

## SPRING EVENTS

**Santa Cruz Half Marathon & 10 K**  
 Santa Cruz - April 11

**Big Sur International Marathon & Relay**, Big Sur - April 25

**Skyline to the Sea Pacific Coast Trail Run**, Big Basin State Park - April 25

**Costal Trail Challenge 10K**  
 San Francisco - April 25

**Avenue of the Giants Marathon/Half**  
 Humboldt - May 2

**Pajaro Valley Shelter Mother's Day Run**, Watsonville - May 9

**Heart & Sole 10K/5K**, Salinas - May 15

**Big Basin Redwoods Pacific Coast Trail Run**, Big Basin State Park - May 16

**Mushroom Mardi Gras 10K/5K**  
 Morgan Hill - May 29

**Nisene Marks Marathon/Half/5K**  
 Aptos - June 5 (SCTC EVENT)

**Henry Coe 10K/5K**, Gilroy - June 12

**Aptos Women's Five Miler**, Aptos - June 13 (SCTC EVENT)

**Angel Island Pacific Coast Trail Run**  
 Tiburon - June 19 (tentative date)

## Coach's Message By Greg Brock

**SANTA CRUZ TRACK CLUB** is well known for advocating cross training. Over Valentine's weekend two track club members ventured to Boston to



compete in the World Indoor Rowing Championships. **JUDY SAMBRAILO** is very new this activity and it was recommended that she try it while nursing an achilles problem. She trained for about three months at Spa Fitness Center where I work, and thus, I was able to coach her a bit. She is a natural for this activity and her deep cardiovascular conditioning from running marathons and an ironman triathlon gave her a great base. I have been doing this for about 12 years, initially as cross training, and then as my primary fitness outlet.

Judy and I started out on Friday, February 12th. Diane Delucchi picked me up at home and delivered me to the Scotts Valley handoff to Judy, who drove to the San Francisco Airport. We had a direct flight to Boston and arrived in a timely fashion. We took the MTA to our destinations. Judy stayed at the meet hotel and had a pretty direct subway route there. I had more of an adventure and ended up walking the final mile to my hotel.

On Saturday, there was a luncheon for the athletes and all the satellite qualifiers. It was here that Judy learned what a big deal this event is to rowers from all over the world. Thus, it started to make sense why we were going to all this effort for a seven minute race. The next morning we met up at the Event Center at Boston University where they play ice hockey. Judy's race was first and she was seated next to Jutta, a former East German Olympian. **JUDY ROWED A GREAT RACE TO PLACE SECOND.**

*Continued on page 2.*

## Coach's Message

(Continued from front page)

My race was immediately after Judy's. I went to my rower and did some final warmups. FOR THE SECOND YEAR IN A ROW, I PLACED SECOND. It was not easy for either of us but we hung in there because of all the effort to get there and to honor the competition. Afterwards, we watched some amazing competitions and realized what an incredible sport this is. Keep in mind, most rowers have a love/hate relationship with the indoor rowing machine. They love to row on the water. So, if anyone is in need of being introduced to this method of cross training let me know. Greg

*Editor's Note: The following article was prepared prior to Greg's submission. But since this is such an amazing achievement, I wanted to include it.*



### World Champions Among Us

THE WORLD INDOOR ROWING CHAMPIONSHIPS were held on February 18 in Boston, MA. Our Coach, **GREG BROCK**, and SCTC member, **JUDY SAMBRAILO**, braved the snow storms and flew to Boston to compete with over 2,000 competitors from all over the world who filled Boston University's Agganis Arena before a record crowd of spectators. The competition was a 2,000 meter race against the clock. Greg took 2<sup>nd</sup> in his age category with a time of 7:06, and Judy (who is a newcomer to this sport) took 2<sup>nd</sup> in her age category with a time of 7:28. What an experience of a life time for both of these fine athletes.

## Are You an All Around Runner?



**NEW THIS YEAR! GREG HALES**, has proposed a real challenge to SCTC members . . . the coveted "All Around Runner Award". In order to qualify for this distinguished award you must complete the following events during 2010:

5K Race  
10 K Race (Wharf to Wharf qualifies as a 10K)  
Half Marathon  
Full Marathon  
Trail Race  
Relay Race  
Track Race (1 mile or less)  
Cross Country Race

Pick up a "checklist" at Track on Wednesday nights or download one from our website. Turn in your completed checklist by the end of the year to receive a cool runner's award to commemorate your awesome achievement.

## USA TRACK & FIELD CROSS COUNTRY NATIONAL CHAMPIONSHIPS

CONGRATULATIONS go out to **ARTURO RODRIQUEZ** for his cross country racing achievements. Not only was Arturo was one of the most dedicated SCTC runners during the Fall USA T&F Pacific Association's Cross Country series, he took it one step further and attended the National USA Track & Field Cross County National Championships in Spokane, WA in February. Arturo did the Track Club proud by taking 4<sup>th</sup> in his Age Division in the 8K Master's race with a time of 34:00



# YOUTH TRACK

By Ray Disperati

It's February, parents throughout the greater Santa Cruz area are anxiously awaiting the start of the SCTC Youth Program. These kids need an energy release! Meanwhile, Joe Kammer, Ray Disperati, and Javier Naranjo are wondering what the new SCTC Youth Track season will have in store for them. How many kids will there be? Finally, on February 17<sup>th</sup> all the anticipation and questions are answered. Soquel High School athletic field is inundated with 100+ kids ages 7 to 13. Some are excited to return and immediately ask questions about hill repeats. Aah the innocence of youth. They don't know that hill repeats are the bane of many runners. The new comers are trying to figure out what's it all about. How much running am I going to have to do? Where's mom/dad? Am I going to be here alone? Parents and kids line up to register while Diane and Diva Jan help with the paper work and new T-shirts, water bottles, socks/gloves, and the SCTC bag. At last the workout begins. Joe leads the kids in a warm up lap and Ray takes over to lead the stretches, push-ups, sit-ups and the daunted plank, all the while explaining the importance of each activity. Striders are next on the agenda, two easy, two medium, and the inevitable two hard with emphasis on running form. A short break and the group is split with Ray taking the girls to learn the long jump, Joe takes the boys for hurdles, relays, or whatever else crosses his mind, next week the roles will be reversed. Javier takes some of the older kids to do running routines. Early into the program, parents stay to watch the activities and to assess the coaches. In a few weeks some will continue to stay while others enjoy a little free time. All-in-all, the program is fun and exciting. In the last few years, the program has grown from approximately 60 participants to over a 100 for the current year. The expansion is primarily due to word of mouth communications between parents and the dedication of the coaches involved. The youth program takes place every Monday and Wednesday until approximately mid-May at which time it will switch to the Tuesday evening all-comers meet for the next six weeks. Have a child in the 6 to 13 age bracket? Bring them to the all-comers meets and have fun.



## **MORE PHOTOS OF SCTC YOUTH SPRING WORKOUTS**



**GET READY ... GET SET ... GO!!**

### **ACE WALK 101 AND THE START OF A NEW SEASON**

**By Art Klein, Chair**

**Pacific Association/USA Track & Field Race Walk Committee**

The 2010 “pre-competitive” season for race walkers began as the Los Gatos Athletic Association (LGAA) hosted the Winter All Comers Meets from Jan 9 - Feb 27. Added as event a few years ago, the 1 – mile race walk had become a much anticipated contest for both beginners and seasoned race walkers. Although the walks are not judged under the two USATF compliance rules, they serve two important purposes: 1. Create a positive learning experience for the beginner/novice walker and 2. Sharpen the technique and skills of experienced walkers under the watchful eyes of certified USATF Race Walk Judges and coaches.

Adults and youth of all ages and ability were invited to “strut their stuff.” Although the atmosphere was considered low-key some walkers pushed to the limit of their ability making for exciting races. Beginners/novices also discovered the expertise that it takes to avoid disqualification. Yes, disqualification would normally occur if at least three independent certified USATF Race Walk Judges observed “loss of contact” or “bent knee” as specified in the USATF rules of race walking.

Race walking is not just walking fast. It is not just trying to keep your legs straight as you propel yourself forward. In these cases you might be simply a fast fitness walker or a straight-leg runner. No, race walking is the utilization of a set of bio-mechanical movements that maximize the use of the feet, knees, legs and hips to generate power as one foot crosses in front of the other. During this movement the advancing leg is bent as it leaves the ground and passes next to the upright support leg. The support leg can not leave the ground until after the advancing leg has made contact with ground.

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# SCTC Super Bowl Run 10K - 3K - 1K Kids Run February 7, 2010



The sun was shining on the annual **SUPER BOWL RUN**, and it was wonderful to see all the enthusiastic children, smiling youth, and determined adult runners. SCTC took top honors in the 10K with a strong finishing time by **CHRIS RATCLIFF** of 30:50. **DAVE GONSALES** (36:40) and **KEVIN CHU** (38:42) both finished faster this year than previous years. Yahoo!



**CHRIS RATCLIFF - FIRST 10K MALE**



**MALLORY PICKETT - FIRST 10K FEMALE**



**A SPECIAL THANKS TO DIANE DELUCCHI, RACE DIRECTOR, MARK McCONNELL, RACE TIMER, AND ALL OUR VOLUNTEERS. YOU MAKE IT HAPPEN!**

**OLOF HELLEN - Looking strong. First Place in Age Division.**

## **A TRIBUTE TO CAROL CUMINALE - OUR FIRST PRESIDENT**

By Sue Dunn

Coordinating a newsletter can be difficult, and no one knows that better than my predecessor, Carol Cuminale. Carol, who was the SCTC Newsletter editor for several years. She was also the FIRST President of SCTC when the Club first began in 1989. I had the pleasure of having lunch with Carol one afternoon and spoke with her about the early days of SCTC. She has given so much to the Club over the years, and since she has plans to move to Washington soon, I wanted to take this opportunity to interview her. She is truly a fascinating person with so many accomplishments.

Carol informed me that the original board members of SCTC were Bill Johnson (General Manager & Youth Coach), Marty Kruger (Adult Coach), Mark McConnell, Howard Marcus, Andre Dunkell, Dave Tanza, Kevin Gallagher and herself. Dennis Caspe, who is a local attorney, joined the group a few years later and set up the non-profit organization. The Club was very small in the early days, maybe 5 or 10 people at a workout. There were no lights at the track until 1992. Prior to that, Coach Marty would bring a big light with a long extension cord to illuminate the track. Through the dedication of the early members, SCTC was able to gain the backing of the Wharf to Wharf Committee, and has grown into what it is today.

Carol has also served SCTC as a race director for multiple races over the years, most notably the Aptos Women's Five Miler and the Nisene Marks Marathon/Half Marathon. Both races are held in the Forest of Nisene Marks, of which Carol is well familiar. She once led me on a guided tour of the forest complete with secret hiding places where water jugs had been stashed for trail runs. She cares for the forest deeply which is evident in the volunteer trail work that she does with the Advocates of Nisene Marks and Trailworkers.com.

With all that she does, it is truly a wonder that she finds the time to run, much less ultra running. She is an ultra runner of distinguished note, and has completed an amazing number of marathons and ultras. When googling her name, the race results went on for pages . . . Rio del Lago 100 Miler, Ruth Anderson AR50, Western States 100 Mile Endurance Run, Headlands 100, Quicksilver 50 Mile, Catalina Island Avalon Benefit 50 Mile, Miwok 100K, Mt. Si Ultra Run, Chuckanut 50K, Coyote Two Moon 100, Ohlone Wilderness 50K, Sequoia 50K, Fat Ass 50 Miler, etc, etc. When asked what her favorite ultra was, she replied . . .

My favorite ultra - that's a tough one! Western States 100 would have to be up there. But, I also really like some of the smaller ones - Quicksilver 50 mile is well organized and fun, in a twisted sort of way; and of course the PCTR events.

My most unusual ultra would have to be Coyote Two Moon 100K. It's actually a whole week of events, including a talent show, bowling!! and all sorts of fun things. The "race" itself is different in that you predict your finish time and the start times are staggered so that everyone (100K and 100 milers) finish within a four hour window. Then there's a big breakfast and crazy awards. You can also accumulate "bonus" or "boner" minutes, awarded at the race director's discretion, which can change your finish time. It's goofy and fun, and is more about camaraderie than the race time. It's held in the mountains around Ojai and the course is very difficult with lots of climbing, and you run at night without pacers, the idea being that you will hook up with other runners.

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## **CAROL CUMINALE**

*(Continued from page 5)*

Carol also uses her running for charitable purposes. For the last 9 years, she has volunteered to participate in the American Cancer Society Relay for Life held at the Cabrillo College Track in July, and for 7 or those 9 years, she has done so as a team of one. By doing this, she raises money for the American Cancer Society through donations that she receives, and estimates that she has probably raised close to \$20,000 or more. Even though she is doing all the work, she is so appreciative of those who contribute, that you are repaid with a jar of her homemade jam. Which brings up another extraordinary ability of Carol's. She's great cook and makes everything the old fashioned way from scratch.

On top of all this talent, Carol is also an amazing artist and calligrapher, and she has often donated that talent to SCTC as well. Over the years she has made numerous, yet special and unique plaques to honor participants in SCTC events. I once heard Coach Brock say that he had visited a runner's home, and one of Carol's plaques was displayed prominently on her wall.

Unfortunately, Carol hasn't been running lately due to issues with her knee. As a fellow runner, I can tell that it is hard for her to take time away from running to recover. I wish her a healthy recovery so that she can spend time enjoying the trails near her home in Washington.



**Javelina Jundred - 2006**

Carol and her boyfriend, Chris, purchased 32 acres in Burlington, Washington, and have built a small place on their land. Chris Foster is also a long time member and contributor to the Track Club, and sadly, we will be losing him too. (Carol had an interesting story about how she and Chris first got together, but I will save that for an article on SCTC romances.) Carol describes Burlington as rural and small town-ish, which she says is what they like about it. They like the water and have a boat in Anacortes near the San Juan Island ferry. Puget Sound and the northwest coast is an amazing beautiful place to explore. She will also be living near her long time friend and running partner (and former SCTC member), Kathy Crumpton and hopes to spend time training with her.

Carol will be leaving us soon to join Chris in Washington. She has certainly left us here at SCTC with a wonderful legacy to enjoy. Let's hope that she and Chris will keep in touch and come back to visit often.

## **RACE WALK 101**

*(Continued from page 4)*

It takes a trained eye to recognize compliance at the high speeds that race walkers are able to attain, some reaching speeds of 3 steps per second as they glide by at under 8 minutes per mile. On the other hand, the truly elite race walkers can achieve even higher speeds. Some have been clocked at under 6:30/mile for 20K (12.4 miles) and others have gone under 6 minutes for the mile distance. Whew! Those quick feet are almost a blur.

### **Grand Prix Series Kickoff**

Working with LGAA, Becky Klein, Masters Level Race Walk Judge was able a few years ago to convert the last Saturday of the 8-weekend All Comers Meet into a different type of affair. On Feb 27<sup>th</sup>, instead of the 1-mile distance, Becky once again organized the PA Grand Prix Championship One Hour Race Walk to be held prior to the start of the All Comers. The race walkers were challenged to complete as many laps as possible around the Los Gatos H.S. 400 meter track within the time limit. Partial laps would be counted as well. SCTC hosted the race and the members of the Walk Group turned out in force to handle registration, lap counting and support duties of recording /handling disqualification recommendations from the five certified USATF Race Walk Judges. Two SCTC walkers competed.

The experienced race walkers showed the crowd that they were prepared and delivered performances showcasing their style and grace. This group included Masters-age walkers, medalists from the 2009 National Junior Olympics as well as some youth that had only been race walking for a year. As normal, participants ventured from their homes as far away as Sacramento, Marin and San Luis Obispo to compete.

To everyone's surprise not only was Nicolette Sorensen, age 14, the top female but also the walker who covered the highest distance. She handily beat the top male completing 10,719 meters to his 10,516. Other youth, having been accustomed to racing only distances up to 3,000 meters, proved that also had lots of stamina as they walked triple the time of their longest ever race walk.

In the Masters area, 70-year old Louise Walters from the Sierra Racewalkers cruised to top honors in the Women's Division. Her accomplishment of 9,449 meters proved why she is an age-group record holder at various walking distances. Kevin Killingsworth, also from Sierra RW, was top Men's Master with 10,561 meters.

There were 22 finishers of the 25 starters. The guest walker from Sweden, Andreas Gustafsson, age 28 started out very fast at under 7 minutes per mile but could not hold pace. With a goal of 41 minutes for 10,000 meters (6.2 miles) starting to become unreachable he stopped at 3 miles and left the track after 22 minutes.

There are still five more races to go in the Grand Prix Series (separate events of the distances of 1500M, 3000M, 5000M, 10k and 20K) and you can be sure that SCTC will be participating in each one. With such competitive fervor in the ranks of young and old alike it should be an exciting season!

## **WHAT ARE YOU TRAINING FOR?**

There has been a lot of talk around the track these days about spring races. Many of us have new goals for 2010. The Boston and Big Sur Marathons are just around the corner. SCTC has members participating in both of these events. We also have a contingency of ultra runners headed for the American River 50 Miler, and some real serious sports fans are tackling Ironman races in St. George and Coeur d' Alene. Good luck to all. Share your experiences in our next Newsletter!

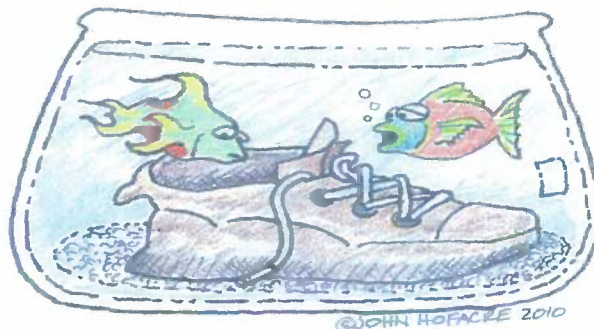


**The Running Joke  
Caption Contest**  
Previous Issue



- GOLD "Sure he's fast . . . but no abs." By Dan Figueroa
- SILVER "Obviously he didn't understand the description of a limbo finish line in the race application." By Sue Dunn
- BRONZE "No ... it's the high jump." By Mike Gregg
- FINAL HEAT "On the other hand, it's durable, reuseable and eco-friendly."  
By John Hofacre
- "You did the same thing, huh. I went under." By John Smith

**The Running Joke  
Caption Contest**  
This Issue



Submit a caption to [johnhofacre@gmail.com](mailto:johnhofacre@gmail.com)  
by May 15, 2010.

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 2010 John Hofacre

## Angel Island Trial Run

January 11, 2010

Photo by the Roving Runner



Jill Judd, Holly Tyler, Gerry McCarthy & Sue Dunn

### YOU GOT A GOOD PHOTO?

Submit your name, where the photo was taken, and who is in it to [soozers@aol.com](mailto:soozers@aol.com). Photos must be submitted as a jpg attachment.

### WHO YOU GONNA CALL?

#### Board of Directors

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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, filed 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.

*Startling 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.