

XTERRA Trail Mix - June 10, 2009

From: **XTERRA** (editor@xterraplanet.com)

Sent: Wed 6/10/09 9:21 PM

To: rpburgunder@hotmail.com



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XTERRA IS READY TO RUN RICHMOND THIS SATURDAY

XTERRA is exploding into Richmond for the XTERRA Atlantic Cup, and kicking off the weekend are the XTERRA Richmond 10 and 21-kilometer Trail Runs. This is race #2 in the 2009 XTERRA Virginia Trail Run Series, but all are welcome. There is still time to sign up, come down to packet pickup at 3Sports (445 N. Ridge Road) to sign up onsite on Thursday and Friday from 5-7:00pm.



Saturday, June 13, 2009

6:30am ?XTERRA 10/21km Registration and Packet Pickup

7:30am ?XTERRA Richmond Xduro 21km Trail Run start

8:00am ?XTERRA Fugitive 10km Trail Run start

9am-3pm ?XTERRA Atlantic Cup Expo Open

10:00am ?XTERRA University, presented by Paul Mitchell (hosted by Josiah Middaugh and Shonny Vanlandingham)

10:30am ?XTERRA Richmond 10/21km Trail Run Awards Ceremony

XTERRA SOCAL SERIES CROWNS CHAMPIONS

The 2009 XTERRA SoCal Trail Run Series wants to congratulate this year's Regional Champions. The following age group champions earned free entry into the XTERRA Trail Running National Championship on September 13 in Bend, Oregon. [Find out how the XTERRA Trail Run Series works.](#)

Congratulations to all the winners!

FEMALE

10-14: Hannah Rae Finchamp - Altadena, CA

20-24: Marissa Kerby - Riverside, CA

25-29: Heather D'Anna - San Diego, CA

30-34: Amanda Nemeth - Woodland Hills, CA

35-39: Rosa Melendez - Reseda, CA

40-44: Erin King - Encino, CA

45-49: Robin Lee Wilhelm - Cerritos, CA

50-54: Betty Crowell - Camarillo, CA

55-59: June Muller - Camarillo, CA

60-64: Cheri Uno - Los Angeles, Ca

65-69: Amy Galbraith - Venice, CA

MALE

20-24: John Boehmer - Camp Pendleton, CA

25-29: Daniel Weissauer-Condon - Santa Monica, CA

30-34: Jonathan Toker - Newbury Park, CA
35-39: Michael Perez - Gardena, CA
40-44: Terry Crocker - Westlake Village, CA
45-49: Keith DeLong - San Diego, CA
50-54: Ron Paquette - Los Angeles, CA
55-59: David Sultzer - Los Angeles, CA
60-64: Kris Kristopaitis - Somis, CA
65-69: Daniel Crosser - Manhattan Beach, CA
70-74: Hans Dieben - Chula Vista, CA

RUNNER SPOTLIGHT - RICHARD BURGUNDER

Hometown: Pittsburgh, PA

Born: 11/14/1979

Occupation: Marketing Analyst & Fitness Consultant

Running history: I have been running for 14 years starting when I was a sophomore in high school. I became very involved with trail running while at Penn State University when we used to run trails for Triathlon Team practice.

Favorite part about trail running: I love the adventure, exhilarating experiences, change of scenery, sense of danger and the awesome people you meet while trail running.

Motivation to run: I'm motivated to run because of the great opportunities that the sport has brought me during my life. I also run as a social outlet to meet new people and travel new places. Additionally, I run because it provides a clear perspective on life and makes me a stronger person.

XTERRA events you have participated in: 2008 XTERRA Trail Run National and World Championships, 2008 XTERRA Nottingham Xduro. The entire XTERRA series was a huge adrenaline rush and competing on the circuit is an exhilarating experience. Most recently, I raced with several broken ribs in the incredibly challenging and scenic XTERRA Muddy Moose Xduro in New Hampshire. Other races on my 2009 XTERRA schedule include the XTERRA Richmond Xduro, XTERRA Bear Creek Xduro, and the XTERRA Trail Run National and World Championships.

Favorite Xduro memory: My favorite XTERRA memory by far is the experience that I had at the XTERRA Trail Running World Championship on Oahu, Hawaii last December. I was very fortunate to have had the wonderful opportunity to compete in such an amazing event in one of the most majestic places in the world. I was totally in awe after stepping out of the bus on race morning and looking up at the gorgeous Ka'a'awa Valley. I've never seen anything so exotic and the views out into the Pacific during the race were just spectacular.

Thanks Richard. Good luck in Richmond this weekend!



RACE RESULTS

FREEMAN, CRAWFORD FINISH FIRST AT XTERRA MUDDY MOOSE XDURO

Men (22km) Women (22km)

1. Justin Freeman (1:37:27) 1. Stephanie Crawford (1:56:20)
2. Dylan McGuffin (1:40:37) 2. Kathryn Vollinger (2:05:16)
3. Mats Lemberger (1:43:37) 3. Molly Housman (2:09:26)

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DIX, KUCHARSKI BACK ON TOP AT XTERRA WARWICK PARK REVENGE TRAIL RUN

Men (5km) Women (5km)

1. Dan Dix (19:48) 1. Jerilyn Kucharski (23:25)
2. Derek Schultz (20:20) 2. Michaele Roat (24:44)
3. James Downey (20:48) 3. Sue Anne Clark (25:00)

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FUHR, SANCHEZ FINISH FIRST AT XTERRA SOCIAL SEASON FINALE

- Men (22km) Women (22km)
1. Romualdo Sanchez (1:38:52) 1. Heather Fuhr (1:47:33)
2. Jonathan Toker (1:41:51) 2. Mary Lockton (1:49:56)
3. Ray Yokoi (1:45:33) 3. Stacia Spangler (2:00:01)

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(Winners Romualdo Sanchez and Heather Fuhr courtesy of Byron Moore Photography)

DIX, KUCHARSKI CONTINUE STREAK IN XTERRA PHILLY SERIES

- Men (5km) Women (5km)
1. Dan Dix (22:49) 1. Jerilyn Kucharski (27:32)
2. Derek Schultz (23:27) 2. Michael Roat (28:05)
3. James Rayburn (24:17) 3. Heather Zynn (29:45)

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SCHIMPPF, PATERSON WIN XTERRA OAK MOUNTAIN TRAIL RUNS

- Men (21km) Women (21km)
1. Hunter Schimpff (1:07:56) 1. Lesley Paterson (1:11:51)
2. Aaron Bush (1:12:47) 2. Miriam Smith (1:25:25)
3. Keith McAbee (1:13:39) 3. Hallie Blunck (1:28:50)

Full Results: [21km](#) | [10km](#) | [5km](#)



HAMMOND, SCHMITT PLACE ON TOP AT XTERRA PARIS MOUNTAIN TRAIL RUN

Men (15km) Women (15km)

1. Joe Hammond (1:10:54) 1. Margaret Schmitt (1:17:25)
2. Matthew Stutz (1:13:02) 2. Lisa Tolley (1:17:36)
3. Bryson Smith (1:13:14) 3. Carol Brunson (1:20:47)

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NEW XTERRA CHAMPIONS CROWNED AT WARWICK PARK RUCKUS TRAIL RUN

Men (5km) Women (5km)

1. Jonas Hampton (19:04) 1. Carly Summers (23:55)
2. Brett Kelly (20:16) 2. Jerilyn Kucharski (24:06)
3. Dan Dix (20:31) 3. Michaele Roat (24:22)

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HASKINS, VALL DOMINATE AT XTERRA DEEP SOUTH TRAIL RUN

Men (15km) Women (15km)

1. Nathan Haskins (54:33) 1. Emily Anne Vall (1:08:34)
2. Ryan Thompson (55:49) 2. Jenny Everett (1:11:36)
3. Jason Veclotch (59:58) 3. Tara Mooney (1:11:54)

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GIFTS FOR DAD

Give the gift of XTERRA this Father's Day. XTERRA Gear is offering a 25% discount on all purchases now through June 22nd. Use discount code, DAD at checkout.

When you go to check out just below the "ship to" information there is an area for a discount code. Enter the code DAD. The 25% discount will appear on the invoice just prior to submitting payment.

Inventory is limited so shop early. The purchase of gift cards are not subject to the discount. Items in the clearance category are not returnable or able to be exchanged.

International orders are not valid for this sale.

WWW.XTERRAGEAR.COM

REGISTRATION NOW OPEN FOR THE FOLLOWING RACES. SIGN UP TODAY!

XTERRA TRAIL RUNNING NATIONAL CHAMPIONSHIP (5/10/21km) - Bend, OR - 9/13/09

XTERRA WHEELER CANYON XDURO (21km) - Ogden, UT - 9/26/09

XTERRA MAKENA BEACH TRAIL RUNS (5/10km) - Maui, HI - 10/24/09

XTERRA TRAIL RUNNING WORLD CHAMPIONSHIP (5/10/21km) - Oahu, HI - 12/6/09

CONTACT THE XTERRA TRAIL RUN SERIES

Toll-free: 877-XTERRA-1 (877-983-7721)

emily@xterraplanet.com

www.xterratrailrun.com

Facebook: XTERRA Emily

Twitter: XTERRAtrailruns

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Upcoming Races

- 6/13 - XTERRA Marin Headlands Trail Run
- 6/13 - XTERRA Richmond Xduro Trail Run
- 6/13 - XTERRA Fugitive - 10km
- 6/17 - XTERRA Hibernia Park Challenge - 8km
- 6/28 - XTERRA Silver Comet Trail Run - 10km
- 7/11 - XTERRA Sugarbush Xduro- 20km

Past Issues

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