

STARTING LINES

Newsletter of the Santa Cruz Track Club

SPRING 2013 - VOLUME 26, NUMBER 1

www.santacruztrackclub.com



DO YOU LIKE TO RUN? Check out the Santa Cruz Track Club. We are a club for runners of all abilities. We offer expert coaching, multiple weekly workouts, weekend group runs, and most importantly, fun!!

SUPER BOWL 3K AND 10K

STEFANO PROFUMO and **GREG HALES** appeared to have some sort of bet going on this race(s) from the very start. These two were not only competing against each other, they seemed to be competing against themselves as well. One race was not enough, they ran both the 3K and 10K. The competition was close in the 3K with Stefano winning the race in a time of 10:44 and Greg was on his heels to take second with a time of 10:52.



Runners getting ready to race
Stefano Profumo & Greg Hales line up together



Stefano coming around the
curve on West Cliff



Greg Hales closing in

More photos and results from the Super Bowl Race inside.

COMING EVENTS:

Santa Cruz Half Marathon, 10K/ 5K - April 7 Part of the Bay Area Running Series. Races include the Jungle Run, Salinas Valley Half and Morgan Hill Half. Run 3 of 4 races and receive a special medal from Bay Area Running.

Slug Run 10K/5K - April 14, UCSC Challenging course, but what a view.

Mother's Day 10K/5K - May 12 Ramsey Park in Watsonville. Run for a good cause. Race proceeds benefit the Pajaro Valley Shelter Services.

Forest of Nisene Marks Marathon, Half Marathon and 5K - June 1. Melanie Michalak, Race Director. The half marathon features a wonderful trail run in the forest. The full is one tough marathon, but at least the second half is downhill.

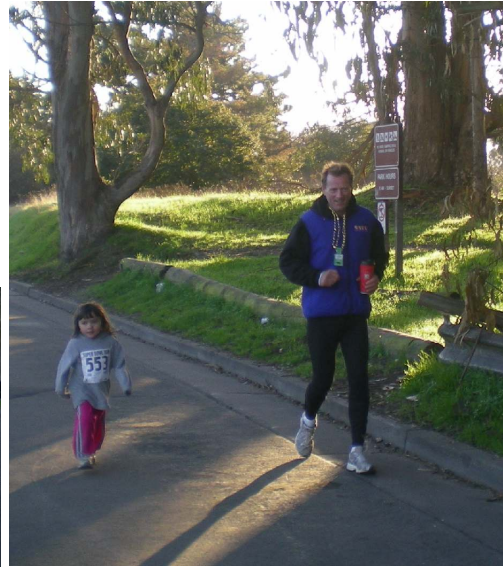
Aptos Women's Five Miler - June 9. Sarah Carvill, Race Director. This is Sarah's first year at the helm of a Santa Cruz tradition. Ladies, come out and show your stuff. Guys, support your women! A great way for mothers and daughters to bond and a race that the entire family can enjoy.

The Forest of Nisene Marks celebrates 50 years. See article inside for planned activities.



Children gathering for the 1K

Everyone seemed to enjoy the race. It was good to see the turnout of parents and children running in the Kid's 1K. SCTC's Youth Coach, JOE KAMMER, led the children with stretches before walking them over to the start. Joe is a natural with the kids and knows how to inspire them to try their best.



Coach Joe running in a young contestant



Our youngest runner, Eric Huemer

The adult runners soaked in the experience too. The top runners were very competitive. The first two finishers in the 10K, Aaron Jacobsen and Eric Clarkson, were within two seconds of each other. STEFANO PROFUMO, having just ran the 3K placing first, took Fourth place in the 10K in a time of 34:58. It seems ironic that his time was faster than his 35:40 finish at the Turkey Trot in November (which has the same course), yet at that race he placed First. Competitive running is all about who shows up on race day.



Runners make their way along West Cliff Drive



Peter Stanger places First his age rank



Stefano Profumo and top 10K finishers sharing a moment of rest after the race

See next page for more photos and race results.

SUPER BOWL SCTC RACE RESULTS:

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3K

STEFANO PROFUMO	10:44	1-OA
GREG HALES	10:52	2-OA
JOHN HOFACRE	13:04	1-A
JOHN KANE	14:31	1-A
LETICIA CAMACHO	15:46	2-A
GARY KOHLER	24:21	3-A

10K

STFANO PROFUMO	34:58	1-A
KEVAN CHU	37:46	1-A
GREG HALES	39:28	1-A
DAVID DELUCCHI	41:09	1-A
ED ACOSTA	41:11	3-A
JOSH MADER	42:52	3-A
VINCENT OBERST	42:54	6-A
JOSE OGARRIO	44:15	4-A
PETER STANGER	45:19	1-A
KEN HARGRAVE	51:27	2-A
STEVE MILLER	52:18	
KATHERINE BEIERS	1:09:49	1-A



Patrice Fernald - First Woman in the 3K with son, Landon



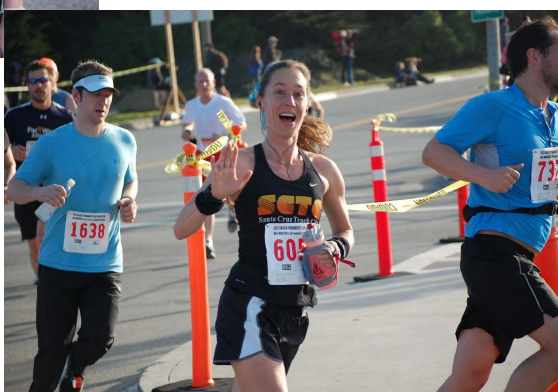
Katherine Beiers Always First in her Age

SCTC WOMEN SHINE AT THE KAISER HALF MARATHON

Photos courtesy of George Dies



MARGARET FAHL, MICHELLE KERN and MEREDITH MILLS were sighted at the Kaiser Permanente Half Marathon on February 3, 2013 in Golden Gate Park. These ladies did an incredible job. Michelle Kern took Third in her age division with a blistering time of 1:29:45. Under an hour and a half, way to go Michelle! Meredith placed in First in her age division with a time of 1:33:25 (what a star!) and Margaret was close behind with a time of 1:34:14. George Dies was on the scene with his camera and captured these great photos.



2012 POLE VAULT SUMMIT, Reno, Nevada

Submitted by Joe Miyoshi

SCTC was well represented for the first time at the 24th annual Reno Pole Vault Summit. The girls did extremely well, placing no less than 2nd in their prospective divisions. The team poses with two world class pole-vaulters in the photo below.



Left to right: **STACI DRAGILA**, a three time Olympian Gold Medalist and Former American/World records holder; **KAYLIE CRAFT**, 7th Grade Scotts Valley Middle School; **SARA SCALETTI**, Aptos High School Freshman; **APRIL STEINER**, World Team, Olympic Team Beijing and USATF coach; **HAILEY FISH**, Soquel High School; and **NICOLE TRENCHARD**, Pacific Collegiate School.

CONGRATULATIONS TO TONI CASSELBERRY

Toni has completed a marathon on every continent and is making her way through all 50 states. Toni is not one to shy away from a challenge, no matter how tough. She has completed marathons in the freezing temperatures of Antarctica and the remote plains of Madagascar. No one has a brighter, cheerier smile than Toni, and that smile is now world wide. Her next feat will be to conquer all 50 states in the United States.



Toni received a Special Award at the SCTC Annual Banquet

SCTC COACH GREG BROCK brought home a silver medal from the **IRC Indoor Rowing World Championship** by taking second in his age division. This is not a new experience to Coach Brock, who has held his position for many years in a row. Each year he travels to Boston in February to compete and mingle amongst international athletes, and this year the elusive first place position was even closer with Coach Brock finishing .05 seconds behind Joergen Engelbrecht. That is pretty darn close.

Ultra runners **JON BEARD** and **MIKE WRIGHT** never stop running. They took a weekend jaunt down to Monterey to run a mere 50K at the Fort Ord Trail Run Series. Mike placed first in his age division with a time of 4:53:35, and John was second in his age group, finishing in 6:03:29. **KEN HARGRAVE** took on a shorter distance and finished the 10K in a time of 1:02:01, placing second in his age. **JON** and **MIKE** each ran another 50K in March. Jon ran the Way Too Cool and Mike ran the Razorback Endurance Run. They both had PR races. It seems these two are getting the hang of these grueling ultra runs.

CARMEN ROBLES is determined to get faster and stronger, and those early morning runs seem to be paying off. Carmen headed to Pasadena and finished the Rock n' Roll Half Marathon in a time of 2:16:03. Maybe the rock n' roll bands makes her run faster.

ANDREW CREELY, **MARGARET FAHL** and **MICHELLE KERN** all participated in the Race to End World Hunger. Sounds like a good reason to be running. Andrew was the first overall finisher in the 5K (18:09) and Michelle was second overall woman and first in her age in the 10K (41:23). Margaret also placed first in her age and was fourth woman overall.

NEAL COONERTY has been having a winning season. He took first in his age at the NorCal 5K and the Rotary Mission 5K. He also ran the Together With Love race and placed fourth in age in the 5K. **LETICIA HERNANDEZ** placed third in age for the 10K, and **GARY KOHLER** also completed the 10K.

CARL ROTH was second in his age at the Getty Owl 5K and **JOHN HOFACRE** placed first in his age at the Stephen Strasburg 5K.

MORE RACE RESULTS:

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St. Patrick's Day brought sunny skies for the **She is Beautiful 10K/5K**. Congratulations go out to **KAREN SANDERSON** for placing second in her age division in the 5K. **HALLIE CARL, LAURA CHIORELLO, LETICIA HERNANDEZ** and **SUE DUNN** ran the 10K. Hallie placed fifth in her age group, and Leticia beat Sue by 10 seconds, placing sixth and seventh respectively in the same age division.

CARMEN ROBLES, HOLLY TYLER, SUE DUNN and some other friends decided to combine a mini vacation with a half marathon, and what better place is there to vacation than Oakland? We actually had a very nice time and the **Oakland Half Marathon** was certainly an interesting race as you weave your way around the city and see both the good and the bad. Spectators dressed up in costumes in some of the neighborhoods and Chinatown certainly had some unique aromas.

ABOUT RACE RESULTS, By Ray Disperati

For the past six years I have been gathering and recording the race results for the SCTC Membership. It's a task that I have enjoyed as I can view the results of the hard work that everyone puts into preparing for a particular event, since, for various reasons, my running days are over. However, I have to admit that finding the results is a somewhat time consuming task. Until the end of CY'12 I had relied quite heavily on a database generated and maintained in Sacramento, CA (Search Sacramento Race Results). This allowed me to search, by individual, all the events any person had participated in, as long as the race results were posted in the database. This database accounted for approximately 60%, or more, of my source. Other methods included results listed on the SCTC's workout sign-in sheet, and finally an individual's word of mouth mention of an event. Regarding these latter two methods, if one person indicated they had run an event the chances of several others are generally very high. Consequently I had to search the events website to determine if the results had been posted. In time most are. This method is very time consuming, as it may take several weeks/months for the results to be posted anywhere, and there's no guarantee that results will be made available. The SCTC Board relies quite heavily on the race results that I submit to them at year-end. These results are crucial to determining recognition awards for the membership. Recently, I was made aware of a website entitled "athlinks" (athlinks.com). Near the top of the webpage there is a box entitled "type your name here to find your results." I typed in several names of our more prolific runners and got results for about 50% of them. Consequently I believe I must rely more heavily on the SCTC membership to provide their results to me. My email address is (raymard@pacbell.net). I would appreciate it very much if everyone provided me with their race results which should include: event name, your time, where you placed in age. If you don't remember, providing me with the event's name will allow me to search the event's website or athlinks, assuming the results are posted. An award may be in your future, but only if we know about it.

A BIG THANK YOU TO RAY FOR HIS RESEARCH AND KEEPING TRACK OF ALL OF US!

THE RUNNING JOKE MEETS BILL RODGERS

By John Hofacre

Bill Rodgers was in the area to run in Bob Anderson's 'The Double Run'. On Saturday, December 22, 2012. Christine Kennedy invited me to join Bill & Bob at her store, The Athletic Performance (Los Gatos) for their "meet and greet". I drew 'running' caricatures of guests while everyone mingled. I chatted with Bill, Bob and Christine. It was an honor to be included in the event with the real stars. I gave Bill an autographed copy of The Running Joke Cartoon "The End is Far" book and he said he would enjoy it on the flight back to the East Coast. Then we all celebrated Bill's 65th birthday with pizza and cake. More photographs and cartoons on facebook: <http://www.facebook.com/pages/The-Running-Joke-Cartoon/248574115214166>.



A DIFFERENT KIND OF RELAY

By George Dies

Every SCTC member knows that in order to win the all-around runner award running on a relay team is mandatory. I presume that everyone fulfills that requirement with a lap or two around the track at a Los Gatos all-comers meet. But Meredith and I would suggest taking a different approach to relay running: run 3 legs out of 36 in a point-to-point race covering about 200 miles, along with eleven running buddies, fueled by Gatorade and caffeine.

The granddaddy of these relays is Hood to Coast in Oregon (from the side of Mt. Hood, east of Portland, to Seaside), now 32 years old. The formula is simple: 12 runners run 3 legs each, keeping in the same order, so each of two vans can leapfrog ahead to the next van exchange area (after every 6 legs), where runners can (hopefully) catch up on sleep and/or food. Generally, teams finish in 24 to 35 hours – 30 hours equates to a 9 min/mi pace over 200 miles. While each race has some specific rules, there are some general guidelines if you are thinking of taking the plunge (based on my having done 9 of these across North America): a) come up with a clever name for your team, b) decide what is more important: having fun or a good result, c) agree with each runner what type of “support” he/she wants when running – water, Gatorade, or just cheering, d) never use your own van/SUV, as the accumulated detritus of 24+ hours can be hard to dislodge, e) NEVER miss your appointed time at an exchange point (or you risk the wrath of your six sleep-deprived teammates who showed up on time), f) do not rely on cell phone communications, as most relays wind through remote rural areas g) while some estimate of pace is needed to estimate time of arrival at van exchange points, do not get too technical about it, as does one of our team members, with full Excel spreadsheet with estimated time for every lap, and h) build in some socializing before and after the race.

I was introduced to these events by a college friend from Canada who invited me to run in the Kananaskis relay in the mid-90s. Since then, our team has morphed into a mélange of bilingual Canadians and Americans, willing to meet almost anywhere to reconnect and run. The binational spirit carries on between relays by sharing cross-border barbs or news stories (hear the one about the Canadian Foreign Minister and the “biker chick”?). The original team name was “Just Us Canada”, as a majority of runners worked for the Canadian Department of Justice, but the new, improved *nom d’équipe* is Lickety Splits. Unfortunately, as Meredith discovered when she joined almost ten years ago, the day job for most of the Canadians is tax law, meaning that we hardly ever discuss exciting developments at work. Meredith swears that it was a form of hazing when she was assigned on her first relay to the van with four Canadian tax lawyers and one geographically-challenged English product designer – meaning she had to navigate and drive by herself through the night (the tax lawyers had lulled each other to sleep, and the Brit could not read a map or a road sign).

Team Lickety Splits has done eight of these relays in various, scenic venues: Jasper-Banff (Alberta), Cabot Trail (Nova Scotia), Golden Gate relay (previously the Providian, from Calistoga to Santa Cruz, now Davenport, CA), Hood to Coast (OR), Wild West (CO), Green Mountain (VT), Reach the Beach (NH), and Red Rocks (Utah). Each one differs in scenery and style, but not in substance: you join with up to 999 other teams (Hood to Coast is a mob scene of 12K runners), rolling through the night in pursuit of teammates. While there is not enough space here to describe each in detail, Meredith and I can share further details on request. I will point out that



**Team Lickety Splits at end of
Hood to Coast Relay, August, 2006**

two of these are run by Paul Vanderheide, of “Roads Less Traveled Relays” (www.rltr relays.com), who does an excellent job. Paul is about to inaugurate in August a new route from Donner Pass to Mt. Lassen (not quite 200 miles – I think he is suggesting 10-person teams), which we plan on doing. We also have some sympathy for Paul, as he reported last year that the fast-growing group Ragnar Relays copied (i.e., plagiarized) one of his routes --- after he generously gave them a free entry to run his relay, as a collegial gesture! I would note that while all of these are scenic, the best views are afforded by Red Rocks, Cabot Trail, and the Golden Gate relay (which crosses the Golden Gate Bridge by moonlight).



Meredith Mills getting the wristband from teammate in the Reach the Beach Relay, September, 2008

Any of these relays requires a high tolerance for cramped quarters (e.g., an overnight exchange point might mean sleeping on a gym floor with hundreds of other runners), patience (waiting for that other van to appear at exchange points) and a sense of humor. Here are just some examples of what can happen: on Meredith’s first leg on the Green Mountain relay in Vermont, she heard one male runner grunt: “no woman is going to outrun me”, so she slowed down slightly till the last half mile, then (as usual) put on a finishing kick.....said male runner tried to keep up, could not catch Meredith, collapsed as he handed the wristband to his teammate, and was promptly disallowed from running any further legs by the medics who loaded him into an ambulance.

At the end of the Wild West relay, after our team had successfully navigated its way for 35 legs across the high prairies of Colorado and Wyoming, our captain got hopelessly lost on the city streets of Steamboat Springs. Once we had to push a runner out of our van almost two miles before an exchange point in Oregon due to a long backup of cars on a two-lane road – caused by a state trooper who drove into a ditch and had to be towed out. Lastly, I asked for directions in downtown Portland from a relatively well-dressed young woman, only to

determine (once she invited me to stop running and spend some time with her) that she worked in one of the world’s oldest professions!

We have met our Lickety Splits teammates in other venues; Meredith and I ran the Ottawa marathon/half marathon in 2009, and the Splitters threw her a great birthday party after the race. Several of them are coming south for the Big Sur marathon in a few weeks, so we get to reciprocate their hospitality. We have gotten a mite slower and grayer since our first relay, but we still enjoy each other’s company --- even in those vans, for over 24 hours at a stretch!



Team Lickety Splits at the end of Green Mountain Relay, June, 2007

(Footnote: the oldest relay race in America title is claimed by the Tahoe relay, held every June: it is only 7 legs, a full circuit of 72 miles around the lake, and started 49 years ago. But that does not afford the same sort of bonding experience that an overnight relay does!)

THE FOREST OF NISENE MARKS CELEBRATES 50 YEARS

By Sue Dunn

The Forest of Nisene Marks State Park is a special place for many of us in the Track Club. I know that like me, many of you have spent hundreds of hours running up and down the fire road and over the trails that cover the park. In fact, the Forest of Nisene Marks was one of the first places I visited when coming to Santa Cruz and was an fundamental part of our decision to live here. What a wonderful place to run and play.

This special forest was clear cut by the Loma Prieta Lumber Company during 40 years of a logging operation that lasted from 1883 to 1923, the remnants of which still remain to be found in the park today. The park is named for Nisene Marks, the matriarch of a local farming family and passionate nature lover. With the help of the Nature Conservancy, Mrs. Marks' children donated the land to the state of California and the original 9,700 acres became a state park in 1962. The state Department of Parks and Recreation, with the help of the Save the Redwoods League, purchased additional acres expanding the park to 10,036 acres, with trails rising from sea level to coastal mountains of over 2,600 feet. If you have ever been fortunate enough to make it up to Sand Point Overlook along the fire road, you have experienced one of the many amazing vistas of the park.



The story of Nisene Marks cannot be told without mentioning the Advocates for Nisene Marks. The Advocates, formed in 1992 by Jeff Hicks, Jim Nee, Sandy Lydon and Geoff Alexander, is a non-profit volunteer organization that works with the California State Parks and the local park rangers to support and maintain the park. The Advocates, in conjunction with Trailworkers.com, hold trail work days on the last Sunday of each month. In addition to creating and maintaining trails throughout the park, the Advocates are responsible for erecting permanent bridges and temporary seasonal creek crossings. In fact, one of the bridges along the fire road is named "Margaret's Bridge" in honor of Margaret Hicks, the Advocates first secretary and treasurer, and former SCTC member. Jeff and Margaret Hicks moved on a few years back to new adventures in Europe and a new life in Paris, France, but I still hear reports of them from Linda Moore.



Maple Falls

Nisene Marks is also the site of the epicenter of the 1989 Loma Prieta earthquake. The epicenter and Five Finger Falls are listed as the two most popular attractions in the park. A landslide in 2007 caused the closure of the Aptos Creek Trail leading to Five Finger Falls, but recently, with the help of the Advocates, the trail has been cleared and a new bridge has been installed.

The recent recession and state budget cuts enacted in 2011 posed a serious set back for Nisene Marks. There was talk of closing the park. (Although how one closes a forest, I am not sure.) Once again, the Advocates came to the rescue raising the awareness of the park and using volunteers to keep maintenance costs down. Sandy Lydon describes the community commitment to Nisene Marks as a "local love affair" and what's not to love, Nisene Marks is truly a bit of heaven on earth.

Come out and join the Advocates on Sunday, May 19, 2013 to celebrate the 50th birthday of Nisene Marks. Activities and guided hiking tours are planned for several locations throughout the park. Check out www.advocatesfnm.org for more information. The website also features online video tours of the park. Log onto www.trailworkers.com if you are interested in volunteering for trail work. Become a part of the forest.

SCTC YOUTH PROGRAM

By Sarah Carvill, Starting Lines Reporter

On a misty Thursday last April, Melanie Michalak and I left our respective desks at UCSC early and headed south to the Soquel High School Track to help out with the SCTC youth program. When we arrived, Coach Javier Naranjo was already putting the older kids through a set of sprints on the track. On the field, Coach Joe Kammer had a band of more than thirty youngsters—kids between the ages of seven and ten—and was leading them through warm-up exercises that would be somewhat familiar to fans of Coach Greg Brock’s Saturday form drills. While they were skipping to the 50 yard line, Kammer gave Melanie and I instructions for the rest of the warm up, and then jogged off to the shed to set up the main workout for the day. And it was a workout—an obstacle course including miniature hurdles made out of PVC pipe, picnic tables to duck under, a long, skinny low bench to run along, and a giant crash pad to dive onto. The course presented a mix of challenges, some with clear analogs in the world of formal, adult track and field; others, like the balance bench, devised to develop the muscle strength and coordination necessary to compete in these events; some purely for fun.



A young runner takes off from the line

These distinctions, however, were lost on the kids, for whom it all seemed to be pure fun. They threw themselves over the hurdles and under the tables with the same zeal as they applied to the task of hurling themselves upon the crash pad. Michalak and I supervised—one of us monitoring the line to make sure each squirming, energized child gave the one ahead of her enough space to complete the obstacles without anyone stepping on his heels, the other acting as a spotter for the balancing bench, and cheering the kids as they finished. To avoid making anybody wait too long, Kammer had taken half the group to another corner of the field for an introduction to the art of the high jump. Their instructor was a local high school athlete, a fact which seemed almost as exciting to the jumpers-in-training as the giant, cushy mat that caught them when they fell. Halfway through the practice, Michalak and I sent our group off to “Coach Joe”—as his charges call him—and the kids who had been jumping got to try the obstacle course.



Ray Disperati helping out at a work out

Watching the participants in the youth program, I couldn’t help but reflect on my own introduction to track and field and distance running. When I was their age, one of the P.E. teachers at my school started a “Milers’ Club” at recess; while the “Milers” ran laps around the soccer field, she would stand at one of the goal posts and give a popsicle stick to each of us every time we completed a lap. I don’t remember how many popsicle sticks added up to a mile, but I’m sure I knew at the time, because when one of us reached that number, we got a

felt patch with the number of miles we had logged so far. I remember that the laps got boring after a while, but also how much my friends and I just loved to run. My P.E. teacher went on maternity leave at the end of that year, nobody took up the Milers’ Club in her stead, and we all stopped running laps. It wasn’t until I was in college, when I found a local running group online and decided to check out one of their Wednesday night track workouts, that I started circling a soccer field again. *(Continued on next page)*

The same pure love of moving around in the world that I barely remember from my Milers' Club days was obvious in the kids I saw at the SCTC Youth Program. Watching them squirm in line and then burst into all-out sprints for the hurdles, hollering and grinning, my appreciation for the Santa Cruz Track Club deepened. I had been used to thinking of SCTC as a place where adults of all experiences and abilities make the time to push themselves and support and mentor other athletes. But our function in the community is much broader than that. Through the Youth Program, Kammer and Naranjo have tapped the enthusiasm and dynamism of countless kids, and channeled it into skill-building activities that reflect the variety and payoff of the training programs followed by older athletes. In doing so, they provide a bridge between the energy of early childhood and formal athletic programs that usually don't begin until middle school, and to which some students will not have access until they turn 14 or 15.

By the time I got to high school, all I knew about running was that my mile time in 8th grade fitness testing had been unremarkable, and I was sure I was too slow to run cross-country. Now the years in which I didn't run, thought I couldn't, and forgot how much I had once loved it make me all the more grateful to be a part of an organization that introduces young people to the sport in fun, low-pressure, and stimulating ways— and keeps them engaged until they are old enough to begin competing in scholastic athletic programs.

If you want to learn more about how the SCTC Youth Program is reaching and teaching kids in Santa Cruz County, talk to Coach Joe, Coach Javier, and their devoted volunteer Assistant Coach Ray Disperati, and let them know if you would like to lend a hand.



Runners test their agility by running backwards

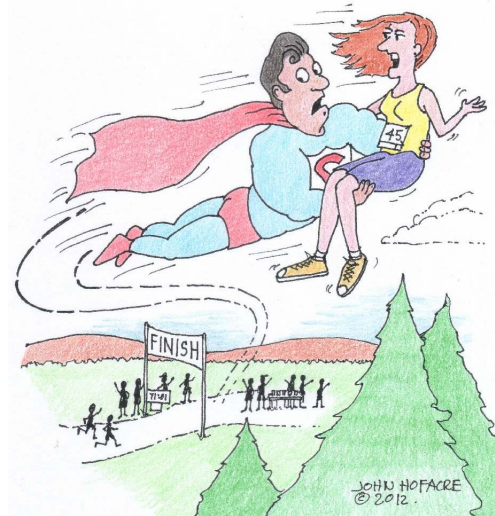


Come out to join the SCTC youth on Monday and Wednesday evenings.

Previous

The Running Joke Cartoon

CAPTION CONTEST



(Gold) – "I'm not some 'damsel in distress' Super Hero...I was about to WIN MY FIRST MARATHON!" by Ken Hargrave

(Silver) – " Why do we always have to fly off before the awards ceremony?" by Wendell Williams

(Bronze) – " Excuse me... this is an ALL WOMEN'S event." by Babette Hofacre

More Captions (than a speeding bullet)

"So you won again. And just when did you discover they were testing for performance enhancers?" by John Hofacre

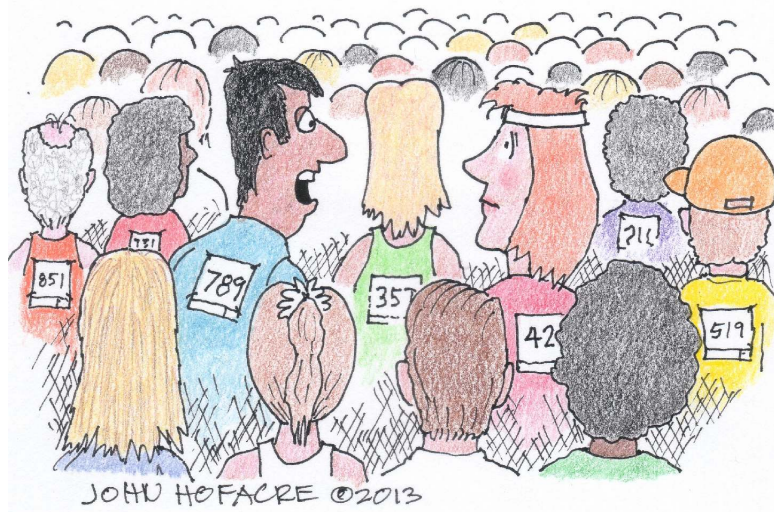
"No one was chasing me. I was WINNING!!!" by Danny Figueroa

"Clark, I do believe you may be mentally deficient!" by Ken Hargrave

This Issue

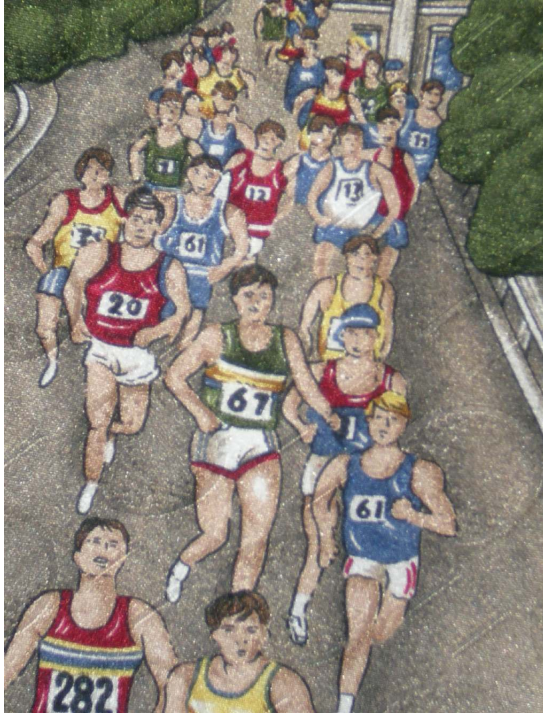
The Running Joke Cartoon

CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com by June 15, 2012. 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 Cartoon: Copyright 2013 John Hofacre Website: www.runningjokecartoon.com facebook (search): The Running Joke Cartoon

WHAT RACE IS THIS?



Does anyone recognize this artist rendering of a race?
No, it is not a van Gogh painting of the Wharf to Wharf.



It is the tie that John Hofacre wore to the annual banquet.
Very appropriate apparel!

SCTC PERSONNEL:

Board of Directors

President	Larry Berg	423-8291
Vice President	Diane Delucchi	684-0867
Secretary	Holly Tyler	818-2117
Public Relations	Greg Hales	688-1058
Web Master	Peter Huemer	247-2240
Member at Large	Hallie Carl	818-9084
Member at Large	Joyce Parr	722-4181
Reporter/Member	Sarah Carvill	359-9282
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

Volunteer

Apparel Diva	Nancy Wilburn
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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.