



STARTING LINES

Newsletter of the Santa Cruz Track Club
Summer 2010 - Volume 22, Number 5



SCTC SUMMER EVENTS

NISENE MARKS MARATHON, HALF MARATHON/5K

Sponsored by SCTC and Santa Cruz Host Lions Club at the

Forest of Nisene Marks, Sunday, June 5

APTOS WOMEN'S FIVE MILER

Sponsored by SCTC, Aptos County Park, Sunday, June 13. A barbecue will be held after the race for all SCTC members & friends. Bring a side dish or dessert to share. Guys are welcome too. Come out and support your women.

OTHER COMMUNITY EVENTS:

HUNTING HOLLOW 10K AND 5K

Sponsored by Pine Ridge Association to benefit Henry W. Coe State Park, Gilroy, June 12

FIRECRACKER 10K AND 5K

Sponsored by Santa Cruz Sunrise Rotary at Harvey West Park on July 4th

WHARF TO WHARF - Santa Cruz to Capitola, July 25. Don't miss out on the fun.

RACE THRU THE REDWOODS

Sponsored by the Felton Business Association, Felton, August 15

PACIFIC COAST TRAIL RUNS

Angel Island - June 19

Pacifica - July 3

Headlands 50 - July 17

www.pctrailruns.com

COACH'S MESSAGE By Greg Brock



WE ARE rapidly approaching the midpoint of the 2010 year and

there are some exciting developments in our track and field world. Our new All Around Runner Award is sparking interest among our members in trying new events outside of their regular events. This is great as it stretches runners physiological limits in many areas ultimately helping improve them in their favorite areas. We will have a practice mile on Wednesday June 23 to prepare us for a Los Gatos All Comer mile. That is the same night that we will do our envelope stuffing for Wharf to Wharf.

The Santa Cruz High School all weather track is finally done. It will be open to the public for their running. School events have the right to prohibit running when they are session. Eventually the track will have swinging gates to protect the inside lanes. We are looking into some organized workouts in the near future. Most likely there will occur on Tuesday nights. I am going to start doing most of my Saturday morning workouts there.

Speaking of Santa Cruz High School Track. Both Boys and Girls teams won League Championships on Saturday May 8. This was the first time in school history of both teams to win in the same year. I'm looking forward to introducing some of you to the new track at Santa Cruz during the Saturday morning workouts.

NOTABLE ACHIEVEMENTS



AMERICAN RIVER 50 MILER ENDURANCE RUN - MIKE WRIGHT

had an amazing race this year in Auburn. He covered the 50 mile course in 8 hours and 20 minutes, placing 5th in his age division. Congratulations, Mike! Also running the race from SCTC were JON BEARD, KARI GALLANT and TISH BERTINO. This was KARI's first ultra race. JON and TISH both did it last year and came back for more. TISH even had a PR over last year. Those ultra runners never stop.

BOSTON MARATHON - Several SCTC runners lined up for Boston again this year, two of whom placed in their age divisions. Check out the results:

Erin Murphy, 2 nd in Age	3:38:44
Robert Mullis	3:43:41
Jim McMillin	5:53:35
Andrew Kenny	3:40:21
Dennis Hartley	4:20:42
Monica Renzullo	4:10:39
Katherine Beiers, 1 st in Age	5:09:56

KATHERINE BEIERS has run Boston for many years, each year placing in her age division and qualifying to come back the next year. She now has the distinction of being the oldest woman to have run Boston, but certainly not the slowest. She beat out several women and men runners in younger age divisions. A truly incredible lady.

THE FORD IRONMAN - Congratulations to DIANE and DAVE DELUCCHI for conquering this grueling ironman in St. George, Utah. These two never pick easy tasks to complete, and this was no exception. The race starts with a 2.4 mile loop swim in Sand Hollow Reservoir, transitions to 112 mile bike course in the rough and hilly terrain of Snow Canyon, finishing with a 26.2 mile run through the streets of St. George. Snow Canyon is appropriately named as it snowed just prior to the athletes arrival. The water temperature for the swim was bone chilling cold and the air temperature wasn't much warmer. The topography map for the bike race looks like the stock market on a wild day of trading. DAVE DELUCCI had an incredible finishing time of 12:51.54 and DIANE DELUCCI finished the grueling course in 16:25:10. SCTC members, SONIA PLAGEMAN and JOYCE

PARR, also took on this incredible challenge, but reluctantly had to stop during the bike portion of the race. JOYCE has quite a story to tell about trying to continue to ride in the race after having been struck by another cyclist. Thankfully, she is okay and will ride another day. Congratulations to all for your efforts.

SUMMER ALL-COMER MEETS Los Gatos High School

SUMMER ALL-COMER MEETS are being held at Los Gatos High School starting June 17 through August 5 every Thursday evening.

The one mile race/walk is held at 5:45 p.m., and running events start at 6:00 p.m. Running events include the 4 x 100 relay, 4 x 400 relay, 100, 200, 400, 800, 1 mile and 2 mile races. There is a \$6.00 entry fee for unlimited events. \$2.00 for spectators. All funds support the Los Gatos High School Track and Field program. Visit www.pausatf.org for more information.

Here is your chance to get in that one mile or less track race needed to qualify for the new All Around Runner Award.

HOSTS NEEDED FOR WHARF TO WHARF RACEMATE PROGRAM

If you are interested in learning the secrets of a world class athlete, think about being a host to one of the amazing athletes that come to Santa Cruz in hopes of bringing home the prize. It is an educational experience that you will always remember and a chance to learn about training techniques, race nutrition and foreign cultures.

If you have room in your house for an athlete, contact J. Scott McConville, Elite Athlete Coordinator at jsmconville@gmail.com.

WHARF TO WHARF ENVELOPE STUFFING

Join us on Wednesday night, June 23, at the Soquel High School auditorium to stuff envelopes for the Wharf to Wharf race. Stuff yourself with pizza and stuff some envelopes too.

WALKERS EARN GOLD AND SILVER AT HALF MARATHON IN VISALIA

By Art Klein, Race Walking Coach

The End of the Trail Half Marathon is a local race held the first week of May each year. It is an event for both walkers and runners and has separate starts one hour apart with the walkers starting first. I had competed on this course last year and returned bringing two novice club walkers with me. Although my wife, BECKY had to withdraw because of a recent surgery she planned to cheer us on at strategic points during the race. SALLY WILLIAMS and PETER OGILVIE each had previously walked in other walk/run events, but this was going to be their first race with awards in the walk category.

On 1 May, the three of us toed the line with a group of 72 athletes. For some their goal was only to finish, for others their goal was to push the limits of their ability and strive to win. The three of had trained diligently the past few months so we were confident that we would perform well.

As the reigning champion I knew that there would be other men who would seek to beat me. In 2009 I pulled away from a tough competitor named Jim at the 10 mile mark and took the lead never to relinquish it. This walker, also my personal friend, was there once again at the starting line ready to show his fitness.

As the gun sounded Jim and I matched each other step for step as we roared away from the crowd. A third male tried to keep us in his sight but through the twists and turns we continued to pull away from him. Because of the course layout I was able to give words of encouragement to my fellow SCTCers and spied that SALLY had become the lead woman.

As the race progressed SALLY pulled farther and farther ahead of the other competitors. I called out to her that she was gaining on the lone male (currently in third place) and that she had the power to catch him. It turned out to be her day to shine. SALLY not only caught him with a few miles to spare but handily charged at the finish widening the gap by 40 seconds.

On the other hand, this was not going to be day with a repeat win for me. Jim picked up the pace around the 7 mile mark and I was unable to answer his surge. I began the chase but found myself gradually losing more ground. I continued to push through the discomfort of the last few miles and finished in 2nd place with a time of 2 hours 25 minutes, an improvement of over 2 minutes from 2009. SALLY walked her race in 2:50 and PETER finished just over 3 hours securing 2nd place in the 60-69 age division.

Afterward I thanked Jim for helping me achieve a new time victory. I accepted my 1st place 50-59 age group award as I applauded his achievement. SALLY basked in the glory of being top female (and third overall finisher) and received a trophy of an Indian on a horse. This trophy is a replica of the statue in the park where the race started and finished.

WHAT A GREAT DAY FOR US ALL! SCTC WALKERS RULE!



Scenes from the Big Sur International Marathon & Relay

The weather was perfect and the scenery was breathtaking. So was Hurricane Point. The Big Sur International Marathon is truly one of the most spectacular marathons in the world and we are fortunate to have this event in our own back yard.



CONGRATULATIONS MARATHON RUNNERS:

LIZ DEVITT, JILL JUDD, PETER STANGER and DENNIS HARTLEY ran the full marathon, and DENNIS qualified for the elite Boston to Big Sur Club.

THE RELAY OPTION

SCTC was represented in the BSIM Relay this year by two teams. The **SCTC MIXED MASTERS** team had an incredible run. They finished the course in an overall time of 2:44:26, beating all the other teams, and taking First Place. The team consisted of JULIE BRAMLETT, DAVE GONZALES, JAVIER NARANJO, CHRIS ROSE and GREG HALES. Where's Julie, guys?



Also running The Relay was a SCTC Open Women's team comprised of JUSTINA VEGA, LAURA CHIORELLO, JERRY McCARTHY, SUE DUNN and HOLLY TYLER. The team finished with an overall time of 3:46, which is 14 minutes faster than the previous year. Yahoo, ladies - I can't wait for next year.

BSIM seems to be adding new events to the marathon course every year, and this year they added a new 9 mile race. JEFF BEAN participated in the 9 mile race while LAURA ran on the women's relay team.



Youth Track

Tuesday Evening - All Comer Meets

CALLING ALL YOUNG RUNNERS - Come out to Soquel High School on Tuesday evenings and participate in the Youth All Comer Meets. Registration is at 5:30 p.m. The events begin at 6:00 p.m. \$4.00 gets an entry into all events. Meets will end mid-June. It's a lot of fun. Check it out!

ALL COMER EVENTS:

400 X 100 meters (4 person relay)
800 meters
50 meter hurdles
400 meter run
100 meter dash
1600 meter run
Javelin Throw
Long Jump



The registration table is a flurry of activity.

COACH JOE KAMMER BEGINS THE 400 x 100 RELAY



Previous

The Running Joke

CAPTION CONTEST



(Gold) – “A shoe is not a home, unless it has a sole.”
by Ken Hargrave

(Silver) – “Gosh...you’re right. It does smell like dead fish.”
by Dan Figueroa

(Bronze) – “Mr. Cheapy Jogger said, “Castle, Smashle... use my old running shoe.”
Then, splash...this showed up.” by John Smith

This Issue

The Running Joke

CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by August 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



SPECIAL ANNOUNCEMENT

SATURDAY FORM DRILLS AT SANTA CRUZ HIGH SCHOOL TRACK

Construction of the new track at Santa Cruz High School is now finished, and Coach Brock is excited to use the new facility. He will be holding Saturday morning form drills at the new track. Saturday morning form drills are a chance to get individualized attention from our knowledgeable coach, who has also been a varsity coach at the high school for many years. Come out and try the new track and get some great running tips.

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
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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>

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.