



Amanda Basham en route to the win at UROC. (© Justin Keefe)

UROC WINNERS CROWNED

On May 12 in Skylark, Virginia, at the Ultra Race of Champions, 28-year-old Amanda Basham overcame surprisingly hot conditions to improve on her winning time from last year by almost 30 minutes on her way to a dominant 100k win in 10:40. In the men's race 32-year-old Wisconsin resident Tyler Sigl persevered for the 100k win in 10:08. A total of \$21,400 in prize money was paid, including \$5,000 each to the winners.

IN MEMORIAM

On May 29, Julia Millon, a 27-year-old ultrarunner from Winters, CA, was killed in an auto accident. Julia was a member of the Donner Party Mountain Runners (DPMR),

an editor of the *Winters Express News* and she also contributed to *UltraRunning* magazine's gear reviews. Julia was valedictorian of her high school class and graduated from U.C. Berkeley with a degree in Sports Medicine. She brought extraordinary enthusiasm and energy to everything she did, including a deep and diverse engagement with her ultrarunning community. Julia completed ten ultras, including the Bear 100 in 2016.

Helen Pelster, a fixture of DPMR, knew Julia well and wrote: "The whole of our running community is so much stronger than the sum of our parts. The inverse is also true: the loss of one member is catastrophic. And the loss of Julia Millon is most devastating to the core. I

Julia Millon (© Scott Rokis)



don't know if Julia found us, or we found her, but she has been a spark and light in the club from the beginning. She brought the term *ultra* to everything she did: legendary skills at aid stations, badass adventures and raw and poignant writing." Sean Flanagan added: "Julia was a friend to many, but to most she was much more than that. She was a role model, an inspiration and one of the most selfless humans you could cross paths with. Through my friendship with Julia, I feel I can speak for us all in saying that she carried herself in a way that we all aspire to. Her words spoke of wisdom and perspective well beyond her years."

included, it was 100% the right decision.

In my opinion, Josie made a selfish decision to run the race despite it being canceled. In the event that she would have needed medical attention or rescue, she would be putting others in danger. I understand that she trained for the race, as many others did. There is always another race. Races get canceled, and as trail people, we understand that this happens and appreciate the Race Director and Forest Service looking out for the safety of many, even if it means the disappointment of a few.

— Stephanie Hoff

LETTERS TO THE EDITOR

Dear *UltraRunning*,

Your recent article "The Race is Canceled? I Don't Think So" really left a negative taste in my mouth. I feel that the Forest Service and the Race Director were in the right, and the unofficial participant was in the wrong. The Forest Service pulled the permit for warranted reasons. Putting the safety of the group in front of the safety of the individual is paramount. By promoting and encouraging this pseudo heroism I'm afraid it will encourage other newbie trail runners to do the same if a race is canceled. This is the kind of behavior we need to put a stop to.

In Minnesota, we believe in Trail People, not trail runners. Trail People take the love of our sport, trail running, to the next level. A Trail Person not only runs long races, pushing themselves and pursuing their individual pursuits, they also give their time and energy to support their peers, each on their own unique journey. They give back to our sport in countless ways, including but not limited to completing trail work, volunteering at races, and mentoring new trail runners. We recently had a race canceled in Minnesota due to a horrendous winter storm that swept through the area. And although many were disappointed, my daughter

Dear Errol,

Just read your article (Three Miles an Hour Is All I Ask, May/June 2018) and certainly can identify. No, I am not an ultrarunner, but I do run regularly and have completed a few marathons. So, maybe I will take on a few more challenges. I am healthy, I am a finisher, and I am pretty darn slow.

I see that you are contemplating another 100 miler. Yikes! Anyway, I'm not exactly sure what direction to head in. But it is hard for me to imagine running 100 miles. I've run 5 marathons, but yeah, I get it, there is something attractive about that big number 100...

— Quentin Dombro

Hey Quentin,

If you've run a few marathons then you're well on your way, it's a short hop from there to ultrarunning. It's the journey, not the speed, that's relevant. Steel your mind to the task and your body will follow. If you're not already a subscriber to *UltraRunning* magazine I suggest that you do so. It's a wealth of information and worth every cent and if you don't already have ultra friends, it'll be your go-to until you do. That's my story and I'm sticking to it.

All the best, ciao,

— Errol 'Rocket' Jones