

STARTING LINES



Newsletter of the Santa Cruz Track Club

SPRING 2011 ❁❁ **VOLUME 24, NUMBER 1**



COACH'S MESSAGE

By Art Klein, Walk Coach

Fellow Athletes!

I am honored to be chosen to share some exciting news about a BIG event that is going to take place from 6-17 July in Sacramento, the

World Masters Athletics Championships. With 5,000 competitors expected, this is going to be one of the most exciting places to be this summer. Athletes from all over the globe will be representing their countries to showcase their skill, stamina, strength and endurance in track & field, cross country, road race walks and the marathon.

Although there are no qualifying standards, the men and women age 35-plus consist of a mix of those who have attained world ranking as well as those who find enjoyment and challenge in the participation. These championships have all the pomp and circumstance of the Olympics with grand opening and closing ceremonies, an athletes' party and jubilant award ceremonies. The competitions will also be fierce with many ready to show that they are the best in the world in their chosen activity.

The Alex G. Spanos Sports Complex located on the Sacramento State campus will serve as the main venue. Due to the great number of competitions, two additional stadiums, Hughes at Sacramento City College and Beaver at American River College, will also be used. At times contests will be held simultaneously at two or more spots.

With the deadline for registration nearing on 24 April, athletes and visitors from over 17 countries have already applied for their visas. Do not miss out on this historic opportunity to see the international masters athletes run, jump, throw and race walk with the vim and vigor of youth. Go to www.wma2011.com for more information.

LOCAL RACES

April 17 - UCSC Slug Run 1K, 5K & 10K
XC Course at UCSC Campus

May 1 - Bean Creek 5 Miler
Scotts Valley, benefits Scotts Valley High School

May 8 - Long Marine Lab Discovery Run
10K / 5K, Santa Cruz, benefits the Marine Lab

May 8 - Mother's Day Run for Shelter
10K / 5K, Watsonville, benefits Pajaro Valley Shelter Services

June 4 - Nisene Marks Marathon, Half & 5K
Nisene Marks State Park
(SCTC Supported Event - Runners & volunteers welcome)

June 12- Aptos Women's Five Miler
Aptos County Park (SCTC Event - BBQ & potluck picnic following the race. Ladies, come out to run while the gents volunteer!)

LOCAL TRAIL RUNS

April 30 - Berry Creek Fall Trail Run
10K / 15K / 25K / 50K -
Big Basin State Park
Coastal Trail Runs

May 15 - Big Basin Redwoods 10K / 15K / 25K / 50K - Big Basin State Park, Pacific Coast Trail Runs



RAY DISPERATI RECEIVES LIFETIME ACHIEVEMENT AWARD AT ANNUAL SCTC BANQUET

It was a fun filled evening in January at the Green Valley Grill for the annual SCTC Awards Banquet. The Awards Banquet is the time that we honor outstanding performances by members throughout the year and acknowledge our volunteers and supporters. One man, RAY DISPERATI, has been all those things and more to SCTC for many wonderful years. Ray has helped tremendously with the SCTC Youth programs, he has volunteered as a coach for the Special Olympics, and has been the “Main Man” in keeping track of everyone else’s achievements by endlessly searching and sleuthing the Internet to record race results of SCTC members. Ray has been providing us with the race results chart at the annual banquet since 2007. His love for SCTC is apparent in everything that he does for the Club and we are fortunate to have such a dedicated lifetime member.



**Ray Disperati accepting the
Lifetime Achievement Award**



ALL AROUND RUNNER AWARD

New this year at the annual Awards Banquet was the presentation of the All Around Runner Award. This award was the brain child of GREG HALES to get runners involved in all types of running and distances, and included everything from running a mile time trial to completing a full marathon. Amazingly, there were 15 SCTC members who earned this prestigious award. Congratulations go out to GREG HALES, HALLIE CARL, MARGARET ELLIS, VINCE OBERST, STEFANO PROFUMO, DAVE GONZALES, DAVE DELUCCHI, MELANIE MICHALAK, MARIA MARSILIO, DIANE DELUCCHI, TODD OWENS, ROBERT MULLIS, CHRIS WEIMAN, LETICIA (CAT) HERNANDEZ, and SARAH CARVILL. What an amazing achievement for you all!



Fun and Frivolity at the Annual Awards Banquet

MONDAY NIGHT WORKOUTS HAVE STARTED

Come out to the Soquel High School Track on Monday nights at 6:00 p.m. for special core strengthening exercises and form drills led by COACH JOE KAMMER. This is your chance for individualized attention, and to work on gaining strength and speed for your next race. Coach Joe has some great tips that he can share while concentrating on strengthening your whole body to keep you running efficiently and injury free.



SUNNY SKIES AND A SPARKLING SEA ON SUPER BOWL SUNDAY

We live in Santa Cruz for a reason. While the rest of the nation was snowed in and freezing, we had a picture perfect Super Bowl Sunday on the coast of Santa Cruz. The Super Bowl 3K, 10K and Kids races were all well attended. DIANE DELUCCHI, and her host of volunteers, did a tremendous job of organizing the race and making sure that everyone was happy. How could you not be happy, even if you didn't get a PR, it was a real fine day. SCTC members, GREG HALES, JEFF KIRK and DAVE DELUCCHI competed for 1st, 2nd and 3rd place in the 3K. (Looks like DAVE DELUCCHI and GREG HALES did double duty and ran both races.) CHRIS WEHAN and STEPHANO PROFUMO placed 1st and 2nd in the 10K race. VINCE OBERST couldn't run the race because of an injury so he stepped up and volunteered to help with the early morning set-up for the race. Thank you to all the volunteers who made this day a smooth running success.

SUPER BOWL RACE RESULTS SCTC MEMBERS

3K	Greg Hales	1-OA	11:18
	Jeff Kirk	2-OA	11:51
	Dave Delucchi	3-OA	12:03
	John Hofacre	1-A	13:30
	Neal Coonerty	2-A	18:45
	Gary Kohler	3-A	26:52
10K	Christopher Wehan	1-OA	36:23
	Stephano Profumo:	2-OA	35:51
	David Gonzales	5-OA	38:02
	Kevin Chu	6-OA	38:25
	Jon Gugala	8-OA	39:08
	Greg Hales	9-OA	39:20
	Dave Delucchi	2-A	41:53
	Barry Young	1-A	43:12
	Timi Sutton	1-A	44:44
	Josh Mader	6-A	44:57
	Peter Stanger	1-A	45:44
	Carl Roth		46:30
	Margaret Ellis	1-A	46:56
	Leticia Hernandez	3-A	49:38
	Roger Kern	2-A	50:52
	Neil MacDonald		52:19
	John Kane	5-A	52:30
	Olof Hellen	3-A	52:58
Art Klein (race walker)		1:05:58	
Katherine Beiers	1-A	1:08:10	



“The Fab Four” reunite



LOST BOY'S 50 MILE

By Mike Wright

ANZA BORREGO DESERT

My brother agreed to be my traveling aid station for three accessible points along the course. My running plan was to relax, preserve the legs, and enjoy the incredible scenery. We drove to the starting area the day before to know where to go in the early morning darkness. Pinyon Wash is an arid sand and gravel bed between canyon walls. We saw no portable toilets or signs that a race was to start early in the morning, except pink ribbons tied to creosote brush every 100 yards or so. A 4 wheel drive vehicle was slowly approaching, stopping to tear the ribbons from the brush. A rogue park ranger was righteously removing the flags and her passenger seat was filled with a scattered pile of ribbons. A brief verbal exchange revealed she had no knowledge of the race, and felt communication was important, so the ribbon removal continued.



A half hour from the wash is Borrego springs, the nearest hamlet. We had pre-booked the night at the Oasis Motel, one of the sorriest places I've ever stayed. My brother, a biologist for the state, warned me of possible bed bugs as we surveyed the stained sheets of our beds. Then I went from room to room with the alcohol breathed manager as he search for an alarm clock. No luck. Being a technical buffoon, I distrusted the cell phone alarm, so I monitored the time throughout the night.

In the 4:30 am darkness, Pinyon Wash pulses with flashlights between the brush, like fire flies. Pre-race energy pierces the frosty darkness. Finally we're off, clusters of bouncing lights charge through the blackness. I see no flags, follow only the lights of the front runners, while behind me a huge group begins to spread out. My sphere of vision is now only two square feet in front of my feet, as I navigate rocks and sand banks. Relaxation denied. Six miles in, sunlight begins to expose the canyon walls towering above me. I'm in a box canyon, and soon I scramble over dry water falls. Runners bottleneck through climbing sections between boulder strewn crevasses. My flashlight must have fallen from my pocket somewhere, but luckily I don't need it any more. My calves are glad to be out of the sand and gravel, but now I slowly grind up a mountain. I tie my long sleeved shirt around my waste as sweat drenches me. At the top I am rewarded with a grand view of the Coachella Valley. Now I am running fast down a wash, having fun trying to make up for the slow pace. I seem alone, because the serpentine canyon never reveals more than 100 feet ahead or behind. My Garmin says 16 miles, as the wash spills out to a vast valley. All of the sudden I can see for miles ahead; no people, no flags, no sign of a race. I'm a lost boy, off course. I slowly jog back up the canyon, unsure of what to do. After a mile of backtracking, I see a long line of runners taking a sharp turn out of the wash. Self disgust invades all my thoughts. My anger pushes me past runners that I had been two miles ahead of. My circumcised shoes, supposed to preserve my toes on such a run, have proven detrimental as a cactus ball (jumping cholla) pierces my big toe. I'm unable to grab it, spines on all sides prevent it. Wild kicking motion has freed it from my foot, but a few spines are still embedded in my toes.

I dwell on my stupidity, as I trudge on, up a steep ascent. I pass two men running slowly together, "Hey, how's it going?" I mutter. No response, their faces don't look at me, as I pass awkwardly. They're bonking, I think to myself.

Now the trail winds through grassy hills, and I see the aid area. Ah, what a happy sight. My brother opens the bag, and asks what do I need as he fills my water bottles. A lobotomy. As I leave the aid station behind, a depressing feeling comes over me for leaving the comforts so soon. A cold wind blows and clouds begin to cover the sky, as I wind up the mountain side. I struggle to put my shirt back on with a water bottle in each hand, refusing to stop again. At mile 30, my body begins to rebel already, crap! My running plan is out the window, the relentless climb takes its toll. Survival mode is creeping in. More climb... I thought there was only 10,000 feet of climb on this run, it seems worse. I blame the 2 extra miles I have run. I come across a woman,

bent over in vomit position. She has a strong Tennessee accent. I offer her salt or Gu, then leave her. Garmin says 40 miles.

She follows me, I can hear her talking, and talking , she won't shut up. I try to pull away because I want to endure my pain alone, but she stays strong. More mountain climb, I'm exhausted, no power left. Soon she passes me, asking me questions, talking about 100 mile runs she has completed. She's picking up the pace. The drizzle and fog makes it difficult to see the ribbons on the trees. Huge pine trees and granite outcroppings tell me I'm high in the mountains. I tell her to go ahead , I can't hang anymore, I'm fried. She slows to stay with me, "You can't get rid of me that easily." Now I like her. She's a distraction from my whiny inner self. It begins to rain. We reach an aid station and the chicken soup helps to take the chill from my bones but my clothes are drenched.

She takes off, and yells, "You coming Santa Cruz ?" I'm enjoying her monolog . The Garmin says 52, as we painfully go down a rocky trail. We cross the finish together -- she refuses to go first. I like to run alone with my own thoughts, but I now see the benefit of sharing the pain with a stranger, a stranger who helped me without me knowing it. Happy trails.

ARE YOU VESTED?

A **SPECIAL THANKS** and cheers go out to our Clothing Diva, **JAN STANGER**, for her purchase of the blue fleece vests that all SCTC members receive as a bonus for signing up in 2011. Jan puts hours of time into researching clothing items for the Club and making sure to get the best price possible. She knows a good deal when she sees one, and was able to procure the fleece vests at a substantial savings. Everyone loves them and they kept us warm during those winter night workouts.



Mike Wright



Clothing Diva, Jan Stanger



Maria, Joyce & Gerry sporting the new vest



Kathy Frank, Jean Olsen & Jack at Lake Alpine

Running Death Valley

By Peter Stanger

The weekend of February 13th several Santa Cruz Track Club members traveled to Stovepipe Wells for an adventure run in the desert. Before you jump to the conclusion that anyone that runs in the desert must be fools or gluttons for punishment, let me explain that the desert is blooming and the temperature normally is 60 to 80 degrees, so it's not hardly the 120 degrees during the July Bad Water to Mt Whitney Ultra. Noooo...we're there to have a fun time.

The weekend started with the eight hour drive and arrival on Friday night at the Death Valley Lodge at Stovepipe Wells. Track Club members MIKE and KIM WRIGHT, JOHN BEARD, KATHY FRANK, ROGER KERN, CALLIE HABER, JEAN OLSON, JAN STANGER and me, PETER STANGER, meet-up with some thirty other runners and walkers under the loosely organized Tillamore Dew Running Club. We all had a planning meeting with maps and trail descriptions dispersed to everyone and our group leaders, Larry England and Dave, explaining the different distance and terrain options. People then grouped-up with others who shared the same objectives.



This was the first year that we weren't running in Death Valley's Canyons. The Panamint Valley, with sand dunes that are the tallest in North America, a nearby abandoned mine, and mid-valley hills that 10,000 years ago were lush islands in a huge lake that once covered this valley, and connected to several other lakes that drained toward Owens Lake, were features of interest.

On Saturday morning we caravanned 20 minutes to Panamint Valley where we stopped near the road and some of us started running, John, Mike and myself were amongst this group, while the remaining vehicles drove six miles in where the aid station/sag wagon parked. This is where trails intersected from the mine and sand dunes. While John, Mike and I ran to the "Islands", Kathy, Callie, Jean, Jan, Roger and others left the aid/sag station and adventured to the Sand Dunes and the mine. As John, Mike and myself arrived at the aid/sag station to refresh, the other adventurers were returning from either the mine or sand dunes to the intersection of the aid/sag station. Soon we'd all departed again, and John, Mike and I went to the mine while others departed for the mine, islands, or the drive-out.



The trail to the mine was up a large alluvial fan and into a narrow canyon. A short ways in on the left side of the canyon the mine sloughs were perched some 300-500 feet above the canyon floor. Mike led us in earnest up the canyon and even into the old mine shaft. Having satiated his curiosity we scrambled down and out of the canyon.

We crossed to the aid/sag station, refilled and refueled then headed to the Sand Dunes. We marveled at how perfect the wind had sculptured the curves and crests of the Dunes, even trading places so each of us could

experience the exhilaration of treading across this totally untrampled terrain first. Running down the sand dune onto the desert hard-pack we emptied our shoes of sand and began our nine mile run along the western edge of the valley toward Panamint Springs.

We watched as the other adventurers returned to the remaining vehicles at the aid/sag station on the valley's eastern edge and drove south to the highway then across to Panamint Springs. By now the afternoon was getting late, the shadows from the valley crept longer. We were felling pretty tired when we finally made it to the highway and Panamint Springs.



Looks like Jon Beard wants to hitchhike home

There we enjoyed cold beers with all our mates and toasted our days accomplishments. That evening we dined together at Stovepipe Wells Lodge, and the next morning said our tearful good byes. But not before Larry and Dave announced the Benedict Arnold run would be held the weekend of July 22-24 at Devils Postpile.



Previous
The Running Joke
CAPTION CONTEST



(Gold) – “We could do that... if we had “missile toes” instead of *orthotic insoles* and *support hose*.”
by John Smith

(Silver) – “The Too-Muches” by Ray Disperati

(Bronze) – “Everyone sets a **PR**... as in **Pucker**” by Babette Hofacre

Final Heat

“Ya betcha **that** idea’s gonna back up this here finishin’ chute.” by Dan Figueroa

“He’s kissing everyone who finishes... and I mean everyone! I hope that’s covered in the liability release form.”
by John Hofacre

This Issue
The Running Joke
CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by May 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 2010 John Hofacre

CALLING ALL YOUTH

SCTC Wednesday night youth workouts have begun. Coaches JOE KAMMER and JAVIER NARANJO are in full swing, helping SCTC youth to become better and stronger runners. Joe is working with the younger children, while Javier is training the older, more experienced runners. Youth track meets will be starting soon. The dates for the track meets are May 17, 24 and 31, and June 7, 14 and 21. It is a great experience for all who attend.

WE'VE GOT MAIL!



Coach Brock received a touching letter from a young athlete he once coached at Cabrillo College. You can see from Rafael's letter what an encouraging influence Coach Brock was in this young man's life, who has now gone on to be a coach himself in Mexico City.

Coach! How nice to hear and to get your reply!! It is sad there's no more track and field at Cabrillo. I also heard you had a fast 800m girl (Maggie Vessey) you coached! I always knew we had very good guidance with your experience coach. To me living in California for 7 years was a double pleasure; in one hand going to school, and in the other hand experiencing life. A life full of new and exciting experiences is what I had. I even dream about Santa Cruz sometimes. It may happen. I might go to visit Santa Cruz someday, just for the good of my soul, the pleasure and the fun to be there!! Work is doing pretty good for me in everyday life, I am coaching intermediate and beginning levels, adult runners basically. I keep informed about you and some events in Santa Cruz through the Internet. Keep the good work you have always done as a runner, as a coach, and as a human being!! Que gocen de mucha salud!!

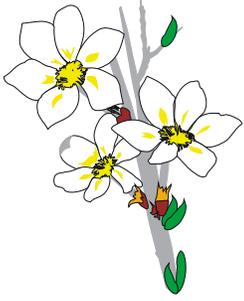
Yours, Coach Rafael Ojeda

The Santa Cruz Track Club gives back to the local community by helping other local nonprofits and community oriented organizations with fund raising events. UCSC recently benefitted from a donation received from the Track Club. The following is a letter of thanks from Patricia Zanella of the Department of Latin American and Latino Studies.

Dear Santa Cruz Track Club,

On behalf of the faculty, staff and students in the Department of Latin American and Latino Studies, I thank you for your generous gift. In recent years, charitable gifts have become essential to preserving the high quality of undergraduate and graduate education at UCSC. This past year we used gift funds to assist students with the expenses of field study projects in Latin America, or in Latino communities in the U.S. We are starting an endowment that will provide modest book scholarships for students. We remain committed to providing our students with a quality educational experience. Discretionary gift funds help us to sustain this commitment in the face of deep and permanent cuts in state funding. We look forward to supporting you in this year's race.

Sincerely, Patricia Zanella



In Loving Memory of Steve Sokol

Many SCTC members were touched by the life of STEVE SOKEL, who had earned the title of the “World’s Fittest Man”. Steve, his wife, Leslie, and their son, Alex, were often seen at SCTC events, and most recently at the Super Bowl Race in February. Son, Alex, took First Place in the 1K race, and then ran the 3K race with mom and dad. The entire family placed within the top 25 percent. Tragically, Steve was involved in a car accident a month later and died at the scene. Steve had an amazing life, that was sadly cut too short.

Steve was a superhuman fitness guru and held several world records for feats of fitness and endurance. He once did 1,000 sit-ups in 10 minutes, cycled 500 miles from San Francisco to Los Angeles in two days (without ever sitting on the bike seat), and did 30,000 jumping jacks in under 8 hours. Truly a phenomenal person and an outstanding athlete, and always inspirational to others. He will be fondly remembered and greatly missed.

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
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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>

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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, 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.