many other volunteers chipped in, in many ways and if I forgot anyone or couldn't remember all your names, we are so thankful for your help.

We are also thankful to all the wonderful sponsors which include: Brooks, South Sound Running, the Balanced Athlete, Seattle Running Company, nuun active hydration, Gu, Clif bar, Talking Rain water company, Ultrarunning magazine, Trail Runner magazine, Starbucks coffee, Timberline Design (John Robinson), San Francisco Street Bakery, Olympia Food Coop, Ralph's Thriftway, Celebrations Party Store, U.S.A Track and Field Association and last but not least Washington State Department of Natural Resources.

Thanks to all and congrats to everyone...see you next year!!

John Pearch  
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