

STARTING LINES



Newsletter of the Santa Cruz Track Club

SUMMER 2011 - VOLUME 24, NUMBER 2

RECEIVING COACHING ATTENTION

By Greg Brock



From time to time our board members express concern about all our members receiving attention and recognition from the coach. All our runners deserve attention from all our coaches. There are more coaches here than just myself, but more about that later.

From my viewpoint the easiest way for our members to receive coaching attention is simply to ask for it. There is a lot going on at any given practice, but there is always time to deal with individual concerns.

Another way to get attention is to show up frequently to workouts, races and volunteer duties. Simple exposure increases contact time and more knowledge about you. Something that catches my eye is when I see people putting a greater effort and commitment into workouts and races. Two people who really stood out this past year are KEVAN CHU and MICHELLE KERN.

Sometimes, when I notice someone runs a fast race, that makes me pay more attention to what they are doing and try to figure out why they are suddenly running faster.

Your other coaches are your peer coaches. These are our experienced runners who share their knowledge when you're on the long runs, during warmups, cool downs, recovery intervals, post workout/race BS sessions, traveling to races, etc. They do a great job. GREG HALES and LARRY BERG come to mind.

DIANE DELUCCHI takes it a step further working with small groups and focusing on specific training. Her current cross country group is a good example.

So, if you need help and I haven't noticed, please ask and I will try to be more observant, more forthcoming and a little more cheering. We had a great weekend, 8/20 and 8/21 hosting the Cross Country Challenge at UCSC and helping with the timing at Race Thru the Redwoods. Thanks volunteers!

INSIDE THIS EDITION:



WHARF TO WHARF - Photos & race results inside



CROSS COUNTRY HAS BEGUN!
See more inside



IT WAS A SUPER SUMMER FOR SCTC

The outstanding performances and personal bests this year have been amazing. The Summer started off with a bang at the annual **FIRECRACKER RACE** held on the 4th of July by the Sunrise Rotary. The race, held at Harvey West Park, features a Kids Run, a fast course 5K on pavement, and a 10K on streets and trails with a killer hill thrown in at mile 3. Several SCTC runners placed in their age division. SCTC member, **MICHELLE KERN**, was 2nd women overall in the 5K, and received the age graded award by placing in the top 84 percentile of statistics on women runners.

FIRECRACKER RACE RESULTS

5K RESULTS:

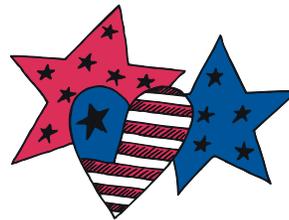
MICHELLE KERN	2-OAW	19:17
MEREDITH MILLS	2-A	20:51
SAMANTHA FORDE	2-A	20:29
MARGARET ELLIS	3-A	20:57
LAURA CHIORELLO	10-A	38:15
DAVE DELUCCHI	10-OAM 1-A	19:16
JOHN HOFACRE	1-A	22:51
SARAH NARANJO	6-A	33:53
NEAL COONERTY	5-A	32:01

10K RESULTS:

JAVIER NARANJO	5-OAM 1-A	38:37
LARRY BERG	3-A	42:13

10K RESULTS (CONTINUED):

JOSH MADER	5-A	44:53
JOSE O'GARRIO	1-A	45:27
SUE DUNN	1-A	51:29
OLOF HELLEN	1-A	56:45
JEFF BEAN		1:06:13
GEORGIA ACOSTA		1:06:42
KATHERINE BEIERS	1-A	1:14:13
JOHN KANE		1:23:49
ED ACOSTA	2-A	39:38
PRISCILLA RUSSEL	2-A	56:05
ROBER MULLIS	3-A	50:04
DOUG McDONALD	3-A	1:12:26



STEFANO AND TESLA PRUFOMO won the **GREAT ALCATRAZ CHALLENGE AQUATHLON & SWIM** held on July 17th in a total time of 1:16:06, beating the competition by more than 11 minutes. The 1.5 mile swim course began at Alcatraz and finishes at the East Beach of Crissy Field in Golden Gate National Recreational Area. The 7 mile run followed the Golden Gate Promenade on a dirt trail including wooden steps and a brick tunnel. The winning husband and wife team reported that the conditions were extremely cold, but what a great performance!



SCTC SHINES AT THE WHARF TO WHARF

The most anticipated race each year for most of Santa Cruz is the Wharf to Wharf. SCTC members receive a free entry into the race, and given that it sells out earlier each year, this is a great club perk.



SCTC WHARF TO WHARF RUNNERS AT WEDNESDAY NIGHT WORKOUT



SCTC Runners are ready to race

SCTC had a great showing at the Wharf to Wharf this year. Many SCTC runners were in the top 100, and the entire field had SCTC runners within the top percentiles of their age groups. See race results on the next page.



Greg Hales and daughter, Natalie

SCTC WHARF TO WHARF RACE RESULTS

AUSTIN ACOSTA - 47:27		
GEORGIA ACOSTA - 53:33		
EDWARD ACOSTA - 34:31	TOP 100	
JOSE ASPURO	TOP 100	
TRACY BALLINGER - 49:31		
LARRY BERG - 38:01	7-A	
TISH BERTINO - 1:01:43		
HALLIE CARL - 43:04		
ILLEN CHANDAR - 42:38	3-A	
KEVAN CHU - 35:17	TOP 100	
TERESA CLAYTON - 44:27	4-A	
ARACELLY CLOUSE - 36:29	3-A	
KATH COOK - 53:05		
NEAL COONERTY - 1:12:52		
KRISTA CRAMER - 51:08		
LISA CROUCH	TOP 100	
DAVE DELUCCHI - 38:15	10-A	
LIZ DEVITT - 49:51		
GEORGE DIES - 52:42		
DEBBIE DILL - 52:54		
JOHN DOANE - 1:01:37		
SUE DUNN - 48:32	8-A	
MARGARET ELLIS - 41:10	TOP 100	
DARREL GLEASON - 1:30:58		
DAVE GONZALES - 34:37	TOP 100, 6-A	
BILLY GRIFFITHS - 58:18		
CALLY HABER - 56:20		
GREG HALES - 49:45		
NIKKI HILTZ	TOP 100	
OLOF HELLEN - 55:33	11-A	
DENNIS HARTLEY - 50:22	2-A	
JOHN HOFACRE - 55:27		
jPETER HUEMER - 48:11		
SUE HULL - 1:15:54		
CAILIN JOHNSON SMART - 56:53		
JILL JUDD - 52:28		
MARK JUNOD - 1:03:35		
JOHN KANE - 1:09:46		
ANDREW KENNY - 56:49		
MICHELLE KERN - 38:54	TOP 100, 2-A	
JIM KING - 1:40:01		
SHARON KING - 1:39:52		
ART KLEIN - 1:06:10		
RICH LARSON - 49:08		
GUY LASMIER - 1:01:14		
PHILLIP LEE - 1:10:10		
LISA LEE - 1:10:09		
JOSH MADER - 39:20		
GERRY MCCARTHY - 54:20		
DOUG McDONALD - 1:06:08	1-A	
JIM MCMILLIN - 1:06:09		
JEFF MORINO	TOP 100	
ERIN MURPHY - 46:33		
PATTY MURRAY - 1:12:55		
JAVIER NARANJO	TOP 100	
MONICA NICHOLSON	TOP 100	
PETE OGILVIE - 1:16:05		
BENOIT PELCZAR - 43:27		
STEFANO PROFUMO - 33:57	TOP 100, 4-A	
CHARLES QUAN - 36:48		
CHRIS RATCLIFF	TOP 100	
ARTURO RODRIGUEZ - 39:15	1-A	
DIANA ROSSMAN - 47:12		
PRICILLA RUSSEL - 57:51		
LYNN SANDERS - 51:51		
SANDY SOTELO - 57:11	10-A	
JAN STANGER - 1:17:13		
PETER STANGER - 41:22	8-A	
TIMI SUTTON - 43:20	5-A	
JENNIFER TALBOT - 1:10:22		
HOLLY TYLER - 53:12		
DENISE WAX - 55:20		
QUINN WILDMAN - 43:45		
RICH WILSON - 42:14		
MIKE WRIGHT - 46:31		
RAMONA YOUNG - 41:58	TOP 100	
MICHAEL YOUNG - 31:53	TOP 100	
ALEXANDRA YOUNG - 41:30	TOP 100, 9-A	
JENNIFER WILLOUGHBY - 41:00	TOP 100	

Congratulations to all!



Dave Gonzales, Sue Dunn, Cally Haber & John Hofacre

MORE WHARF TO WHARF PHOTOS



Top Male Finishers

Top Female Finisher - Magdalena Lewy Boulet



SCTC folks enjoying the race.

Photos courtesy of John Hofacre



A note from Scott McConville - Official Athlete Coordinator of Wharf to Wharf Race.

Nancy/Diane,

First off... thank you so very much to both of you for your involvement in this year's race. Your organization and ability to coordinate is top notch!

Also, can you please forward and email to all of the hosts for this year's race. The athletes seemed to have had a wonderful time in Santa Cruz, which is a direct tribute to the greatness of the Racemate Program. The Santa Cruz Track Club members who hosted athletes deserve a big thank you from the Wharf to Wharf Race. The athletes experience is directly tied into the amount of heart and soul that is poured into making the weekend as care-free and enjoyable as possible. In turn, this keeps the uniqueness of our Racemate Program a luxury to the athletes... and for that, we are very grateful. Thanks for another great year!

Scott McConville, Elite Athlete Coordinator

SPECIAL THANKS TO OCEAN HONDA



Ocean Honda generously donated a van to transport the elite athletes to the Wharf to Wharf

World Masters Athletics Championships
Sacramento California - July 5th through 17th 2011
By **Dave Gonzales**



A year ago I had never heard of the WMA Championships. Last summer our illustrious Greg Hales informed me, during one of the last Los Gatos all comers meets, that the championship meet occurs every two years and that in 2011 it would occur in the United States. Not only that, it would be in our own backyard, Sacramento. We decided that we would train together to attend.

Opening ceremonies were on Tuesday, July 5th at the Sacramento State track. Every athlete was invited to march in with their respective countries. Over 5000 athletes from 93 nations participated in the 19th bi-annual event. They ranged in age from 35 to 101 years old. The field included many former Olympians. The 1,915 US entries represented the largest American delegation in the history of the event. 937 age-group events were held in six venues. The Santa Cruz Track Club runners were represented by Arturo Rodriguez, Greg Hales, and me. Work schedules prevented us from participating in the opening ceremonies.

The dormitories at Sacramento State housed many of the participants including myself and Greg. Others stayed in local hotels such as the XXXX where I ran into the Canadian contingent, who invited me for a beer one evening. In addition to Sac State, the 5000 meter events were held at Sacramento City College's Hughes Stadium. Each of these locales had an excitement that was hard to believe. The most electric was Hornet's stadium where 80% of the events were conducted.

Greg and I arrived on Thursday, July 7th. We found out that earlier that day, Arturo had run a great cross country race. He finished in 13th place and 3rd for the US team. As the top five from each country score points, Arturo had contributed well for the US which took second place. This allowed Arturo to stand on the podium for a silver medal. I cannot imagine the feeling and sense of pride he must have felt at this honor.

On Friday morning, despite me driving Greg to the couch with my snoring (Sorry Greg), we headed to the track to check out the venue. The competition was in full gear and the atmosphere was thrilling. There were groups from every country standing around and cheering on their participants in their native tongues. We went by the tent at trackside where the next heat was awaiting their call. The intensity was so strong you could cut it with a knife and the feeling was contagious.

Later, when Greg was preparing for his qualifying Men's 45 to 49, 800 meter heat, I sat in the grandstands amidst support groups from Italy, Great Britain, and Trinidad. Greg needed to finish in the top six in his heat to advance to the semifinals. He had a good race and took fourth place to move on to the semis on Saturday evening at 9:00 PM. Greg, his wife Boom, mother Cookie, and I had a celebratory lunch then returned to the track to watch some races.

The temperature during Greg's 10 AM heat was warm but by 1 PM had risen to over 100 degrees. Around 7 PM I went to the 5000 meter venue to see what the temperatures would be like during my race the following day. It was 101 and the poor ladies were struggling through their events in that incredible heat. I went for an easy 15 minute run to get the feeling of running in those conditions, I was a wet dishrag. Ugh!

Saturday morning was upon us so we headed out to watch Arturo in his men's 60 to 64, 5000 meter race at 10 AM in a reasonable 70 degrees with a light breeze. After two laps, Arturo had taken the lead, but at about six laps, he stepped off the track. Greg and I were concerned, but Arturo felt the effects of a hard run cross country race less than 48 hours earlier and wanted to avoid injury.

At 7:12 PM with temperatures only in the upper 80s, it was my turn. I cannot describe the feeling that comes over you when slipping on a racing singlet with USA across the front. I was very proud to wear the US colors! My family and a few amazing SCTC members (Vince, Chris, and Melanie) came to cheer me on. My race was to be run in two sections or heats with the fastest being section one. I tried to get moved into section one hoping there were scratches but the race was full and I ran in Section two as planned. It was very exciting to line up with guys from Chile, Great Britain, Japan and others from the US. Hearing over the stadium PA system echoing through the air in that official sounding voice "In lane one, representing the United States of America, David Gonzales" was a thrill beyond belief. I almost didn't get on the track on time due to difficulties with my spikes so I didn't get any strides in. So I paced the first mile in 7th place out of 24 and then began to move up. With about a mile to go it was me in 2nd place trying to track down the leader from Russia. I caught up to him with about 900 meters to go. There was a moderate head wind on the home stretch so I hung back allowing him to break the wind for me. With 600 meters to go, I took off. I could hear the announcer belt out "And now moving into the lead, David Gonzales of the United States". With a finishing time of 17:07, I beat the Russian and won the heat! My son had videotaped the race and as I was cooling down on the track he told me, "Dad, you just won a race for the United States." Whoa! That just blew my mind.

After a brief cool down, I quickly made my way to the main venue to see Greg's 800 meter semi-final at 9:00 PM. The weather had cooled to the 70s with no wind. His race began and the leaders went out fast – 59 seconds at 400 meters with Greg back in the pack. With 300 meters to go, he made a powerful move along the backstretch to move into 4th place. As he made the final turn, his face strained with determination and nothing left in the tank, he was passed leaving him in 7th with a time of 2:08; it turns out qualifying time for the finals required 2:06:01. Not too bad for a guy who had just done the Boston-to-Big Sur marathon combo.

The World Masters Athletic Championship was an incredible experience. If you ever get the chance, I highly recommend attending. 2013 will take place in Brazil. Australia, Poland, and France are bidding for the 2015 event. Sounds like some interesting places....

SCTC RACE WALKERS ALSO ATTENDED THE WORLD MASTERS ATHLETE CHAMPIONSHIPS

2011 World Masters Athletics Championships

By Art Klein



The Pacific Association/USA Track & Field (PA/USATF) has a long-standing success story of hosting competitions from grass roots All Comers Meets to the Olympic Trials (2000, 2004). In 2010 three major Championships were held in this association (National Seniors, Club and Masters Outdoor) but these paled in comparison to the budgeting, planning, logistics and base of officials and volunteers needed to host the 2011 World Masters Athletics Championship. This was the 1st time in 16 years that this championship had been held on U.S. soil.

From 6-17 July the Sacramento area was the site of the largest track & field event in the world. 4,804 athletes from 93 countries from age 35 to 100-plus (1,915 from the U.S.) came to compete at six separate venues at the 19th World Masters Athletics (WMA) Outdoor Stadia Championships. The largest group of attendees came for the race walks, over 350 strong, representing 57 countries. Most competed in all three distances: 5000m (15 races were held in two days), 10k (4 races with over a hundred athletes each held four days later) and 20k (2 races with over a hundred athletes each held four more days later).

For over two years Becky and Art Klein, as the Race Walk Coordinators, have been working with the Local Organizing Committee and the Sacramento Sports Commission to plan these walks.

Race walk judges from Mexico, Ireland, Canada and U.S. were contacted and several were flown in. It was a special WMA rule that a minimum of three race walk judges from three different countries were needed in order to disqualify an athlete for breaking rules for loss of contact and/or bent knee upon contact of advancing leg. A new road course also had to be certified at William Land Park. Personal Bests, US National Records, Country Bests and World Records were set during these hotly contested races. SCTC walker, DIANA ROSSMAN, W40-44, finished fourth in the 10k and was member of the three-person gold medal team in her age group. ART KLEIN competed in the 5000m and 10k walks and bettered his performances of the 2010 National Masters Outdoor Track & Field Championships.

Complete individual and team results are found at www.wma2011.com

SCTC WOMEN CLEAN UP AT DIRT INSPIRES

The women's trail half marathon known as Dirt Inspires was the brain child of local adventurer racer and athletic trainer, Terry Schneider. While recovering from an injury, Terry came up with the idea of an all women's race on the trails of Nisene Marks. The course lives up to the name of the race. Most of the race is held on trails that weave uphill and downhill through the forest with several creek crossings to test your agility. The SCTC women who took on this challenge did incredibly well.

2011 DIRT INSPIRES RESULTS:

ARACELLY CLOUSE	1:45:44	3-OA, 2-A
MICHELE KERN	1:56:05	8-OA, 2-A
LETICIA HERNANDEZ	2:11:09	3-A
KATHERINE BEIERS	3:29:33	1-A



CROSS COUNTRY IS IN FULL STRIDE

The first race of the USTF Pacific Association Fall Cross Country series was hosted by the Santa Cruz Track Club on our home turf in the hilly upper trails of UCSC. Those who attended did a great job of running and helping with the race. Cross Country is a challenge, but it a lot of fun too. There are still several of races left in the season. Come out and join us for one, or two, or more.

Remaining Fall Cross Country Races

9/11/11	Golden Gate Park	San Francisco
9/24/11	Garin Park	Hayward
10/1/11	Presidio Challenge	San Francisco
10/8/11	Willow Hills	Folsom
10/22/11	Shoreline	Mountain View
10/29/11	Lawson Tamalpa	Marin Headlands
11/5/11	Ancil Hoffman Challenge	Sacramento
11/20/11	PA XC Championships	San Francisco



A NOTE FROM OUR PRESIDENT - Our 11th Annual UCSC Cross Country Race on August 20th went off well! It was a big success thanks to our seasoned volunteers coming through again. Thank you to all our volunteers, and especially to SHARON and JIM BRUMMITT for manning the hectic registration desk and dealing with many soggy registration forms. Also thank you, HOLLY TYLER, for all your help - it wouldn't have come together without you! We received quite a few compliments from runners and Pacific Association officials. We had the biggest turn out ever. Plus, our SCTC teams ran proudly on our home turf. Great job!



SCTC YOUTH PAGE



A MESSAGE FROM COACH JAVIER - I have been helping Coach Joe with the Youth Track Club for the last four years or so. The reason I stepped forward was because the group of kids kept growing year after year and Joe definitely needed help since we caon only have a certain number of kids per coach. Also, as the kids got older, the initial group was not fun for them anymore and some kids were not coming back. So, I presented an idea to the SCTC board at the beginning of this season to split the groups into two and form the Comp Team. The Idea was approved and ever since I have the new group of older kids. These kids have been with the program for at least three or four years and I developed a more structured training program to fit their needs. It is a more challenging program, but still loaded with fun for the youngsters. It is so wonderful watching these young athletes develop in the most fun natural way. Three of them will be graduating this season and going to high schools in our county, two at Santa Cruz High School and one at Aptos High. The SCTC Youth Program is making a difference in our community and I am proud to be a part of it. I wish to conclude by thanking the Wharf to Wharf for their support and contribution to the SCTC Youth Program.

YOUTH CROSS COUNTRY HAS STARTED

Come out and join Coach Javier to train for cross country races to be held throughout the Bay Area and beyond.

USATF PACIFIC ASSOCIATION YOUTH CROSS COUNTRY SCHEDULE:

9/25/11	Granite Regional Park, Sacramento
10/2/11	TBA
10/9/11	TBA
10/16/11	Rock Peak Athletics, Rocklin
10/23/11	Castro Valley Track Club, Lake Chabot
10/30/11	Santa Cruz Track Club, SC High School
11/6/11	Palo Alto Lightning, Bayfront Park, Menlo Park
11/20/11	Junior Olympic XC Championship, Willow Hills XC Course @ Folsom High School, Folsom



Previous
The Running Joke
CAPTION CONTEST



(Gold) – “This is MY DAD winning 'his devision' at the niseen marx marython!”
by Ken Hargrave.

(Silver) – "I drew a picture of my dad finishing his last race. He said it was called the '*#!@^?!*' Marathon."
by John Smith

(Bronze) – “Hey Dad, the picture I took of you got ruined, so I drew one instead.
by Dominic Johannesson

Special Sympathy Caption
"I hope this picture helps you to feel better... and that you get out of the hospital soon."
by Dan Figueroa

This Issue
The Running Joke
CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by December 15, 2011

Winning captions will be printed in the next newsletter. The person submitting a caption grants permission to publish the caption in any form. The Running Joke: Copyright 2011 John Hofacre.

SPECIAL ANNOUNCEMENT

SCTC is looking for new board members. If you ever thought about being on the board, or would just like to check out what it is that the board does, speak to one of the board members about attending a meeting. Board meetings are usually held on the second Tuesday of each month. We alternate holding the meetings at different board members' homes. Meetings are open to all SCTC members. If you are interested in the internal workings of the club, or simply have a suggestion of something you would like the club to do, come to a meeting and find out what goes on behind the scenes.



WHO YOU GONNA CALL?

Board of Directors

President	Larry Berg	423-8291
Vice President	Diane Delucchi	684-0867
Treasurer	Cristy Diech	688-1800
Secretary	Holly Tyler	464-1545
Apparel Diva	Jan Stanger	688-2091
Member at Large	Greg Hales	688-1058
Web Master	Peter Huemer	247-2240
Newsletter	Sue Dunn	685-0146

soozers@aol.com

Staff

General Manager	Greg Brock	479-9279
Adult Coach	Greg Brock	479-9279
Adult Speed Coach	Joe Kammer	425-2855
Youth Track Coach	Joe Kammer	425-2855
Youth XC Coach	Javier Naranjo	295-4231
Walk Coach	Art Klein	425-1205
Web Master	Peter Huemer	247-2240

Wharf to Wharf Liaison Mark McConnell 479-9377 racetimer@aol.com

Website: <http://santacruztrackclub.com>

Mailing address: P. O. Box 1803, Capitola, CA 95010-1803

The **Santa Cruz Track Club (SCTC)** is a non-profit organization established in 1989 to promote running and track and field by providing coaching and support programs in our community. The club operates two sections; one for adults (over 18) and one for youth. Athletes of all abilities are welcome. Workouts respect the level at which each individual desires to train. The SCTC also helps local organizers of road races and track meets with event management. We are a diverse, multi-talented group of athletes which includes sprinters, hurdlers, middle distance runners, marathoners, ultra marathoners, walkers, race walkers, field competitors and triathletes. Our members span from youth to masters and from novices to national and Olympic class athletes. The Board of Directors meetings are the second Tuesday of each month. Any member is invited to attend. Call Larry or Diane for meeting location and time. *Starting Lines* is the quarterly publication of the Santa Cruz Track Club. Articles submitted must be supplied by email. Articles, opinions and commentary in the newsletter are those of the authors and not official positions of the Santa Cruz Track Club.